



FROM PAIN TO FREEDOM

The gentle energy method that **relieves**
chronic pain, **release tension** and
straighten your posture **with ease**



RELIEVE PAIN
NATURALLY



RELEASE TENSION
WITH EASE



STRAIGHTEN
YOUR POSTURE



The Path from Pain
to Freedom Began
Right There.



I Broke My Atlas. And That Was the Beginning.

2014. Competitive cycling. Years of training, racing, pushing the body to its limits. My shoulder blade ached. My lower back hurt. I ignored it - like every racer who wants results.

And then came the finish line that changed everything.

One of the riders caught my wheel with his and I flew over the handlebars. A massive blow to the head. And in that moment I knew something was wrong. I will never forget that moment.





The Moment That
Broke Me Open



When Pain Becomes Strength

The X-ray revealed a fracture of the first cervical vertebra - C1, the vertebra known as the atlas, which carries the entire weight of the head. The doctors told me I was lucky to be walking.

But today, looking back, I know something I didn't know then. That fall was the final blow from a body that had been calling for help for a long time. And at the same time, the moment that changed my entire life - not for what it took, but for what it forced me toward.





Without a Single
Exercise



I Decided Overnight to Start Differently.

I decided to truly start listening to my body. To work with it differently than I had been taught. And one day, to pass these experiences on to others.

I went through various physiotherapy approaches, practiced yoga, stretched every day. My main goal was clear: straighten my spine. I believed that once I had good posture, the pain would stop. Logical, right? A physiotherapist surely knows how it works. **But my body had a different opinion.**

I added breathing techniques, started working more deeply with my mind, went further into emotions. Holotropic breathing, craniosacral therapy. I invested years and searched relentlessly. **And then came the great realization.**





When the Body
Spoke Louder
Than Science



And Then Came That Moment.

It happened during one of my holotropic breathing sessions. I was deep in the process, body in motion, breath moving like waves. And suddenly - without warning, without any exercise, without any technique - the pain disappeared. Completely. My body dissolved and released, as if someone had switched off a switch that had been on for years.

I lay there, unable to believe it.

In that moment I understood something no physiotherapy textbook had ever mentioned. The body doesn't respond primarily to exercise. It responds to the state of consciousness. To the quality of attention we give it. To what is happening inside - not outside.





Results That Speak
for Themselves



The Path of Energetic Work

From that day, I began to see the body in a completely different way.

I started studying energetic approaches, refining them, making them more sensitive. For years I developed this method, tested it on myself, then on clients. And the results were something that repeatedly surprised even me.

Today I share this approach with thousands of people. We have cases where people got rid of pain within minutes. In the long term, we have documented stories where fifteen years of chronic pain disappeared within a week.



This is not magic. It is exactly what fascia science, quantum biology and consciousness research are increasingly confirming. The body knows how to heal itself. It just needs the right key.

And that key is what I want to give you in this book.





5 REASONS

WHY PEOPLE STRUGGLE TO GET RID OF PAIN AND STRAIGHTEN THEIR SPINE





The System Was Never
Designed to Heal You.



First Reason: The Healthcare System

The first reason is the system we grew up in. Healthcare taught us to see the body as a machine - if something hurts, you find the mechanical cause, make a diagnosis, and treat it physically.

I don't want to condemn this system - I studied physiotherapy at the First Faculty of Medicine at Charles University in Prague, one of the oldest and most prestigious universities in Central Europe. And I have to admit: in all my years of study, we almost never talked about an energetic approach to the body.



Nobody told us how consciousness affects pain. Nobody explained what happens in the body when we suppress an emotion. We studied anatomy, biomechanics, how to stretch and strengthen the body. The body as a machine. **And for years, I made this same mistake with my own clients** - simply because I didn't know there was another way.

Today I understand that this gap in education is one of the main reasons why so many people with chronic pain see no improvement despite all the care they receive.





Your Body Is Not a
Machine. It Never Was.



Ignoring the Energetic Nature of the Body

The second reason is that we don't see the body for what it truly is.

The body is not just muscle and bone. It is a bioinformational system that constantly responds to our thoughts, emotions, energy, and environment.

Bruce Lipton described this precisely in *The Biology of Belief* - cells respond to signals from their environment, and that environment includes our own mind.

When we ignore our feelings, suppress our emotions, and live only in our heads, the body stops being our friend and becomes a source of pain. I exercised every day. I stretched. I pushed hard - and my body didn't change.





Exercise Alone
Can't Reach What
Lives Beneath



Third reason: Exercising Only Mechanically

The fifth reason is that we exercise only mechanically. Stabilization, yoga, stretching - all from the outside in.

But deep inside the body there is subconscious tension - a blueprint that holds the body in a certain position. Without releasing this deep energetic tension, the spine cannot straighten, because it would be straightening by force against resistance.

First, the energy needs to flow freely, the body needs to release at a deep level - and only then does it begin to align naturally and effortlessly.





Fighting Pain
Makes it Stronger



Forth reason: Fighting pain instead of accepting it

This is perhaps the most important and least understood principle. Most people take a pill, stretch, or simply endure - and they fight the pain. But resistance makes pain stronger.

Fascia - that delicate bioinformational network woven throughout the entire body - responds to stress and resistance by stiffening, contracting, and closing down.

Acceptance, kindness, and compassion toward your own body, on the other hand, cause the fascia to open, to become fluid, the body to soften. This is not a metaphor - it is a physiological reality.

I fought it. I pushed through it. I ignored it. And it stayed - no matter what I did.



I made every single one of these mistakes

I made every single one of these mistakes myself. And yet today I am free from chronic pain, with a straightened spine and a body that feels better than it did in my twenties.

It didn't happen because of a new exercise routine or a better diagnosis. It happened when I understood one thing that changes everything - and which I'm about to show you.

But before we get to **the three keys to eliminating pain and tension**, we first need to look at something that almost nobody knows about - and without which all effort goes to waste.

It's fascia.

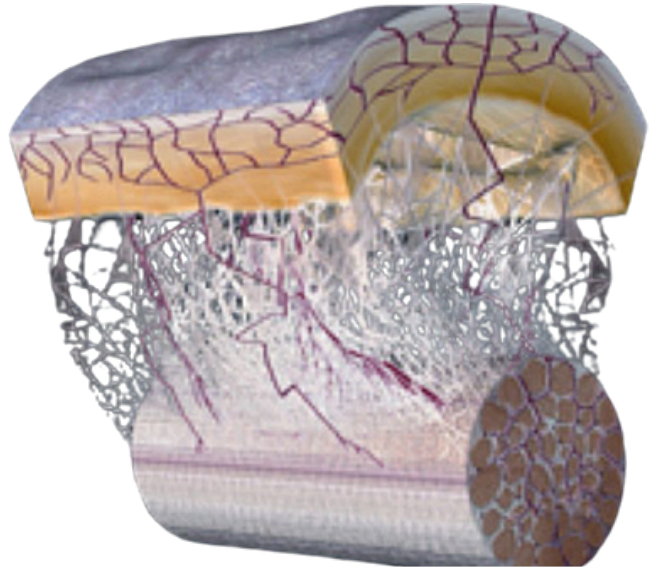
You may have heard the word before. You may not have. But after the next few moments, you'll never look at it the same way - because fascia is where it gets decided whether pain stays in the body or leaves. It's the hidden player that no X-ray can see, no diagnosis mentions, and almost no therapist works with.

And this is exactly where the answer lies to the question of why you exercise, stretch, go to therapy - and nothing changes.





The Answer
Nobody Sees



Why Pain Doesn't Leave - Even When You Do Everything Right

You may have experienced this. You exercise. You go to therapy. You stretch every single day. And yet - the body doesn't move. The pain stays. The spine stays curved. And you start to wonder whether it's even possible.

The answer is not that you're not doing enough. The answer lies in what nobody sees.





The Hidden Web
Inside You



What Is Fascia and Why It Is Everything for Your Body

When you cut meat, you see thin white membranes wrapping around muscles, bones and organs. That is fascia. But what you see with the naked eye is only a fraction of the whole story.

Under a microscope, fascia looks like a delicate, glowing net - and quite literally so. **Fascial fibers conduct light and electrical signals.** They are biological cables connecting every cell in your body to every other cell. This is not just about structure. It is about communication.

Research from recent decades - and here I refer to the work of scientists like James Oschman, who spent thirty years studying bioenergetics - reveals something fundamental: fascia is not just a passive wrapping. It is an active bioinformational system. It stores information. It stores memories. And it stores emotions.



Where Is Trauma and Stress Stored?

Every stressful experience, every suppressed emotion, every trauma - physical and emotional - leaves a trace in the fascial network. Not metaphorically. Physically. Under the influence of stress and tension, fascia loses its natural elasticity. It stiffens. It contracts. And in that contracted state, it begins to hold information - the original signal of fear, pain, tension - as if time in that place has frozen.

When you then visit your physiotherapist or trainer and start stretching a tight muscle, you are stretching a structure that does not want to let go.

Not because it is weak. But because it is holding information you gave it years or even decades ago. And no stretching in the world will erase that information - because stretching works with matter, but the problem is stored in energy.

This is why so many people exercise for years and the results never come. They are working in the right place, but at the wrong level.





Healing begins in
your hands



What Happens When Fascia Freezes

Contracted fascia is not just a local problem. These are cables that connect the entire body, so tension in one place affects everything else. Contracted fascia in the lower back affects how you stand. Contracted fascia in the chest affects how you breathe. Contracted fascia in the cervical area affects how your nervous system functions and how clearly you think.

And then there is the spine. The spine wants to straighten. Naturally. But if it is surrounded by a fascial network holding an old pattern - a pattern of contraction, a pattern of pain, a pattern of anxiety - it cannot.

It is like a tree whose branches are trying to grow toward the light, but whose roots are tangled in concrete. You can pull the tree as hard as you want. It will not move until the concrete lets go.

And that is exactly what the energetic approach does. It does not pull the branches. It dissolves the concrete.



What Happens When You Begin Working with the Body Energetically

Fascia has one remarkable property that is also its greatest secret: it responds to consciousness. To attention. To the quality of inner experience. When you focus on a painful place - not with resistance, not with frustration, but with calm, curious attention - the fascia in that area begins to change its state. It becomes fluid. It softens. It releases the information it was holding.

This is not magic. It is physiology. Fascia is piezoelectric - it responds to electrical fields and pressure. And conscious attention creates exactly such an electrical field. Every thought, every intention you hold has a measurable electrical equivalent that fascia perceives and responds to.

This is why holotropic breathing caused my pain to disappear without a single exercise. This is why clients who come to me after years of physiotherapy with no results begin to feel change within the first session. They did not start exercising differently. They started being present in their body differently.

And that is exactly what I am going to show you.





Now, Let's Get to the Heart of It.



The 3 Keys That Change Everything

Now, let's get to the heart of it.

You've seen why pain keeps coming back. You've seen where tension actually lives - deep in the fascial network, invisible to any scan or diagnosis. **Now it's time to stop explaining and start doing.**

These are **the three keys** that make this system different from anything you've tried before. Not exercises. Not techniques. Three shifts in how you relate to your own body - and once you experience them, there's no going back.







Healing Begins in
Your Hands



Key 1: Your Hands as the Most Powerful Energetic Tool

Your hands are not just physical tools for gripping and touching. They are the most sensitive energetic instruments your body has - and most people have never learned to use them this way.

Research by Dr. James Oschman shows that the palms generate measurable electromagnetic fields stronger than almost any other part of the body. Your hands contain the highest concentration of nerve endings of any body part, making them extraordinarily precise sensors for detecting subtle energy shifts - in your own body and in the space around it.

When you bring your hands close to a part of your body with intention and awareness, you are not just touching it. You are directing a field of conscious energy into that area. The fascia - that web of connective tissue that stores tension, emotion and cellular memory - responds to this energetic contact by softening, releasing, reorganizing.



This is not metaphor. Dr. Bruce Lipton's work in cellular biology shows that cells respond to energetic and informational fields, not just to physical forces. Your hands, used consciously, create exactly that kind of field.

In the Energetic Straightening System, we work with hands on three levels. First as physical sensors - learning to feel the subtle warmth, tingling or pressure between the palms. Then as energetic tools - perceiving the hands not as flesh and bone but as fields of energy that extend beyond the skin. And finally as instruments of consciousness - using what I call "virtual hands" on a mental screen, directing healing attention deep into the body's energetic blueprint.

This last level is where the most profound transformations happen. Because the body you see in the mirror is a physical expression of an energetic template held in your consciousness. When you change that template with your hands and your focused awareness, the physical body follows.





Healing Begins in
our hands



Practice: our Hands as the Most Powerful Energetic Tool

Try this now.

Try it right now - it takes 60 seconds.

Sit comfortably. Bring your palms close together, about 5 centimeters apart, without touching. Close your eyes. Breathe slowly.

Now simply notice what you feel between your palms. Warmth? A slight tingling? A gentle pressure, as if there is something between them?

That sensation - whatever it is - is your hands beginning to wake up as energetic tools. This is where everything starts.







The State That
Changes Everything.



Key 2: The Coherent State of Consciousness

Most people try to work with their body in the wrong state of mind. They are in their head, under pressure, full of thoughts. And that is exactly why exercise rarely works the way it should.

Research shows that the brain operates in different wave states. When we are stressed, caught in critical thinking, constantly evaluating and analyzing, beta waves dominate. In this state the nervous system is on alert, fascia contracts, and energetic work simply has no effect - the body does not listen.

The coherent state is something different. It is a state where the mind quiets down, breathing slows, and attention shifts from the head into the body. The brain moves into alpha and theta waves - states of deep relaxation, intuition and inner perception.



And this is where something fundamental happens. We stop communicating only with the conscious mind and open access to the subconscious - to those deep inner images and blueprints that hold the body in a certain pattern. In the critical beta state, these blueprints are completely out of reach. We can exercise for hours, but the inner template remains unchanged and the body returns to its old patterns.

In the coherent state, everything changes. The subconscious becomes accessible. The hands begin to truly communicate with the fascial layers. We stop perceiving the body as solid matter and start receiving it as an energetic space. Intuition awakens. We are connected. Only here does energetic work begin to carry its real power.

The coherent state can be learned. Every day. In just a few minutes.





The state that changes everything.



Practice The Coherent State of Consciousness

Try this now. Bring your hands gently around your neck - not touching, just hovering in the space around it. Let them rest wherever they feel drawn to go. Maybe around the throat, maybe closer to the base of the skull, maybe near the jaw. There is no right place.

Close your eyes. Take one slow breath.

Now simply notice what is there. You are not trying to fix anything. You are not looking for relaxation. You are just perceiving the space - the warmth, the subtle pressure, the tingling, maybe a tightness, maybe a release. Whatever is there, let it be there.

This is the coherent state in action. Your hands are listening. Your body is beginning to speak.







Your Body Follows
What You See Inside



Key 3: Internal Visualization and Conscious Creation

This is where the work becomes genuinely creative. With your hands awakened and the coherent state established, something fundamental shifts. You are no longer preparing the ground - you are now stepping into the space where real change happens.

Inside that quiet, expanded awareness, you begin to notice things. Sensations. Impressions. A closed feeling on one side. A curved line somewhere along the spine. Asymmetry between left and right. Warmth, density, a visual image, a sense of heaviness or restriction. These are not symptoms to be fixed. They are information - the living language of your body speaking directly to you.

Neuroscience gives us a striking insight here: the brain does not fully distinguish between a real movement and a vividly imagined one. The same neural pathways activate in both cases. This means that when you consciously engage with an inner sensation through focused, compassionate attention, you are not just imagining - you are literally sending new signals into the fascial network, into the nervous system, into the body's informational field.



Your body holds an inner blueprint. A pre-image of how your spine sits, how your posture is held, how tension is distributed. Every stretch and every exercise works on the surface. This work goes directly to the source.

But here is what makes this approach unlike anything else.

Your hands are not just a physical tool. They are carriers of consciousness. And conscious hands have a capacity that no device or technique can replicate - they can enter directly into the energetic image held within the body. Into the place where information is distorted. Where pain lives. Where something is closed or compressed.

When you touch with full presence and compassion - with genuine softness and awareness - you are not just touching the surface. You are entering the energetic space where tension is held. And because your hands carry consciousness - a higher, more open quality of energy than what is contracted in that place - they naturally begin to dissolve what is dense. Not by force. Not by correction. Simply by meeting it with a higher quality of awareness.

Darkness does not fight light. It simply yields to it.

This is the turning point. You stop trying to fix. You stop fighting. You become an explorer who maps the inner space - and consciously reshapes it.





Youre Image Creates
the Reality.



Practice: Internal Visualization and Conscious Creation

By now, your hands are awake. You have entered the coherent state. And this is where it gets interesting.

Lie down comfortably. Close your eyes. Take a slow breath and let your body settle completely.

Now, bring your awareness inside. Not to fix anything. Not to analyze. Just to notice.

What do you feel? Maybe there is tightness somewhere - a closed, compressed space on one side that feels different from the other. Maybe you sense a curved line inside, a visual impression of asymmetry. Maybe there is warmth in one area and a kind of density or resistance somewhere else. Maybe you see colors, or a shape, or simply feel that one part of your body feels heavier, more closed, less alive than the rest.

These are your inner sensations. This is the raw material you are going to work with.



Now bring your hands close to the area where you feel something - tension, discomfort, a sense of blockage. Let one hand gently approach, as if it were entering that space. Not pushing. Not correcting. Just entering with complete softness and compassion.

Before you do this, take a moment to train compassion in your hands. Imagine your hands as something warm, intelligent, caring - like the hands of someone who loves you completely and only wants good things for you. Let that quality settle into your palms.

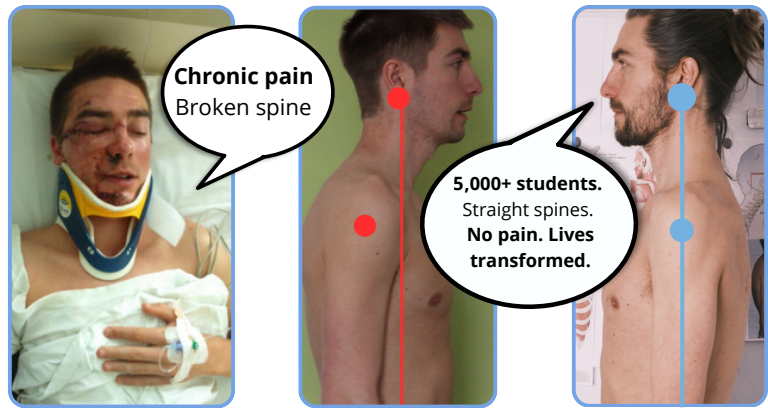
And then - with those compassionate hands - you begin to play. You gently stroke the sensation. You explore it. You follow it. Where it is closed, you imagine space opening. Where it curves, you invite it to find its own natural line. You are not forcing anything. You are simply offering a new possibility and watching what the body does with it.

This is the part where it becomes genuinely playful. There are dozens of ways to work with what you find inside - and we will explore many of them together in the full program.





Your Path From
Pain to Freedom
Starts Here



Practice Is Everything

You now have three keys. You've practiced them. You've felt something shift.

But here's what I've learned after years of working with my own body and thousands of others - knowledge alone doesn't transform anything. I know this from my own story. After the accident, after the fractured vertebrae, after years of studying physiology and biomechanics - I still couldn't help myself. Not until I made it a daily practice. Not until it became a habit that lived in my body, not just my mind.

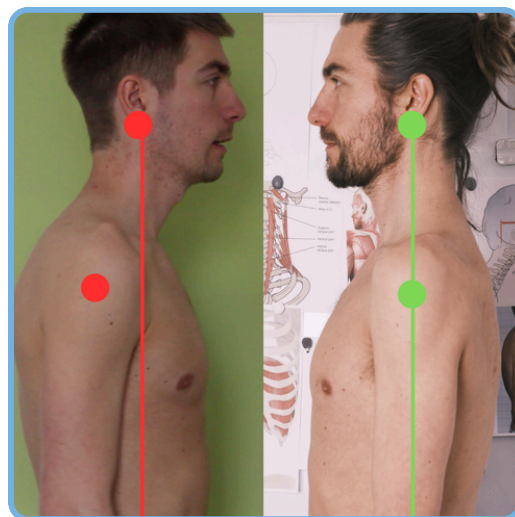
That's the difference between reading about transformation and actually experiencing it.

That's exactly why I created the 30-Day Energy Gym. Every day for 30 days, you receive one short practice - five minutes - directly to your inbox. One area of the body. One small step. And over those 30 days, something remarkable happens: the practice stops being something you do and starts being something you are. It imprints itself into your tissue, your movement, your way of being in your body.





Your path from
pain to freedom
starts here



Stop Reading. Start Feeling.

.I'm here to walk this path with you. From pain to freedom.
And if you ever have a question along the way, you can also
chat directly with Marek AI - an AI that knows this method
deeply and is available for you anytime.

Today, the program is available at 50% off.

Get the 30-Day Program → **CLICK HERE**

