

# Healing

## Short introduction to healing

The body feels whatever the mind focuses on. It has been scientifically proven that you can change your biochemistry in the body by focusing on different things. By visualizing golden healing energy flowing through certain parts of your body you can start to feel a bright, youthful and joyful energy moving through your life. Just as the golden Sun in the sky above gives our world its warmth, energy, light, and life, the golden light from this meditation will do just the same for your body and mind. Profound healing effects can occur within the body and mind from bathing just a few minutes in this divine healing energy.

Healing has the power to dissolve whatever illness, trauma, negativity, or sickness you may be experiencing. The golden energy will provide a spiritually connecting experience for you as well assist you to relax deeper into your body, mind and soul. Just focusing your attention on the golden energy can actually cause the cells of your physical body to change. Once you begin to tap into your mind's unlimited healing power, you'll experience how your physical body is also allowing a healing to occur.

Healing is an extremely powerful energy and can create an instant healing reaction in your body. So knowing how to focus on and absorb this vibration of golden light can truly empower you and alleviate years of potential suffering down the road.

Healing power in a healer assist in bringing balance back into the entire system by connecting to the universal energy of unconditional love and acting as a channel. This allows the healer to draw whatever energy they need to heal them. In my experience the less ego a healer has, i.e. the less they try to do anything specific for the client, the more they let go and allow the energy to flow, the more it works on whatever level it is needed to restore balance to the client. When the person is balanced then the body heals itself.

Healing is an important form of guided meditation.

## Need for healing

The objective of a healing is to bring all the auric bodies into balance - the spiritual body, the mental body, the emotional body and the physical body. I believe that if there is an in-balance in any one of the bodies, i.e. either the spiritual, mental, or emotional body is dis-at-ease for any reason then it will appear as a disease in an appropriate part of the body. The doctors then try to cure this problem. But I believe if the in balances in the other parts of the system, spiritual, mental, emotional, are not dealt with as well, then the disease will recur.

Within most of us is a deep and compelling need or desire to do better, feel better and be better.

There are so many roads to travel in our quest to find ourselves, change ourselves or improve

Ourselves. Some may ponder life's great questions from within their own minds, whilst others may go in search of knowledge or experience. Many take a practical approach and look at education or the development of talents and techniques.

There are many books and courses on things related to personal growth. We may find ourselves writing down our goals and charting our accomplishments. Often, the focus is on such things as motivation, self esteem, relationship issues, breaking or creating habits or getting fit and healthy. Personal growth is often about becoming more successful or improving career and financial issues.

Let us first discuss some of the reasons that may be interrupting your ability to maintain good bone health, and your body's capacity to assimilate (utilize on a cellular level) the calcium, magnesium, silica and all the other vitamins, minerals and important nutrients essential for strong healthy bones.

Need for healing arises because

1 Sedentary lifestyle/ Lack of exercise

2 Stress/ Distress

3 excess (or significantly reduced) cortisol levels

4 Lack of gut flora- Probiotics, the beneficial bacteria that symbiotically live in a healthy mammalian gut

5. Overuse of antibiotics and antibacterial products

6 Fluoride, mercury and other toxic heavy metals

7 Excess (or rarely, insufficient) phosphorus

8 Excess refined sugar

9 Excess alcohol

10 Excess caffeine, tobacco, recreational, prescription and OTC drugs

Keep in mind that it doesn't matter how you perceive the image, (some see themselves in their mind's eye, while others imagine the process going on in their body, and still others just have a knowing that what they are imagining is happening to them) but the important thing is that you are actively participating in the healing process.

You will hear about many different types of energy healing systems. All with different names such as, Spiritual

Healing, Vortex Healing, Reconnective Healing, Reiki, (with all its subsets of Tera Mai, Seichem, Karuna, Angel RayKey, Sufi Reiki, Colour Reiki, Crystal Reiki) to name but a few. Each method will have its own ways of connecting to the energy and performing a healing, but they are fundamentally the same connecting to the same source or universal energy. Most systems breathe in the energy through their crown

chakra (at the fontenella on the top of their heads) and let it flow out of their hands. Some systems have the hands touching people's bodies; some just float them over the client in their aura. It works just the same

Healing may take form of

Reiki healing |  
Polarity healing  
|  
Touch healing  
|  
Chios healing |  
Prayer healing |  
Sound healing  
| Acupressure |

Acupuncture |  
Yoga Healing  
| Massages |  
Christian healing | Esoteric Healing or  
Pranic  
healing