

## **Healing**

### *How It All Works - The Body Is the Mirror of Your Life*

**Consciousness** - *Anything that we are aware of at a given moment forms part of our consciousness, making conscious experience at once the most familiar and most mysterious aspect of our lives*

Sub-consciousness - *existing in the mind but not immediately available to consciousness*

Un-conscious - *not knowing or perceiving; not aware; free from self-awareness not marked by conscious thought, sensation, or feeling*

**Collective consciousness** - *was a term coined by the French sociologist Émile Durkheim (1858–1917) to refer to the shared beliefs and moral attitudes which operate as a unifying force within society.*

**Collective un-conscious** - *is a term of analytical psychology, coined by Carl Jung. It is proposed to be a part of the unconscious mind, expressed in humanity and all life forms with nervous systems, and describes how the structure of the psyche autonomously organizes experience.*

*Everything begins with your consciousness whether you are aware of it or not, it's still a part of your consciousness. Everything that happens in your life, and everything that happens in your body, begins with something happening in your consciousness.*

*Your consciousness is who you are, your experience of Being.*

*You decide what ideas to accept and which to reject. You decide what to think, and you decide what to feel. When these decisions leave you with residual stress, you experience the stress as if in your physical body. We know that stress creates symptoms. The interesting question is, "Which stress creates which symptoms?" When we are able to quantify this process, we are then able to see the body as a map of the person's consciousness, relating particular symptoms to particular stresses and particular ways of being, in the same way that Type "A" Behavior has been able to be associated with heart disease.*

### *Everything Starts In Your Consciousness*

*To understand this map, we must first orient ourselves to the idea that the causes of symptoms are within. While it's true that germs cause disease and accidents cause injuries, it is also suggested that this happens in accord with what is happening in the consciousness of the person involved.*

*Germs are everywhere. Why are some people affected and not others? Something different is happening in their consciousness.*

*Why do some patients in hospitals respond better to treatment than others? They have different attitudes. Something different is happening in their consciousness when someone is injured in an "accident," why is it*

that a very specific part of the body is affected, and that it is the same part that has had habitual problems? Is that an "accident," or is there a pattern and an order to the way things happen in our bodies?

### **You Are A Being of Energy**

**Energy** - (from the Greek ἐνέργεια - energeia, "activity, operation", from ἐνεργός - energós, "active, working") is a quantity that is often understood as the ability to perform work. This quantity can be assigned to any particle, object, or system of objects as a consequence of its physical state.

Different forms of energy include kinetic, potential, thermal, gravitational, sound, elastic and electromagnetic energy. The forms of energy are often named after a related force.

**Energy** - in one form can disappear but the same amount of energy will appear in another form. In all such energy transformation processes, the total energy remains the same. Energy may not be created nor destroyed. This principle, the conservation of energy, was first postulated in the early 19th century, and applies to any isolated system.

Your consciousness, your experience of Being, who you really are, is energy. We can call it "Life Energy" for now. This energy does not just live in your brain; it fills your entire body. Your consciousness is connected to every cell in your body. Through your consciousness, you can communicate with every organ and every tissue, and a number of therapies are based on this communication with the organs which have been affected by some kind of symptom or disorder.

This energy which is your consciousness, and which reflects your state of consciousness, can be measured. There are several ways measure this energy that scientist and medical personnel are now using. The result in these efforts is - we can see that a change in your consciousness creates a change in the energy field that is being photographed or observed.

This energy field shows that when there are "holes" in particular parts of the energy field, these are said to correspond to particular weaknesses in specific parts of the physical body. **The interesting thing about this is that the weakness shows up in the energy field before there is ever any evidence of it on the physical level.** (It is a process the medical profession can now use in defining Alzheimer's and potential of this disease. Addiction predictability and many other avenues are opening as a result of seeing into the energy field now visible.

As a result, we have an interesting direction of manifestation shown through what we have described.

1. A change of consciousness creates a change in the energy field.
2. A change in the energy field happens before a change in the physical body. The direction of manifestation is from the consciousness, through the energy field, to the physical body.

Consciousness--1--☞Energy Field--2--☞Physical Body

When we look at things in this way, we see that it is not the physical body creating the energy field, i.e. the aura, but rather the aura or energy field that is creating the physical body. What we see as the physical body is the end result of a process that begins with the consciousness.

## *We Each Create Our Reality*

*When someone makes a decision that leaves them with stress, creating a blockage in the energy field with a sufficient degree of intensity, this creates a symptom on the physical level. The symptom speaks a certain language, which reflects the idea that we each create our own reality. When the symptom is described from that point of view, the metaphoric significance of the symptom becomes clear. Thus, instead of saying, "I can't see," the person would have to say, "I have been keeping myself from seeing something." If they cannot walk, they would have to say, "I have been keeping myself from walking away from something." And so on.*

## *The Human Directional System*

*We can say that we have an inner guidance system, a connection to our Higher Self, or our Inner Being, or whatever name we choose to give this Higher Intelligence. This inner guidance system functions through what we call our intuition, or our instinct. It speaks a very simple language. Either it feels good, or it doesn't. All the rest is just politics.*

***Intuition IS the language of the spirit.*** *Most of us know what intuition means, I got a hunch, or my gut feelings are telling me, maybe we will even say my instinct are saying - It is those gentle nudges that frequently just come out of the blue, and often we ignore only to find out it all had validity. **This is one way our spirit tries to speak to us.** Everything is made up of energy – people places and things, so we can receive and read information by means of our intuitive sense. (Receiving information is all about energy)*

*We are told we should move with what feels good, and do not do what doesn't feel good to us. We are told to trust this inner voice. When we don't follow this inner voice we feel tension. We feel not-good.*

*Then, the voice must get louder. The next level of communication is through the emotions. As we move more and more in the direction that feels not-good, we experience more and more emotions that feel not-good, and at some point we can say, "I should have listened to myself when I thought to move in the other direction." That meant that we heard the inner voice. Otherwise, we could not have said, "I should have listened." If we make the decision we know is the right one for us, and therefore change direction, there is a release of tension, we feel better, and we know we are again on the right track.*

*If we continue to move in the direction that feels not-good, the communication reaches the physical level. We create a symptom, and the symptom speaks a language which reflects the idea that we each create our own reality. When we describe the symptom from that point of view, we can understand the message.*

*If we change our way of being, we have received the message, and the symptom has no further reason for being. It is able to be released, according to whatever we allow ourselves to believe is possible.*

***If we created the symptom with a decision, we are also able to release it with a decision.***

*Something will happen on the physical level to create the symptom, in order to get the message on the physical level about what one has been doing to themselves. (Remember the language of the spirit is symbolic) We do to ourselves literally what we have been doing to ourselves figuratively.*

*When one begin to do something different in their consciousness, they notice that something different begins to happen and the symptom is able to be released.*

## Chakra's

It's important to understand the functions of the main seven chakras because they are your body energy centers which give you health and energy throughout the day.

If your chakras are not spinning properly you will not get enough universal energy and you may get diseases or always meet with obstacles no matter what you do.

The main seven chakras are nothing mystical as most people think. They help distribute the energy and are responsible for proper functioning of all aspects of your body and mind.

Whenever you have some illness and you heal it, it means that you have brought your chakras back into alignment. If you have some disease, it means your chakras are out of the alignment.

### Aligning seven chakras

The easiest way to align chakras is through meditation. When you meditate, you cleanse chakras and make them spin at their normal speed. This gives you health, emotional stability and positivity.

You should visualize each chakra and start from the root chakra till the crown chakra, you should fill it with white light.

You should do this by visualizing the process. It will give you a lot more energy.

### Importance and purpose of each chakra

#### The first chakra is called the root chakra

\*\*\* is located at the base of your spine and is called *root chakra*.

This chakra is responsible for your survival and acts as a grounding force.

When you feel fear, are worried that you will not be able to pay your bills on time, when you feel you need to compete and are worried about other problems associated with survival, it means your root chakra is not functioning properly.

If you cannot manifest things, it also means that this chakra is blocked.

When your root chakra is in alignment, then you do not have fear, problems solve themselves and you are not worried about small things like bills.

#### Second chakra is called *sacral chakra*.

\*\*\*It is located at the lower part of the stomach and is responsible for your emotions. Whenever you feel extreme emotions then it means this chakra is not balanced properly.

If you are obsessed about something, hate some person or feel too attached to someone, it means there is something wrong with your sacral chakra.

Also, when this chakra is not functioning properly you may be suffering from the obsession with sex or low self-esteem.

When this chakra is functioning properly, you feel calm, peaceful and do not have any unbalanced emotions. You are creative and happy with yourself.

#### The third chakra is called *solar plexus chakra*.

\*\*\*If this chakra is not working properly you will make bad decisions in your life. For example, you will take on a project that gets you nowhere. Deep inside you may know that you are just wasting your time, but you still keep working on it.

If this chakra is blocked, you may spend far too much time on your work or become unbalanced in other aspects of life.

If you feel as though the world is against you and everything is out of your control, it also means that your solar plexus chakra is not working properly.

When this chakra is spinning correctly, you will take up great projects and complete them and they will lead you to more joy and success. You will clearly be on the path that is right for you, and you will feel that you are heading to the right direction.

You will spend time wisely and you will create value no matter what you do.

**The fourth chakra** is called *heart chakra*.

\*\*\*If this chakra is not working properly you will have problems with relationships, be single most of the time and you will not know how to have a loving relationship. You will not understand what unconditional love is and will find it hard to express your emotions. When this chakra is spinning correctly you are likely to be in a very loving relationship that satisfies you. You will love yourself and others. You will feel compassion towards others.

**The fifth chakra** is called *throat chakra*.

\*\*\*It is responsible for communication. If this chakra is closed, you may not be able to get your point across, you will feel uneasiness whenever you talk and you will be afraid of public speaking.

When this chakra is open you can easily express what you feel in words, it is easy for you to explain even complicated things and you are not scared to express your opinion.

By the way, too much unnecessary talking also means that this chakra is out of balance.

**Sixth chakra** is called *third eye chakra*.

\*\*\*It is responsible for your intuition, connection with the universe, signs and symbols coming from other dimensions.

If your sixth chakra is healthy, you are able to think crystal clear and you are not avoiding spiritual subjects. You do not cling to your beliefs because you know that they are most likely wrong. When someone disagrees with you, you do not consider this to be an attack on yourself. Your intuition is very accurate and you can sometimes predict future events.

When the third eye chakra is closed, you do not want to know anything about spirituality and you only care about the needs of your body. You completely identify with your thinking and you are not aware that thinking is just a tool you use to express yourself.

**The seventh chakra** is called *crown chakra* and is responsible for your connection to the universe.

\*\*\*Through this chakra you get universal energy and through it you get the ability to astral project.

Through the crown chakra and with the help of the chakras above your head, you are able to tune in to higher frequencies and you can channel non-physical beings and intelligence from other frequencies.

When this chakra is closed you feel completely separate from others and you are generally unhappy, but you do not understand why this is so.

When you are opening your seventh chakra through meditation, you may feel pressure on top of your head. That means that you are making connection with higher realms.

### **Conclusion**

Although widely ignored, the health of *seven chakras* is vitally important for your well-being. Chakras control all aspects of your life and if they are out of alignment you will get diseases, experience misfortunes and will not be able to find the purpose of your life.