

The path of the Shaman: The Shaman must first master both the light and the dark side and then emerge without being seduced by the power of the dark. The Shaman in each tribe was the one who could deal with dark happenings. The Medicine man/woman in the tribe only learned the skills of the light side.

Medicine and the way we treat sickness is changing. The future has come or maybe it's the past. Spirituality has met science and has become one our new advancement for medicine. It's the best of both worlds. The new age movement believes that once the occult metaphysical and new age terminology is removed, we have concepts and techniques that are very acceptable to the general public and open the new door to millions who normally would not be receptive.

The Church is not exempt from this influence and we need to know what our doctors are practicing or recommending. In some ways we are naive to the Spiritual influences. If the terms and names are changed, we can end up participating without ever knowing what it is we are participating in.

Last year's therapies were a 30-billion-dollar industry and are continually growing. The concept promoted by these new alternative therapies is to replace or help minimize the drug use and its side effects as well as our dependency on pharmacy. Instead of pain killers it may be acupuncture; instead of getting a minor operation it's a need to balance energies. This may sound farfetched, but it has become and continues to become more of a part of our society.

The concept behind all this is simple, there is an intelligence that pervades the universe, when we become unaligned with it we become sick. Claims from the new age practitioners and sages of old, are that our health problems are a result of misalignment of the latent natural energy within. To have perfect health, emotional spiritual as well as physical this energy must be aligned. We need to treat not only the body but the mind and essentially the Spirit.

LIST OF ALTERNATIVES: HOLISTIC HEALTH, ACUPUNCTURE, ACUPRESSURE, ROLFING, APPLIED KINESIOLOGY, IRIDOLOGY, REFLEXOLOGY, POLARITY, CHIROPRACTOR, AURIC BALANCING, REIKI REBIRTHING, BIOFEEDBACK, BIO-RHYTHMS, TRANSPERSONAL COUNSELING METAPHYSICAL COUNSELING, GROF, SHIATSU.

- 1) HEALING WITH SOUND --- EACH ORGAN IS BELIEVED TO HAVE A CORRESPONDING VIBRATION ATTACHED TO IT.
- 2) HEALING WITH COLOR --- COLORS ARE USED IN AND HAVE CORRESPONDING CHAKRA'S.
- 4) BIOFEEDBACK (POPULAR EXERCISE) --- YOU ARE HOOKED UP TO A PASSIVE MONITORING MACHINE THAT IS USED TO EXTEND THE 5 SENSES CREATING A NEW SENSE OF AWARENESS, BY OPENING UP YOUR CONSCIOUSNESS TO THE INTEGRATING OF THE MIND AND BODY AND PROCESSES. IT PROMOTES RELAXATION, CREATIVITY AND INTUITION. THIS IS DONE BY FEEDING INFORMATION ABOUT THE PROCESS OBTAINED FROM THE MEASURING INSTRUMENT BACK TO THE PERSON
- 6) MASSAGE THERAPY--POLARITY THERAPY, SHIATSU AND REFLEXOLOGY AND OTHER TYPES OF ENERGY BALANCING MAY ALL BE USED BY MASSAGE THERAPISTS AND POSSIBLY CHIROPRACTORS.
- 8) AROMATHERAPY---THE ART OF HEALING BY INHALING THE ESSENTIAL OIL FRAGRANCES OF FLOWERS, HERBS, AND AROMATIC WOODS TO BRING THE BODY, MIND, SPIRIT INTO BALANCE.
- 10) READING AURAS --- DIFFERENT COLORS WILL SHOW YOUR HEALTH, ATTITUDE, AND CONSCIOUSNESS. GREY IS ASSOCIATED WITH FEAR AND DEPRESSION, ORANGE PRIDE, AND AMBITION, DEEP FLASHES OF

RED SHOW ANGER. BY READING ONE'S AURA, SICKNESS WILL BE SHOWN BEFORE IT IS PHYSICALLY MANIFESTED.

THE TEACHING IN ALTERNATIVE HEALING METHODS SAYS, EVERYTHING IN THE MATERIAL UNIVERSE IS VIBRATING, HAS SOUND, COLOR, A NUMBER AND FORM ATTACHED TO IT.

TO SEE INTO THE SPIRITUAL REALM, ONE NEEDS TO AWAKEN THE 6th SENSE.

The hands are powerful tools used in healing. "It is a fact that the hands... become transmitters of spiritual energy. (Think of the power a mother's hand has with her child)

WHAT CHAKRAS ARE?

Chakras are Entry Gates of the Aura. Within the physical body resides a body double, a spiritual body that contains the Chakras. The word Chakra in Sanskrit translates to wheel or disc.

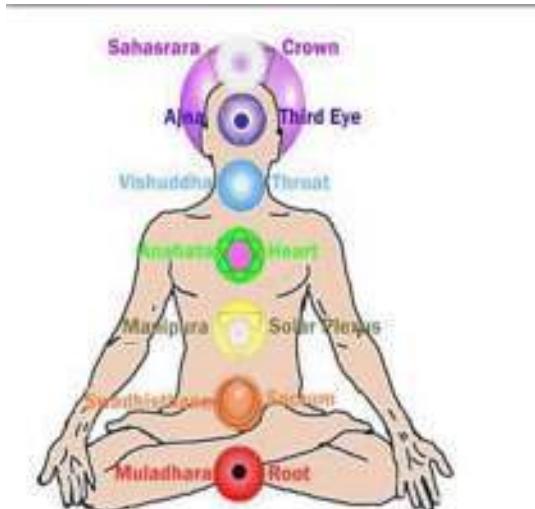
They are centers of activity that receives, assimilates and expresses life force energy. They are responsible for the person's physical, mental, and spiritual functions. They absorb and transmit energies to and from the universe, nature, celestial entities, from people and from things.

HOW CHAKRAS AFFECT US?

The chakras are constantly rotating and vibrating. The activities in them influence our: Body shape, Glandular processes, chronic physical ailments, Thoughts, and Behavior.

When one (or more) of the chakra is blocked and the energy does not flow harmoniously through them, it can result in imbalance that is manifested in areas of life. Each chakra is expressed on the physical body in one of the endocrine glands that regulate physical and emotional processes in the body. The imbalance in the chakra will also be expressed in the endocrine gland linked to it.

The Seven Primary Chakras in the human body are:



- (7) Crown Chakra
- (6) Third Eye?
- (5) Throat Chakra
- (4) Heart Chakra
- (3) Solar Plexus
- (2) Sacral or Spleen Chakra
- (1) Root Chakra

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The **1st** chakra is called the **Root chakra**. It is located between the anus and the genitals and is connected with the coccyx. The Root Chakra opens downward. When active with vigor, **it is fiery red-orange in color**.

The **2nd** chakra is called the **Sacral or Spleen chakra**. Located over the spleen, it is sun-like in color and opens towards the front. Sanskrit books always substitute the 2nd sacral chakra with that of the spleen, locating it below the navel instead of at the spleen. My research suggests that there is a danger associated with tampering with the spleen, so perhaps this is why they locate it below the navel. I don't know.

The **3rd** chakra is called the **Solar Plexus chakra**. It is located about two finger-breaths above the navel and is directly connected to our astral or emotional body. Through the solar plexus chakra we absorb the solar energy which nurtures our etheric body, which energizes and maintains our physical body. This is where our emotional (feeling) energy radiates, particularly our "gut feelings." **It glows a golden color**.

The **4th** chakra is called the **Heart chakra**. It is the center of our entire chakra system. It is located in the center of the breast at the level and vicinity of the heart cavity and connects the three LOWER physical and emotional centers to the three HIGHER mental and spiritual centers. **Its color is chiefly green**.

The **5th** chakra is called the **Throat chakra**. It is located between the depression in the neck and the larynx, beginning at the cervical vertebra behind the Adam's apple. It starts at the cervical vertebra and opens towards the front. It is also connected to a small secondary chakra, which has its seat in the neck and opens to the back, but since the two chakras are so closely related, they have been integrated into one. Although it has a lot of blue about it, it is also silvery, like moonlight upon rippling water. **Blue and green predominate**.

The **6th** chakra is called the **Third Eye? chakra**. It is associated with the pituitary gland, which is a very small, shapeless organ about 1/8 inch in diameter located in the forehead about one finger-breath above the bridge of the nose between the eyebrows. Here conscious perception of being takes place. It is the seat of our higher mental powers. On the physical plane, it is the highest center of command for the central nervous system. **One half is chiefly rose-colored** with a lot of yellow, **and the other half is predominantly purplish-blue**.

The **7th** chakra is called the **Crown chakra**. It is seated in the pineal gland, which is a small organ of fleshy consistency not much larger than the pituitary. The pineal gland is located near and behind the pituitary body almost in the exact center of your head at the level of your ears. The Crown Chakra opens upward, at the top of your head. Interestingly enough, medical science has yet to conclusively determine the physical influence this gland has on the human body (probably because metaphysics is beyond their rational thinking mind.) Although it contains all sorts of prismatic hues, **it is predominantly violet**.

A FEW WORDS ABOUT THE CROWN CHAKRA - The Crown Chakra is usually the last to be awakened. It is the same size as the other chakras but as the person progresses on the Path of spiritual advancement, it increases steadily until it covers the entire top (crown) of the head.

When the person realizes his position as an awaken one of the divine light through unfoldment of this chakra, the Crown Chakra is no longer is a channel of reception but a channel of radiation; it begins to be a prominence above the head - it radiates outward like a dome, like a crown of glory!

The illuminated Crown chakra is symbolically represented as the halo above and around the heads of so-called Saints that are glorified on the walls and stained glass windows of churches. It is an ancient truth that is still used in Christianity today. Sadly, however, its original purpose has been long ago forgotten.

TRUTH" – THE WALK OF TRUTH... is the meaning behind this symbol.

Spiritual Healing Practice of Laying On Hands

Past and Future of an Ancient Healing Practice (Prayer and Hands-On Healing)

Stop looking for new things.

Go inside yourself. (All things are within)

Everyone, we are unique,

Ask God
to give a healing to somebody,
then all you need to do is trust totally and let it flow. Trying to
follow a technique and putting your mind in the way, blocks
the healing.

GOD IS THE HEALER WE ARE THE INSTRUMENT

Hands-on healing, also known as Energy, Radiant or Spiritual Healing, has been practiced by many cultures for thousands of years. In Greek mythology, Chiron, the wise Centaur, taught Asclepius, the God of Medicine, hands-on healing. This practice was so revered that Grecian statues of Asclepius were made with gold-gilt hands, celebrating the power of touch to heal. This was also the source of the caduceus, modern medicine's symbol of healing and the word Chi-ergy, which evolved into surgery. Later, in Christianity, we are told countless stories of Christ's ability to heal using the laying-on-of-hands. Jesus further told his disciples in John 14:12: "... he who believes in me will also do the works that I do; and greater works than these will he do..." Humankind was truly given a profound legacy in Hands-On Healing.

My definition of healing is - Any activity that increases communication between one's body and spirit, allowing one to move towards greater levels of self-acceptance, integration and wholeness.

Spiritual Healing is now being used by a wide variety of practitioners in private practice, as well as in many hospitals around the world. Even a number of eminent doctors, such as Dr.MehmetOz, at New York's Columbia-Presbyterian Hospital, are using Energy Healing, prior to, during and after surgery, with remarkable results.

Students include medical professionals, wanting to learn more tools to deepen their existing practices, and people on the path of self-discovery, transformation and self-healing. As we begin to understand that our health is in direct relationship with our mental, emotional and physical energetic patterning, it becomes evident that we hold the power of health in our own hands. Spiritual Hands-On Healing is one of humankind's special legacies for achieving optimum health and is a valuable component of the medicine of the new millennium.

Healing hands (or hands on healing), healing touch, therapeutic touch, reiki healing, spiritual healing, faith healing, & energy healing, all commonly refer to the delivery of healing energy through the hands.

Every human being has 'healing hands' and the ability to transmit healing energies to others through therapeutic touch, or healing touch.

The frequency of energy that an individual can deliver is limited only by the capacity of their body to contain it, or channel it.

We also move energy with our minds, thru intention & creativevisualization, and flow it thru other points of the energy field. Without even being aware of it, I'm sure you've often sent healing to a loved one, or a pet, through loving or therapeutic touch!

With a loving intent, we are all healers. - Just a personal thought to leave you with: I believe all healing is spiritual healing and that everything in Creation has the right to receive and accept or reject Divine healing on their own free will. I believe Divine healing heals us on all levels of our being including, but not limited to spiritual, electrical, mental, magnetic, emotional, energetic, psychological, astral, physical, causal, etheric, spirit, soul, ego, shadow and our relationships of every kind.