

Self-Healing Meditation

By Chris Melmoth, LMT, EMT

What do people do when they have a chronic debilitating dysfunction or disease, yet don't have the finances or capabilities that are required to receive the necessary medical treatments or surgery, or simply refuse to accept the mainstream approach and are adamant about healing themselves naturally or by alternative means? This could be a tough situation, but many of us have heard by now of people who have miraculously healed themselves in spite of bleak prognostics. Well, how do you think they accomplished this? I guarantee you it wasn't magic, but they did however put all of their mind, heart, and intent into the process. The following technique should be taught to children in "Sunday School" as a basic way of using God (source energy) in combination with willpower to heal the body. However, since most religion is limited to cerebral knowledge, rather than somatic knowledge, it is rarely revealed. But as Dr. Medici says, "Real prayer does not get stuck in the head – it goes down into the body".

- 1. Pictures:** Visualize in your mind's eye specifically what you want, or what you want to heal. You may also use photographs, drawings, and other pictures or symbols to help emphasize this.
- 2. Feelings:** Feel what it feels like in your body to already have achieved or obtained what you want – enough to produce excitatory sensations (adrenaline) like enthusiasm and pleasure in your system. The stronger the feeling, the quicker the results will manifest.
- 3. Strengthening The Belief:** Do physical exercises (either strengthening or stretching) for this area while focusing on the new outcome. You will need to *carefully* push yourself slightly beyond your limits to achieve maximum results.
- 4. Breathing Mind & "God" Into The Area:** As you stretch and strengthen, inhale your conscious awareness and healing energy deeply into every cell of the area (specifically into the weakest, most painful spots). As your mind and spirit enter these areas, feel them taking the place of the old tissue, pushing out any pain. The key here is to mentally RESONATE simultaneously between breath, source energy, and body.
- 5. Being The Change:** On average, it takes the subconscious mind about six weeks to integrate new beliefs. Within this time, a "door" will open somewhere in your life. If you have the "eyes to see and the ears to hear", you will notice some new opportunity that represents a new path you can follow to begin the new life that you have been meditating on. If you step into this new reality, more opportunities will arise that will lead deeper into this life. But if you choose not to take action, you will simply remain in your old pattern.

**This approach does not require you to believe in any specific deity or religion. All that is required here is that you believe in some greater Universal force... one that is beyond conscious comprehension... that has the capability of healing anything within or around your body and mind.*

**Although it IS recommended that you use great passion and intent during this process of creation, based upon my experience with this approach, I strongly advice that you do not become so proactive with your desired outcomes as to negate any possible higher purpose for your situation. If you try to control your life's outcomes too much you may do your self more harm than good by not allowing for any spiritual actions that may already be in progress. I like to think of what happens in life as half the result of my own intent, and half the result of powers beyond my awareness and understanding. There always are times in life when we simply must "let go, and let God". After I do this meditation, I finish by expressing the fact that although this IS what I desire, if the Universe has a better plan for me then so be it.*