

SPIRIT & SCIENCE

Behind Self Healing

01



The Source

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1. The Mind Creates the Internal Reality

Thoughts are electrical and emotions are magnetic.

Together, they create an electromagnetic field that affects:

- the nervous system
- the immune system
- gene expression
- overall energy flow

Repeated thoughts and emotions form patterns that shape our health and experiences.

2. Breaking Old Patterns Heals the Body

Chronic stress, fear, overthinking, and emotional loops keep the body in survival mode. This shuts down healing. Interrupting these patterns, we signal the brain and body to return to balance.

This is done through:

- breathwork
 - meditation
 - elevated emotions (like gratitude)
 - changing inner dialogue
 - visualisation
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3. The Body Follows the Mind

The brain cannot distinguish between a real experience and a vividly imagined one.

When we visualise healing, the body responds as if the healing is already happening, activating:

- new neural pathways
- immune strengthening
- anti-inflammatory responses
- cellular regeneration

This is the basis of quantum healing.

4. Elevated Emotions Reprogram the Body

Feelings like gratitude, compassion, joy, and love create coherence between the heart and brain.

This state triggers:

- hormonal balance
 - increased energy
 - clarity and intuition
 - a stronger immune response
 - deep emotional release
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5. Energy Centers (Chakras) and the Quantum Field

These energy centres are mini brains. When energy is blocked, we experience fear, suppression, emotional stress, or physical illness.

When energy flows, we experience:

- vitality
- creativity
- confidence
- trust
- self-expression
- insight
- wholeness

Meditation raises this energy from lower centers (survival) to higher centers (creation and consciousness).

6. Becoming Your Future Self

Healing happens when you stop living as the old identity (fear, stress, limitation) and start embodying the future version of yourself who is:

- healthy
- whole
- aligned
- connected
- grateful
- joyful

“You cannot create a new future with the same old mind.”

7. Self-Healing Is Your Natural State

When the mind becomes coherent and the body shifts from survival to creation, the inner pharmacy activates:

- natural chemicals
- hormones
- neuropeptides
- immune responses

This is not magic, it is the biology of alignment.

Healing becomes a byproduct of returning to your Source.

We don't just hold this in perspective, we bring it into lived experience during our retreat.

Do let us know what brings you here, whether your focus is emotional or physical well-being.