

## Let's Heal Ourselves!

Healing ourselves is an essential step in our spiritual growth. Healing the spirit entails releasing stuck energy, letting-go of others' (false) expectations & judgements, and even just dropping our own no-longer-current self-concepts. As we change & grow, it is essential to keep 'tuning-in' to where we are now, & letting-go of what we used to be. But healing isn't only for the spirit! Sometimes our bodies need some healing too-- in fact, a healthy body is a must to have the freedom to spiritually grow with the most enthusiasm possible! So, take a moment right now, & focus on a part of your body that might be in a little pain. It could be a headache, carpal tunnel, etc. The following worked extremely well, for example, on my own broken ankle: Here's 3 different ways to approach your healing:

- 1) Clean-out the whole area, with a visualization to empty-out the 'stuck' energy that accumulates, eg. when you have damaged tissue/bones/etc
2. Make the whole area (eg, your forehead, wrist, leg, etc) healthy, with a visualization to fill-it-up with healthy energy, -and-
3. Specifically 'encourage' the specific bits to heal, directly.

You can do any of the three that works for you; they're all quite powerful. If you want to do all three, they work best in order. ...I used a combination of all 3 in my own little 'miracle story'. I still remember the look on the doctor's face, when he did a check-up at 5 weeks, & realized that i didn't need a cast anymore... because he'd just been telling me i'd need a full-leg cast for 6wks, & then an ankle cast for another 6wks. "12wks? Nah, I wanna heal in 5wks". Priceless.

(1) Start by grounding yourself. Once you're grounded, you can put a similar 'grounding cord' from your ankle to the center-of-the-earth, & from your toes to the center-of-the-earth. Ie, just imagine a line connecting your ankle to the earth far below you. this allows any stress, strain, tension, or 'stuck' feeling to just start flowing downwards, & out of your ankle/toes.

...Now, imagine a teeny little bubble in the center of each area you'd like to heal. Start with only 1 at once, eg. your sinus/wrist/ankle/etc. Now, as you breathe, imagine that little bubble opening bigger. Breathe in, it expands. Breathe out, let it relax. Allow will grow bigger & bigger on the breathe in, until it's the size of a ping-pong ball, & then relax down to teensy again. Then a baseball-sized, then teeny. Then softball, soccer-ball, beach-ball, etc. Until you're breathing-in a ball the size of your body, & then relax again it down to teensy. This is a T'ai Ch'i technique called "opening", & it works really great with grounding.

Notice how that feels... your sinus/wrist/ankle/etc will probably feel 'cool', like air flowing thru it... more relaxed, probably a bit tingly. That's all good-- you're 'waking up' that area, allowing the blood to flow more, & encouraging the healing to happen.

2. Filling-in. ...this is called the 'Golden Sun'. Different energy-colors have different characteristics, & one of the most powerful healing colors is gold. So all you have to do, is imagine a big ball of gold-colored energy, & then 'place' it on your [ankle, toe, etc]. Let it sit there, & let the ankle 'marinate' for a while. When you're ready, and/or it feels right, bring in another. And another. Do about 10 or so... giving each one at least 30sec+ to 'marinate'.

What does that feel like? some ppl notice that the area starts to open, feel 'cool' or tingly like with grounding... & others start to notice the area gets a little warm. The warmth is the healing kicking-in. Sometimes you'll get the joints so relaxed, that they get bright red with all the blood flowing in there. That's a great thing; it really accelerates the healing. One last thing-- if you just get a 'sense' that another color would work great, try that too! start with gold, & then move on to another color that feels good. Orange & Green work well for some ppl, as does pink. Black, silver, & white don't normally work great for healing... but if they work for you, trust your own intuition rather than what worked for me!

3. Kick-starting the 'cellular healing process':

...this one works best when you're laying-down, just before going to sleep.

as you lay down, put your awareness on your sinus/wrist/ankle/etc. Now, imagine your white blood cells as little construction guys, dressed in white hard-hats. Hear the whistle blow, & imagine them all trouping down your [face/wrist/leg/etc], to go work on your sinus/wrist/ankle. Try to clearly imagine their little boots, hammers, hard-hats, & tool belts (stay away from their butt cracks ). Just see that whole crew of little workers, getting down there & starting to work. Imagine a busy construction site, with signs all around & cranes & power tools & everything. The trick is: the more you can be specific about what those guys are doing, the more you'll be "enabling" the process.

Now call-over the foreman, & let her/him know what you want: for example, "I want you to work on this all night long". Give them specific tasks, eg "You need to get going on that ankle-film" or "you need to start getting those toe-bones finished-up & those pins ready to come out".

Keep watching them as you fall asleep. ...and when you wake-up, hear the whistle blow & watch them gather up their tools & head off home. You can call them back the next night. Okay... you're Done! Give yourself a moment to relax, before you try to get-up out of bed... the area you've been working-on will feel a bit soft, tender, delicate... maybe even 'raw'. That's good... so be extra gentle with it! "Forcing" healing never works-out... the most you should 'push' anything is with the pressure of an eyeblink... no joke.

Have fun & good luck on your Healing!!