

*The
Alternative approach to
Healing*



Videhya Klaassen

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Healing

By
Videhya Klaassen

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Introduction

The aim of this book is to share alternative healing methods that work on all levels of our being. When our energy is fragmented, it's difficult to feel a sense of wholeness and wellness; healing is simply bringing the body/mind back into balance.

By learning ways to relax the body/mind we can begin to heal physically, mentally, emotionally and spiritually.

The mind is very powerful and we've been programmed to believe certain things about ourselves, family hereditary and the world through social media. Meditation and relaxation on the other hand gives us a sense of autonomy, acceptance, peace and love for ourselves and others.

These healing methods gave me insight into just how connected we are to the whole of existence; the microcosm and the macrocosm. There is no separation, the mind and body are one and the same. What affects the mind also affects the body. Everything works perfectly in order for us to grow and we come to understand that love is the basis of **All** healing. People know all too well that stress IS a common factor in our lives which impacts on our relationships and reduces our capacity to function in everyday living. It is possible to reduce the amount of stress we carry by learning ways to relax the muscles of the body, quiet the mind and erase belief systems that cause inner conflict. When we stress mentally and emotionally, we send the vibration of fear through our body, the body then has to protect itself and it does this by tensing muscles, generally the neck, back and shoulders. When this happens, it blocks the flow of chi (energy) through the body, creating physical pain and illness.

My aim is to encourage you to live a joyful, creative life, and to use these meditations and relaxation techniques every day. Spirituality is not 'some-thing' separate from common sense living, it is a deeper way of seeing that goes beyond what we've been conditioned to believe. By trusting our intuition we can intuit what we are feeling; this **is** basic instinct. We **All** have the ability to know what we are generally feeling, like whether we're happy or sad or whether someone likes us or not. These techniques can help you come to a much deeper understanding of yourself.

A quiet mind allows you to observe the thoughts and feelings that come and go without much effort. In that quiet space one lives from the heart and in that moment recognises there is nothing lacking, there is only the appearance of lack because there is this building and re-fabricating of ideas that we cherish and hold onto. We give them so much attention that we lose sight of the simplicity of being. We all want to feel balanced, alive and to be in harmony with everyone and most of all, to laugh. Meditation brings us back to our centre so we can see with clarity, compassion and detachment, which takes us beyond blaming others for where we're at.

I see the spiritual path as a flower. From the time the seed germinates, its primary purpose is to blossom and its interest, is only in the light, anything else is of not much interest to it. It's undisturbed by the bees and insects that rejoice in its nectar. The potential apple is already within the seed; they are not separate and with good soil and water it will flourish and become what it is destined to be. And so too is your past, present and future contained within you.

Chapter 1

Meditation

The primary purpose of **Meditation** is to become conscious of and familiar with your inner being. The **Ultimate** purpose is to recognise you are the source of life/consciousness.

Meditation, Relaxation, Healing and Belief Work are tools to bring you back to that quiet place in yourself. When you open, your light shines to the world and in return, reflects back to you, that which is beautiful, whole and complete.

If you're meditating silently for the first time, then 10-20 minutes is enough. This is a good time to begin with as it allows your mind to get used to the new change. Your mind will fight like mad because its nature is to roam about, so ignore the ideas that arise; the mind will tell you anything to keep it active. So you may hear *"you need to get the washing off the line"*, *paint the room*, *"Fix the car"* or *"This is stupid, what am I doing this for"*. It will come up with many reasons why you shouldn't be quiet. In most people it is the Master and yet once quiet, it becomes the servant of the Heart.

If you're listening to the guided meditations on the CD's and you find you can't keep focused on my voice and find it hard to imagine, just watch your breath and relax. The idea *is* to relax and the mind will naturally subside back into itself with the lack of attention, and your imagination will flow a lot easier.

If you've been meditating for a while then you'll be more disciplined to practice with pure intent and firm determination. Try not to dwell in thoughts of good or bad, just relax and forget that you're meditating.

Meditation isn't to gain anything tangible or something material; its peacefulness and a blessing in itself. It *is* the actualisation of wisdom and truth. You yourself are the mirror, reflecting resistances and ideas that arise for evaluation. It's effortless and only requires for you to watch and feel. There'll be a releasing of old energy whether you're aware of it or not; again do nothing but feel and watch your breathing or observe your thoughts and feelings coming and going. If you put your attention on a thought with a particular emotion, and for a long period of time, you give it power to exist and it then becomes your experience. In a sense you're feeding a vibration that's already within you or within the collective consciousness.

At the end of your meditation, move your body slowly and stand up quietly; it's good to move the body as energy does build up. If you get up too quickly you may feel light-headed. I find the mornings and evenings are great; the morning sets me up for a clear and focused day and the evening erases the images and thoughts that have been pertained to during the day, inducing a good night sleep. It's *not* a good idea to watch violent or disturbing television shows before bed, it just gives the mind images that disturbs the psyche and adds to the collective consciousness (which the world doesn't need more of), and can also give you bad dreams. I must say though, not all bad dreams are necessarily bad, the psyche releases when you're sleeping, often they can be symbolic for some feeling or process you're going through or from what you've absorbed through the mind that day. Dreams can also give you insight into what's happening in your life, sometimes in a distorted sort of way, which is ok, it's important you just keep a balance in your life.

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When we're in a deep sleep, a Delta state, the mental burdens drop away and our intuitive qualities are enhanced; so being relaxed before you go to sleep is a wonderful way to send you deeper into a Theta or Delta state; the healing process works on a much deeper level here also.

Learning and practicing in a group has its benefits because the energy is stronger and usually lighter. The collective energy is very powerful and can help shift resistances and blockages quicker. On the other hand, if you're ultra-sensitive to energy, then creating a nice space for yourself is really important, this helps build a force within you first.

Often I hear people say about other people's bad energy (*I've been down that road*) and even though there's some element of truth regarding their personality, or actions, in which, does create a particular vibration within them, there's more to it, so please look within yourself because you're reflecting and magnetically attracting one another for your own recognition and opportunity to release what no longer serves you. We all have small or large particles within us and have all appeared as a perpetrator and a victim somewhere in our lives on some level; or at least have had a thought or two. I find it more helpful to look at what I am feeling and thinking than to be worrying about what others are doing (and that's not an easy task). If you are alert and present, your loving energy will radiate and benefit humanity as a whole.

When your abilities begin to develop, don't allow your ego to take hold as sometimes you'll think you know more than you do and other times you'll think you know less than really you do. Either way, it's still the play of Maya (illusion). The mind is very slippery, so it's best not to be fooled at all by believing in this or that, just come back to being still, the mind will quiet and the wisdom that you are will reveal itself unhindered and

uncluttered. So finding that balance is necessary; you don't want to be too slack or too intense. You live in a world of duality so enjoy it.

The nature of the mind is change, change is inevitable, and we can't help but live in a world that's in constant flux; especially when that's the nature of the mind; though you can experience peace when the mind is not entangled and scattered.

Being appreciative is a most powerful tool, everything responds to love. When you lie down at night, think about the body temple you live in and send it warm loving energy to every part of it. Be appreciative of it, it works hard for you.

How to prepare yourself for meditation

Before you begin a sitting meditation, prepare a quiet and clean room. Take the phone off the hook or turn down the volume, or put mobiles onto silent, also ticking clocks maybe a distraction as well. Sit in a comfortable place, use a cushion or chair and wear loose clothing. When sitting, hold your body straight without leaning. Your ears should be in line with your shoulders and the central channel near your spine is straight; this way the energy can flow easily.

There are different ways to place your hands. Some lay them on their thighs with palms up; this is a sign of acceptance. To hold your thumb and index finger together is symbolizing the ego and divine merging together as one. I tend to sit with my hands clasped together with the right and left thumb touching

and my index fingers touching, making a triangle. I was never taught this or saw it; it's just what I did. So if your intuition guides you to a particular way then go with that. They are all powerful ways to feel energy.

Take several slow, deep breaths then allow your breathing to become normal again. Some methods of meditation say to keep your tongue on the roof of the mouth, your mouth slightly open and breathe in through your nostrils. This way is very Zen and I'm sure we're just re-learning what we already unconsciously know, so we invariably do what is intuitively known whichever method we use. Don't think too much on it, just do what feels comfortable.

As you're being aware of your breathing, you may notice thoughts arise, just ignore them. If they persist try not to resist, it just makes you more frustrated and gives the mind more power. Eventually if you don't entertain them they will get less and less. As you watch your breathing it will slow down the activity of the mind and the body will also relax.

These exercises seem quiet basic; actually they are, though not as easy as you might think. I'd like to think of them as the foundation to which you can build on.

The breath gives us life; it's what relaxes us, rejuvenates our body, quiets our mind and emotions and overall brings more life force into every cell of our body, helping us to function effectively in this busy world.

Relaxing the body and quieting the mind really work together, if you have a back log of thoughts and jobs that need doing, it's very hard to sit, especially if you haven't meditated before. And it's the same if you are busy running around doing this and that, the mind likes to get on board and keep it all going. There is no point in resisting because the nature of the mind is to roam about. The real art of meditation is to be alert and

present in everything you do. If you find it hard to observe and separate yourself from the ideas, then saying a mantra can help.

When I caught myself going over a scenario, I would say shhhhhhhh, that way the mind still had its say!! And there were no stories to build on. There is a saying from the Buddha. *“Builder I have found you, build no more”*.

Another very simple technique to say silently to yourself is, as you breathe in, say “I”, as you breathe out, say “AM”. It’s one of my favorites.

Please use your intuition when choosing to do these meditations, listen to your body/mind, you can always come back to them later or maybe there just not for you. There is no right and wrong, shoulds or shouldn’ts, do what you **feel** comfortable doing. It’s important that you’re stable in yourself when you do these meditations as they can evoke certain emotions, like Meeting your fears or Emotional freedom, which are found on the MP3 or CD’s. Always stop if you find that their too much.

The physical, psychological and emotional changes

What you may experience is:

1. *Improved health and greater vitality.*
2. *Protection against dis-eases, depending on Karmic life stream*
3. *Less inattention on objects and more attention on the subject – I AM sense.*
4. *An Improvement in your digestive system ~ due to old thoughts and ideas being released.*
5. *A relaxed mind and body ~ A relaxed state becomes a natural healing process.*
6. *An improved sleeping pattern.*
7. *Quicker manifestation of what you're wanting.*
8. *A calming of your nervous system ~ less anxiety*
9. *Increased courage and confidence and greater stability in your life.*
10. *Purer perception and awareness and a greater sense of autonomy.*
11. *You'll feel in harmony with yourself and others.*
12. *Effortless concentration with greater clarity.*
13. *Increased creativity.*
14. *Meditation & Healing opens the 'Third eye' to insightfulness. It enhances spiritual awareness and unfoldment.*

15. *Physical, emotional, mental and spiritual healing on all levels.*
16. *It takes you beyond blaming others for where you're at.*
17. *You experience more happiness in your life as it erases belief and behavioural patterns that no longer serve you.*
18. *By instantly transforming the old and creating new programs, a new way of seeing occurs which in turn reduces the stress in your life.*
19. *Teaches your cells to respond in positive ways.*
20. *It changes negative beliefs in the DNA for you and your children's future and so on.*
21. *And it refines your energy so you attract better circumstances to you.*

When the physical, emotional and mental body releases energy, it will find a way to express itself. These expressions may happen at a level that you can't control and that you won't expect.

As you a-tune yourself to the finer vibration and become more aware, you can change consciously the way you feel by shifting your focus to what feels good and not giving attention to what doesn't. You're whole physical, emotional and mental body is made up of habits and memories so it's important to keep creating a good feeling, this will raise your vibration.

Don't be alarmed if some of your friends drop away or you feel agitated at the idiosyncrasies that surround you. What's important is that you allow others to be as they are, and find the freedom in yourself to be as you need to be.

What you may experience during and after Meditation is

- *A feeling of being at peace, this may last for a few days or longer.*
- *There may be an increase in a feeling of happiness.*
- *You may have more of an acceptance with people, events and situations in your life.*
- *The body may feel light and a sense of feeling less burdened and you may feel energetically fit.*
- *You may start to look a little closer at what you want in life; whether it is a different career, change of residence or the way you look.*
- *Illness that you are normally prone to may disappear altogether.*
- *You may experience shorter periods of sleep, and still feel energetic.*
- *Tingling sensations*
- *The colours of Aura's*
- *Warmth*
- *Coolness*
- *Visions appearing in your consciousness.*
- *You may feel drawn to different foods or feel an urge to change your diet completely. Little by little unconscious energies are at work. As you raise your vibration the quality of living also raises to match that.*
- *Your senses will be heightened.*
- *Expanded awareness.*
- *Better memory*
- *A stronger sense of autonomy*
- *Stronger boundaries for yourself (which will reflect to others)*

The other side is, you may also experience waves of

- *Feeling angry or irritated and have little tolerance of people around you.*
- *Body aches and pains including headaches, neck aches.*
- *Colds*
- *Tiredness*
- *Burning sensations through the body and top of head (Crown)*
- *A need for more sleep*
- *Weepy*
- *Dehydration*
- *Acceleration in your spiritual growth which feels uncomfortable and like everything is crashing down around you. (Don't worry it won't last! Or you'll adapt and find ways to cope, so it doesn't appear to be as difficult as it was at the beginning.)*
- *Vomiting (rare)*
- *Diarrhea (it will pass in a few hours or sometimes a couple of days. If you find it persists, give meditation a break or seek medical advice.)*

When you feel tired or if the body shakes and has short burst of twitching, the energy is releasing and your vibration is rising to a higher frequency. This can also happen when you come into contact with people with a different vibration than you in that moment. Your energy can adjust according to its surroundings, so if it doesn't feel good move out of the person's space or the situation. If you can maintain a high vibration, then your presence will benefit others. Releasing is healthy from the point of view that you're moving forward in your life. A good way to look at it is, is how you felt and

thought at 8 years of age, it's past and if you're still holding onto those feelings and belief patterns, then they're not going to serve you at 20, 40 or 60 years of age; so why carry them? Just because you're not conscious of them, doesn't mean they won't influence your thoughts, feeling and actions in any given moment.

What I've noticed is, sometimes I no longer have to speak the words of what I want; the feeling and sense is enough. The wanting of something better for yourself sets in motion a way for it to come to you. I want to also say, that when meditation is no longer a 'doing' you're connected to the Divine principle so whatever you do has a great deal of impact in your life and consequently the world. Never forget to treat this power with great respect.

What is Healing?

Healing happens on so many levels. On a physical level there's a regeneration process that happens in the body. When we release energy on an emotional and mental level, the energy is returned to our system. Healing appears as a process though recognition, that all experiences are vibration, and comes and goes just like a dream. An object has no power unless it's identified with and given the power to exist. It's created by the mind, for the mind. I'll give you an example. Once I burnt my finger and it was throbbing. As I was walking to pick up my kids from school I decided to experiment. I held my finger and said "I love you, I'm so sorry". I took myself (being) into it and in an instant the pain disappeared. There was no pain whatsoever. I

kept walking and then decided I'd once again experiment and I focused on it, it only took 2 seconds and the pain was back. This way isn't as easy with intense and continual pain because it's so much more difficult to relax. Yet I'm sure everyone who suffers or had suffered from acute or chronic pain would admit that there are 'moments' when they weren't aware of the pain. This is because your attention wasn't on it.

Often the body's letting you know something isn't right on another level, either in how you're feeling or what you're thinking. It's like the table that appears in your dining room, you cannot deny there's a table and if you kick it, it will hurt. The table is made up of atoms and molecules and yet deeper still, it is space. When you enter into this space, *it* takes you beyond the body and mind. There have been so many phenomenal experiences in my life that I can no longer doubt the power that exists, even beyond scientific reasoning.

Many people say they want to be free of their dramas, free from past and traumatic experiences. So what does it mean to be free and what role does it play in *healing*? Being *free*, means being free of our entanglements or involvements, it doesn't mean we need, or not need, to forget or remember our past; it simply means to see things as they are and come back to the present moment. When we're driving a car, we pass many trees, yet our focus is on where we're going and we hardly notice the trees. Being in the present is like that, things appear to exist around us though we're not conscious of everything, every moment. What is in our *now* is all that is and matters in the moment. It doesn't exclude the whole or dismiss the suffering of the world; it simply means we are present here, now; and in actual fact you feel the suffering of those around you a lot more.

Why do we hold on to our traumatic or negative experiences? We say we've let go, yet they keep arising. Why do they arise and why do we identify with them so readily when they do? They arise because we've not healed or let go of that memory. When we keep revisiting the past, we give it power to re-appear. This memory holds no power unless it's focused upon. Once focused upon (observed), it comes into play and needs the emotional charge behind it to cause a reaction. When you've changed, your vibration changes and no longer 'fits' the vibration of those memories. If you're still angry at the person associated with this memory, you can either re-create a similar situation, and not necessarily with the same person. It can be another situation. The negative memory that you hold so dear to you of a person or situation, becomes larger and is then believed to be your reality. When you have this false view, called your reality, you will not see the person for who they are right *here* right *now*. If they *have* changed and your view is still held in the past, then the seeing is from a memory or you simply imagine them to be a certain way. You may be seeing and hearing in this reality, yet your attitude towards them will be of the past or the imaginative future. To find out if you have your attitude in the past, listen to yourself and see if you say "*I remember when they/he/she did this*", or "*do you remember when this happened*". If you are talking from past tense, it can only be from memory. This is because the eyes you see through are veiled by your belief that you hold about them. It is your reality alone.

The opposite of being free is called bondage. People want to be free from the prison they build around themselves yet they're unwilling to break down the walls. Why? Because if you take this memory or part away from them, then what idea of them is left to talk about or where is the one that has been

abused or traumatised; where is the victim? In that moment of non-identification that part of you or them no longer exists, not without the fuel to keep it going. If you don't give it attention it loses its power. It's very difficult to look at something that appears like a dream and hold onto it.

I have often heard people say *"If you don't remember, you've suppressed it"*. There is suppression and there is dissolution; there is a difference. When there is suppression one does not want to acknowledge or feel the hurt or embrace the hurt. Running away does not help, you cannot run away from yourself; I've tried many times and it always followed me like a shadow.

Dissolution is the transformation of energy that occurs when you face yourself, by embracing what arises without moving away from it. The energy can literally transform leaving you free to experience people as they are, here and now. It is simple though not easy, especially at the beginning.

If you have been hurt or are afraid to love, or be loved then I can understand why you don't want to let go. It would be easier to hold on, to remind yourself of what to be aware of, so you don't make the same mistake again. Truth is you cannot stay the same; you appear in this stream of consciousness that is always moving; like a leaf in the stream. Sometimes the shift is so subtle that it's not recognisable and sometimes it hits you like a hammer, you're a part of the whole, therefore you cannot, *not* move on. An easy way to understand this is you had no control over being born or aging. It's a part of living and dying, the process of life and death.

Who are you without your story, what will you talk about if you live in the moment, in the now? Try it and see; all you will lose is the identification with the sufferer. If there's no identification, suffering cannot stay with you, it will disappear.

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You lose all to gain all; this is freedom and true love. It's the diamond that resides in your Heart.

Memory exists because you exist so you can choose to remember whenever you want. When you are free, *how* you see it, changes. Rather than seeing it through the eyes of a victim, see it symbolically and without judgment. There's recognition that the memory would have been a painful experience, but the emotions are absent so it leaves you free to love without strings.

When we focus and hold onto our emotional and mental pain, we attract people with the same or similar issues; it's a way of bonding and connecting with people and yet this keeps you blind to the truth. People love reminding you about the past, it keeps them connected yet it's a seemingly false way of giving and receiving love. It cannot help you heal.

When you walk into the light, there's a transformation that occurs and only love remains. I am not saying more traumatic experiences won't arise, but you'll be able cope better.

If you have a busy mind, then give your attention to what you want to create for yourself in the future. Focus on that, at least you're not re-creating your past and continuing to ride the merry-go-round. It's also important to know we can carry our parent's experiences, and our children carry our experiences which is sometimes fully or partly responsible for certain behaviours and medical conditions. The medical profession and the psychologists of the world label too quickly without discovering the energetic links to our physical, emotional, mental and spiritual bodies.

I'd worked with a little boy that was told he had autism. He had all the signs of what they labelled as autism, though it just didn't feel like it to me. Each time I worked with him he released more of his past traumas in this life and what

appeared as past life. The physical, emotional and mental behaviours were getting less and less. He was extremely intelligent yet it didn't show until so much had shifted. I do not have any qualifications in these areas or the medical background; all I did was facilitate in the form of Reiki and Chakra healing. The visions and intuitive knowing came from the grace of God which opened up doorways into another way of seeing.

Healing ~ 4 fold

The physical level: - Meditation and relaxation creates a natural healing process that lowers your blood pressure, slows your heart rate, slows your brain wave activity, calms the nervous system, nourishes your skin and hair, adds a lot more vitality to your cells, balances your endocrine system and replenishes the organs of the body, muscles and tissues. Because you're breathing at a much slower rate, your whole being is rejuvenated and you'll find because there is less stress held in the muscles, then the muscle tightness, headaches and other aches and pains you may experience will be considerably reduced, if not, disappear altogether. If you have tight muscles from physical work, then a few massage sessions is a good way to loosen them up and release lactic acid build up which will get the blood flowing again through the muscles. Some people are known to be ultra-sensitive to their environment and also on an etheric level, so their nervous systems are affected at a much deeper level; this takes 'being aware' of what is going on within and around you. It may help to refine your diet if you have problems with your digestive

system. Often Belief work and, or meditation will refine your energy for you so you may find you'll automatically have the desire to change your eating patterns.

The more grounded and connected to the earth you are, the less chance of taking on the energies and illnesses of others. Sometimes there are beliefs that are held from past lives or in our DNA; these play out in an unconscious way as certain archetypes, like 'the rescuer, a martyr, a victim and a wounded healer. There may also be past shamanic or other cultural beliefs which a lot of healers tend to have. This is why 'meditation' and 'Belief Work is important.

Cigarettes, alcohol, teas, coffees and illicit drugs will constantly suppress toxins by pushing them back in to the cells when the body cannot cope with the level of toxins it already has. This includes preservatives from foods, the environment and also emotional toxins. It needs to have a way to express and usually it comes in the form of an illness, intolerance or an outburst of anger; a little like psychotic behaviour which can stem from mental illness. I tend to believe some mental illnesses are from the mind being so used to finding ways to 'dodge' the emotions that it causes a build up and instability in the psyche which can cause a chemical change in the brain. If you think of it as a dam wall, it needs to over-flow or the walls will break. Here I'm only talking about stresses, not other unknown medical causes.

It's good to eat really well and to chew your food; this helps the digestive process and allows the body to remove toxins slowly. Too fast and the excess flows back into the blood stream until the liver is ready to process it in which you may feel sick. Usually as you allow a process to release, your vibration changes and you will automatically be drawn to people, situations and circumstances that will serve you better;

it is inevitable. If it's not happening, you need to look at how you may be consciously or unconsciously sabotaging and resisting change. **Remember**, when your vibration changes then you attract and manifest that which matches the vibration within you.

The emotional level: - When we experience trauma or shock in our life, we feel it on an emotional level and the memory is then stored in our emotional body. At some stage of our life we may come into contact with our environment which has a particular smell or familiarity about it. This familiarity triggers off the unconscious memory which then causes an emotional response or feeling to arise. It may also release the memory in flashes, a bit like a jigsaw puzzle or in images that are symbolic and not necessarily as it happened; a bit like a filter. Because it's hard to connect the emotion with the experience, it will then trigger the mental concepts to form. Because the mind likes to be in two camps at once, it's hard to trust what's interpreted.

All energy work helps memories to surface and release, which isn't always pleasant. We don't always need to know what it is for it to release, the recognition and allowing on a feeling level will do that for you, once the mind attaches itself it creates a story. Feelings and memories can also release throughout your life with very little or no emotional charge attached to them. The energy is so subtle that it will simply pass through undetected or with hardly any recognition. Ultimately there are no positive and negative emotions until the mind attaches itself to the feeling. When they arise there is apparent choice as to whether you 'see' through them, change them or act on them as they are. If the 'feeling' response was say, a negative one and your will is weak then you mostly likely will follow the energy of what's already present in that memory; hence re-

creating the past. I say apparent choice because it depends on your will power. Energy put into what doesn't feel good, creates more of what doesn't feel good and the same with good feelings. What feels good we call positive and what doesn't feel good we call negative. It's how we view it; Ultimately In truth we know what is right and wrong.

The mental level: Meditation, relaxation and healing helps us to de-stress and know our inner world of feelings and thoughts (what we know, we can work with). Quote *"In meditation we overcome our fears by the very knowing; the unconscious dissolves when brought into the conscious. The dissolution of the unconscious releases energy; the mind feels adequate and becomes quiet"* (Nisargadatta).

On a conscious level, once you can see what is irritating you or worrying you, you can get a better understanding. There is the art of seeing by observing, which allows for the ideas and stories to dissolve. By focusing on the present, the third eye begins to open.

Meditation also sharpens your ability to think and respond quicker; you'll have a lot more clarity and peace of mind and there can often be a detachment to people and their expectations of what you should and shouldn't be doing. When you're balanced in your Manipura (solar-plexus) Chakra, your self esteem and personal relationship with the self becomes paramount; it's a lot easier then to move into the heart, and when the heart and mind meet, the choices you make are then aligned with your true nature. The higher vibration of compassion is then expressed throughout your life, and the emotional rollercoaster ride that was previously experienced is subtle or non-existent. Oh and *this* is such a freedom, though it can seem like a paradox; you can expect to mind your own business rather than the hidden motive of

trying to control everything and everyone which only serves to dis-empower yourself and others. Controlling yourself is the 'key' and is a part of the process which will strengthen your 'will' to achieve what you want in life. In saying this, it doesn't mean you 'allow' abuse, you simply can assert yourself in a loving way, though sometimes it may be like a gentle lamb and sometimes like a Lion.

Reiki healing and Kinesiology also releases beliefs that no longer serve you, as it's always working for your highest good. In belief work, the positive programs create new neural pathways which lead to positive behaviour and situations in your life.

Please remember, when you change and are clear in what you want, then your circumstances change and become clear. Nothing is set in concrete. The pure I AM is consciousness, it's what the infant experiences at birth. In all its purity there is only a sense that it exists and once the infant is conditioned and a given name, the identification begins. This is necessary to function in the world though eventually the identification drops away and everything is seen as yourself.

The spiritual level: This is where you abide in the unknown. This is a state of complete surrender and freedom, though it's not really a state, because it is formless and nameless and not locatable. It is your true nature, eternally. Another way to describe this is, God is one and many, and through the many he comes to know his true nature and returns home. Meditation helps you to realise you and the Creator are one. If your mind is with all things of the world then that is what you keep creating. If your desire is to know yourself then everything in your life will move towards that, which is effortless and blissful.

Chapter 2

What is stress?

Stress is a stimulus which is stimulated by the environment, people, situations, experiences, memories and the imagined future. It's a form of anxiety and an overload of the physical, emotional and mental activity of the body/mind.

When we are living in stress, we are living in survival. We're always preparing ourselves for the worst thing that can happen in our life, because anything less than that we have a better chance of survival.

When we're in crisis or trauma, we often think about what we don't want to happen rather than what we do want to happen and this is because of the stress hormone called steroid. When our body produces too much steroids, it can interfere with our protective immune system by making it less effective. It weakens our Aura allowing disease to come in, so stress is disease.

We know stress can be a large contributory factor in headaches, migraines, high blood pressure, high cholesterol, angina, chest pains, heart problems, neck ache, back ache, sleeping problems, stomach ulcers, IBS, (Irritable bowel syndrome), asthma, a lack of confidence, quick temper, depression, anxiety attacks, low self esteem, difficulty with concentration and a lot more.

Learning to recognize the signs of stress is the first step, whether it's a particular thought, a repetitive behavior you do at home or work or a type of relationship you have with certain people. Once you know what triggers anxiety you can consciously breathe to stay relaxed. If you're already feeling anxious then breathing into the feeling will release what's already present and prevent further stress from building up in the body.

Being tolerant of others and finding ways to detach with your current or past situations will also reduce stress.

We are not often aware of our breathing and tend to hold onto thoughts and feelings which in turn create stress and vertigo. If something doesn't feel good, it's your indicator, to find a better idea or feeling that matches with what you're wanting on a deeper level. We often say a lot yet our deeper meaning and feeling contradicts which is why our indicator (gut feeling) comes into play. If you're dwelling on a feeling or thought, focus on something else that feels better so you're training your mind and erasing old habits. After a while the mind surrenders which brings you back into the present moment. Remember what is, is, and if you don't want more of what IS, meaning what you're putting your attention on then shifting your attention is paramount so you can then create a new reality. Whether you're remembering the past or imagining the future, it is ALL contained within the NOW and there is no getting away from that; though you can choose what serves you and gives you more vitality or what drains your energy. We are always given opportunities that point us to our higher Self. Here's an example. My daughter, a qualified beauty therapist was going for a job interview at a high class beauty salon. She began experiencing fear and started to lose confidence. Even though she didn't mind cleaning her

brother's house she knew she wanted more. While she was waiting outside the salon her brother text, *thinking he was texting to wish her luck* she saw he wrote "did you pick up the dog poo". In that moment I saw how he was showing her a way to evaluate her own self worth by acting as a catalyst. She had a choice to face her fear and know she is deserving of a worthy position or turn around and go home. She got the job so she was able to elevate herself.

Another story is about a girl that was staying in our hermitage at night and staying down at another lady's house during the day; I knew she had rejection issues she had been dealing with most of her life. I had a sense that she was going to get this lesson quiet soon but wasn't sure how or when. That day my son turned up with some mates which he never has done in the past, he has always rang to ask if it's ok. I spoke to her about this unusual situation and she arranged to stay for the night down at the other house. Later we spoke about how she felt and if the rejection issue arose. Unfortunately it did, though she was able to look at it from a different perspective without taking it so personally. When we see situations as a beautiful opportunity for growth and have the courage and confidence to listen to our intuition, stress doesn't affect us as much. Though a certain amount of stress helps us to stretch ourselves, it helps us become adaptable and to endure certain experiences that are out of our control. It all sounds like a paradox and in one way it is because you can never control successfully or for very long.

What happens to the physical body under stress?

On a physical level stress causes hormones such as cortisone and adrenaline to pour into the bloodstream increasing blood pressure, heart rate and breath intake; it prepares us for the fight or flight response. Being locked into stress adds fuel to the fight and flight response. Stress increases metabolism which uses up more energy and leads to various illnesses, like blood pressure, heart attacks, strokes and some forms of cancer as it may alter the cells in the body. The blood flow to the brain increases so you can think and react quicker. The pituitary gland releases a special hormone to trigger the release of other hormones which prepares your body for flight or fight, so you may find your hearing becomes more sensitive. In order to get as much oxygen as possible into your lungs and bloodstream, your breathing rate will go up and the blood flow to the skin will decrease so that if an injury occurs there will be minimal blood loss, as their needs to be as much blood available to supply your most valuable organs, the brain and your heart. As your pupils dilate, the retina becomes more sensitive to light so your vision becomes more acute. You may notice not unlike animals, your hair stands on end, this is to make you look larger than life and your muscles become tense so that you can fight more effectively. Your blood pressure goes up to push blood around the body, this will happen faster than usual so the tissues can be supplied with fresh oxygen and food, this then speeds up the waste process so acid will pour into your stomach to turn food into energy as quickly as possible. If the body is continually stressed, you are more likely

to experience an injury both internally and externally. If you have an outburst of anger, experience shock, trauma, fear and anxiety, the body will use up so much more energy which can result in an illness. The imbalance will target your weakest point on either your physical, emotional and mental and spiritual levels. If you don't feel good about yourself, it will target the way you feel on the emotional level and most likely manifest as a skin problem or target the pancreas.

Brain activity

Brain Waves are not confined within the Brain but travel throughout the body, via the perineural system, the sheaths of connective tissue surrounding all the nerves.

Within the Brain there is electrical, magnetic, and chemical activity. When we're stressed the body goes into chaotic mode causing problems in our lives. To view this activity, scientists were probing the regions of the brain to find out how it was composed. They found the most part of the activity was composed of different frequencies of rhythmic and non-rhythmic waves or pulsations, ranging from 0.2 to several hundred hertz. The pulsations were further broken down into individual categories for easier study and of their properties. These categories were the Beta, Alpha, Theta, Delta and Gamma waves. These waves are constantly in motion; the brain constantly produces waves in all frequencies. Every thought produces a frequency and that frequency gets stronger as you move into action. (CrossRoad Institute). If you think of it in terms of a gear box, the first gear is Delta, the second gear is Theta, the third is Alpha, while Beta is overdrive. We must admit, we've become a society of too much Beta.

The **BETA WAVE** is the first brain wave. The frequency is approximately between 10-38Hz or pulses per second and is the fastest frequency. Beta is our normal thinking state and thought process. The mental activity associated with the Beta waves is the *active awareness* state that we experience in our day to day life. Low Beta waves is between 12-15Hz in which you can feel relaxed yet focused and integrated. Midrange is 15-18 Hz, you're thinking and aware of yourself and your surroundings. A high Beta state is 18Hz and above; you may feel alert yet agitated. The Beta brainwaves are activated when we think logically and problem solve. Someone who is often manic in their behaviour has too much Beta and needs to slow down. They may think too much like over-analyzing. This can increase muscle tension, raise blood pressure and create panic attacks. Often people with *ADHD, hyperactivity*, have increased their Beta activity to compensate for too much Theta activity. One form of ADD or ADHD which is lack of attention is too little Beta (thinking activity). There are external chemicals that are induced into the brain to produce this state; they are known as stimulants. Some of those stimulants are small amounts of nicotine in cigarettes, alcohol, caffeine in coffee and tea, diet pills, and the illegal drug of amphetamines.

The **ALPHA WAVE** is the second brain wave and accounts for only half of the story or ideas that we have; the other half is the Theta. Alpha waves range between 7.5 and 13 HZ which tend to peak around 10Hz. When you 're in a healthy state you have the ability to mentally coordinate so you can move quickly to accomplish whatever task you want to do. When the alpha state dominates, the feeling is one of ease and calmness because it acts as a bridge between Beta and Theta - the conscious and the subconscious mind. Alpha is a common state

for the brain and occurs whenever a person is alert but not actively processing information. When you are in a good mood, it can be said the alpha brain wave is within normal range and often you can see the world from a clear perspective.

Low Alpha waves cause radiant light. When you're watching TV, the brain slows down; essentially it turns off your nervous system so it can be a way for people to 'veg out'.

Too much Alpha activity leads to the desire to escape and to day dream. If it's too little, we're there, but not alert.

To activate the Alpha state and slow down, imagine you're lying on a secluded beach in the middle of the Bahamas, watching the sunset. It can be a lot less harmful than Cannabis which also induces this state in people. It's the chemical THC that causes this euphoric feeling by being a substitute for the brain's natural pleasure chemicals which are called endorphins. After a time the body forgets how to produce so it relies on synthetic chemicals.

The **THETA WAVES** range from 4-8Hz and relates to the subconscious mind and is classed as '*slow activity*'. There are often rapid eye movements (REM), dreams and a light sleep. It holds our memories and sensations, governs our behaviours, beliefs and attitudes. The first stage of the dream state is the Theta state. Our inspirations and creativity begin here. I feel it's strongly connected to the Third Eye, Crown and the Eighth Chakra. It reflects the state between wakefulness and sleep. It's seen in connection with creativity, intuition, day dreaming and fantasizing and is a repository for memories, emotions, and sensations. The Theta waves are strong during internal focus, prayer, meditation, 'knowing' and 'oneness'. It also seems to reflect the activity of the Limbic System.

The *limbic system* operates by influencing the endocrine system, your hormone system, which helps in the process of healing.

The other half of the story with Theta is that it brings about creativity and intelligence. In Theta state the mind experiences the body in a meditative state of detachment. There's the feeling of being conscious of your surroundings yet the body is completely relaxed. It's a good place to be in when the body needs to regenerate. A powerful saying is, "*To be in the world, but not of it*". I'd won a free facial and as soon as I relaxed I went into the Theta/Delta state. I was conscious and present of every movement the lady was doing, though not long after I felt a welling up of emotions and felt a mother and teenager who were having strong emotions at the time. (She came from the east coast and I come from the west coast of Australia). I found myself having a conversation with them in my mind. Though this lady wasn't aware of it in that moment but could verify the conversation. So Theta expands our awareness far beyond the physical realms and really is unexplainable. Too much Theta can cause day-dreaming if the energy isn't being directed. The drugs that promote this activity are hallucinogens like LSD, Acid, Ice, Magic mushrooms and are highly illegal and dangerous.

People that are drawn to drugs are often drawn to the chemical, serotonin that the brain needs to feel good. It can be seen two ways. Drugs can cause the imbalance and promote bi-polar or psychotic behavior and, or the imbalance is already present or dormant in the person.

The **DELTA WAVES** are the lowest frequency and range from 0.1 to 4Hz. Delta gives us the ability to integrate and let go; you may also feel more empathy than usual. The Delta state

reflects your unconscious mind; it's where the healing happens to the body/mind as you're in deep sleep as it's repairing itself and filtering out toxins. There is no dreaming in this state and it may also be the place when we're in a coma. There is a fine line between Delta and Gamma when it comes to these waves. Too much Delta can cause you to take on too much of others baggage. If you read other people's minds you're leaning too much towards the Delta state.

Most people that have been diagnosed with Attention Deficit Disorder (ADD) seem to increase their Delta activity when trying to concentrate rather than decrease it; as the brain tends to lock up with 'trying'. My feeling is, if we're pressured to 'do' the brain switches off and the person will appear as being disobedient. There has to be a balance of interest and the relaxed state to be pro-active.

Chemicals that induce this Delta state are known as 'downers'. They are aspirin, muscle relaxants, sleeping pills and barbiturates. Too much are dangerous as they over load the liver and can cause the brain and body to totally relax into a death state.

It is said people who live with the 'awakened mind' are spiritual masters and people with optimistic views in all areas of their life. They use all 4 waves through the psychic centres, in the right proportion and are fully balanced. It's a state of being able to think while in a meditative relaxed space. They can access their intuitive and empathic ability in Delta, access their imaginative, creative and inspiration storehouse of the Theta state, then bridge the gap of the Alpha state with the detached awareness and use their ability to process thought in the Beta state; all simultaneously. It also happens in the moment of the Ah - ha, like the light just went on.

I also feel when you're in a relaxed state; all happens effortlessly so you're not 'fabricating' this to happen; it just happens as a result of alignment.

Chapter 3

Belief Work – Using a Theta state

An alternative approach to healing will find you; either you've got too busy in your life and you think there must be more to life than this, or the doctor has told you to find a way to relax and reduce the level of stress or you risk having serious health issues.

Ask yourself, what is it I really want? Be honest with yourself. Meditation, healing sessions and relaxation will calm the mind, give you a lot more clarity in your life and bring to the surface what needs to release. The Belief Work targets specific areas and can transform old patterns of thought. The negative beliefs and memories are more powerful than you realise, especially ones on the unconscious levels because you don't know that they're there; yet they will affect how your life is lived. Have you ever said "Oh I've done that work before it's not that", yet it comes up for you again and again. The reason is because it's a branch off the main issue.

Belief Work helps in ALL AREAS of your life. Ask yourself:

- *Why I can't make as much MONEY as someone else?*
- *Why I can't seem to save my money?*
- *Why do I feel I have to give it away when I do have it, or there's always someone ready to take it, even though you know they can help themselves?*

- *Why do I feel guilty having it?*
- *I know I'm creating a SUCCESSFUL BUSINESS and what I'm doing is right though something's not quite working.*
- *Why do I feel I'm tied to my PAST RELATIONSHIPS when I want to move on?*
- *Why do I still attract the same type of partner in my life?*
- *Why my WEIGHT keeps finding its way back to my body? Why do I feel like I'm constantly being CRITICIZED and JUDGED? Or just when I start to feel good about myself, someone comes along and KNOCKS me down?*
- *How can I enhance my intuition or six sense?*
- *Have you had a difficult HOME life or maybe your parents have and you're carrying their beliefs. By healing your past or your parents past, you create what you want for your FUTURE. It is up to you. You are the CREATOR of your OWN DESTINY.*
- *Do you have STEP-CHILDREN or STEP-PARENTS and you're finding your situation difficult?*
- *Do your Children have LEARNING difficulties?*
- *Have you thought of TRAVELLING or are you studying to be a TEACHER or a WRITER, MUSICIAN, ACTOR or are you a STUDENT at school and you'd like to be the best you can be.*
- *Were or are you a FOSTER child or an ADOPTED child?*
- *Have you by choice or no choice put a child or children up for adoption or foster care?*
- *Do your cells hold trauma, shock or illness? Find out by energy testing. It can come either this life or from other generations or past lives.*

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- *Does your body experience pain? Has a Clairvoyant told you, you're a Healer, yet you wonder why it's not happening for you? You may have past programs that pertain to other faiths that prevent you're conscious mind to accept what it is for you right now.*

Belief Work is a form of healing whereby, the practitioner connects to source and to the client to pull and replace programs or to just download them. There are two ways of working with the client, both are necessary to identify the main issue, or area that needs changing; though I find while I'm doing a massage or healing, beliefs arise in my consciousness so I know what I'm working with.

The first way is to energy test the statement or belief the client has and then to find what level it's on. Once this has been established the practitioner goes into that level and pulls the program and downloads the replacement program.

The second way is for the practitioner to download a series of positive beliefs relating to the issue, whether they're past or present, and in doing that often the false or negative belief will release at that same time.

Because the beliefs are infused with the power of healing energy they're 1000 times more powerful than just saying the words in an Alpha or Beta state. Any beliefs that no longer serve us can be automatically transformed; it is really quite amazing and unfathomable to understand. Belief work always comes from the highest perspective and doesn't take away your choices you have to make; the beliefs simply make it easier as your 'will power' is strengthened and there are no obstructions to yourself; in other words the 'inner conflict' is lessened if not gone all together. It doesn't mean there won't

be other hidden programs so it's good to watch your word habit and stay aware.

We are being urged to push beyond the boundaries of time and space and the identification with who we think we are. We have the ability to fast track beyond having to identify with 'my' issues, 'my' feelings, 'my' thoughts and 'my' body and see it as "Experience". You must see that all experience is dream like in nature and just as you don't hold onto the dream state when you awake, why not let go in the waking state and be in the now.

People are surprised just how relative these positive beliefs are. We've all gone through the child stage, growing up and being a teenager and for some; it might have been or still is a huge responsibility that you had or are still taking on. For others, there may have been avoidance in wanting to grow up, either way these experiences can be transformed.

Aging is another one for people as there are so many things we are face with as we move into that stage of our life.

It doesn't matter what type of family you grew up, or are in at the present moment everyone has negative beliefs and experiences.

If you're thinking of having children and you want to parent differently than you were parented then belief work can help transform your conditioning or at least lessens the hold of influence. You might ask "why it is so important". It's because If you're holding onto grief, hurt, anger, resentment, rejection, abandonment, feeling over burdened by responsibility, feeling trapped, being bullied, afraid to speak up for yourself or you keep attracting the same man or women again and again into your life then releasing the vibration of these experiences will change your life.

What is Reiki?

Reiki is a form of healing, also known as 'hands-on healing'. It's gentle, non-invasive and can be used on yourself and for others.

Rei means Universal Ki means – Life Force.

Scientifically speaking, Reiki is non-polarized' subatomic energy that is released as a harmonic into energy blueprints, for example, the body that is in a state of disharmony will change to a vibration of harmony which is the same vibration as the Divine Source. Once it leaves the subatomic world, it must polarize because it's entering the physical, manifest world which is the first plane of existence and the closest level to the physical body in the auric field, then acted upon by time.

Because it is, by nature, a harmonic vibration, it will polarize and form a mirror image of any disharmonious frequency in that energy blueprint, thereby restoring normal harmony and well being. This then accelerates the natural healing processes of the body. It's the same as being happy; if you're happy you promote self-healing naturally which in turn creates a positive reality.

Reiki doesn't need diagnosis because like any vibration, it follows the Law of Karma and attraction.

It's usually the Alpha Brain Wave frequency that is used and taught in Reiki, whereby the divine energy is drawn down through the Crown and then the hands. The bio-magnetic field of the practitioner's hands becomes a 1000 times greater than normal due to the body heat and current.

During a Reiki session the brain waves begin as relatively weak pulses in the thalamus of the practitioner's brain, and gather

cumulative strength as they flow to the peripheral nerves of the body including the hands. The same effect is mirrored in the person receiving the treatment.

How can it help you?

Reiki enhances your everyday living by gently helping the body's natural energy systems to work more efficiently. It stimulates nerve regeneration, bone growth, and promotes healing in ligaments, tissues and other areas of the physical, emotional, mental and spiritual bodies. Reiki boosts your spiritual progress by releasing blocks in your energy systems which have become 'trapped' or 'stagnant'; this propels you forward in your life's journey so you can achieve your goals and life's purpose.

When can you use it?

Reiki can be used anytime of the day and night, you can even program distant healings for people or yourself to receive at appropriate times; just like Theta Healing and other forms of Spiritual Healing. As 'time and space' isn't confined to the body/mind, distance isn't a barrier. Healings can be just as effective as if the person's right in front of you.

You can use Reiki on animals, plants, for raising the vibration in food, healing the earth and all of nature.

Experiencing Reiki

People experience Reiki differently. If you're doing Reiki on someone else, you may experience on a physical level, a tingling or pulsating feeling through your palms or fingers. There might be a sensation of warmth or coolness in your palms or an area that you're working on.

When I first experienced the Chakra system, I found my hands were held in one place by a magnetic pull; this means the area needs more time for healing.

Often people who facilitate Reiki may experience pain in their body; this is felt through the empathic sense which is the Manipura or Solar-plexus chakra. In once sense it alerts you to what's happening in the person you're working on. This is ok, though it is important to send the energy down through the soles of the feet or by asking for it to be sent to God's light.

Grounding & Cleansing

Grounding is very important in any healing work. One way to ground is to imagine roots going deep into the earth from the soles of your feet. When you're grounded, your Sahasrara (Crown) will be connected to the Divine Source or God and your feet connected to the Earth; the two sources of perfect energy, protection and transmutation of negative energy into perfect love and light.

Some people put a bubble of light around their aura in the shape of a golden egg and imagine mirrors facing outwards reflecting and transforming all negative energy and some say mantras or imagine a waterfall cleansing their whole being. Another technique for grounding and cleansing is imagine a white light pouring down through your Crown in a spiral and going deep into the earth. This can be as large as you want it. I often did this when I wanted to clear the energy of a room or the whole house, sometimes going even further afield.

This mantra can be used when you want to cleanse and protect yourself. Each section is said 3 times.

Protective Mantra

I AM

I AM I AM, I KNOW I AM the protective, electronic
presence in all my affairs this day **x3**

Beloved mighty I AM presence blaze up through me now,
your mighty, violet, transmuting flame and purify
my four lower bodies **x3**

Nothing but the love of God can enter here
I AM in perfect harmony of my thoughts, feelings and actions,
this day and continuously. **x3**

Tips

It's important not to cross your legs as this inhibits energy flow through the body's meridians and when giving Reiki it's important to keep hydrated. You may find the client will also feel thirsty; this is due to the body heating up.

What to charge

I found when I started to do healing sessions I was challenged with self-worth issues around charging people. I often gave it free or at a quiet reduced rate (Which is fine by the way). I found though, the person didn't seem to take the healing seriously or the responsibility for it and they often brought up their financial situation. I soon realized they could afford it

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because they talked about getting their hair done ect. It's really about being honest with yourself.

The more I heard other people say "You don't charge enough", I found myself justifying that I want to help everyone, not just limit healing to people who 'have money'. I never realised until I did the beliefs of 'Teenagers' that it brought up a self-worth issue when I was 14. One week later, a client came, who happened to be a sister of someone I went to school with. She made a comment about me not charging enough. I went straight into the old program; then she said "attract different clients". I actually didn't take this in until the next day as it brought up a memory of not being good enough during our school years, as I held the belief that they were the 'cool' kids and I didn't fit into that group. I really felt she came back into my life to unconsciously tell me to see through the illusion of that belief. As it cleared, I saw another belief. It was my belief of the struggling single mum. I realised while this was there, I was attracting people who matched that belief.

It can also simply be that some people don't like to pay for energy work because deep down they know they can do it themselves. There's also a common belief of "it's not your energy anyhow". It's forgotten that this path of healing is not always your choice and only a part of it can be taught. It took years of meditation and self-inquiry to erase and 'see' through beliefs. It took training to learn other skills which then comes with overheads and expenses. If this type of work is happening to you, then integrity and discrimination will be part of who you are, so greed will not feel comfortable to you.

I will still work with people that are finding it financially tough on an exchange level, though there must be some sort of exchange. Generally you can sense who has issues around

healing responsibility or money and it isn't always serving their highest good if you allow them to play the victim of poverty.

There's a quote from Nisargadatta (IAM THAT), "*Even a cripple will find his legs if his house is burning down*".

An exchange can be anything from a cake, fruit & vegetables, a hug or your services, as long as there's an appreciation.

If you find it really difficult to receive money then take a look; maybe you're carrying your own beliefs or parental beliefs like, 'women don't work', 'it's not a real job', past life or past faith programs. It is your birthright to create a positive exchange and we cannot barter with the banks about our mortgage, so we really do need to be realistic.

Another great healing technique is **Kinesiology**. It's a holistic therapy which looks at health as a whole and is based on the science of energy balancing. Kinesiologists believe that each muscle group is related to other body parts and they use a technique of biofeedback or muscle monitoring, to investigate what may be causing the imbalance in the body/mind. It combines a range of techniques, flower remedies and instruments. I've had several sessions when I felt something would just not shift and the method certainly works. I remember in a session I had to go to the toilet and I could hear my mother say "oh can't you wait, do you have to go now" I looked up and yelled "shut-up" walked back into the room and said "can you shift this, my mother's come to the toilet with me". Thank you to Christine I really appreciate the work you do. Also a thank you to Shivani (Wendy Holmes); When I had a session with Shivani, she used a tuning fork. The vibration from the fork created a movement of energy so strong in all my upper chakras simultaneously; it was an amazing clearing. She also picked up an imbalance in my large intestines and the

hidden reason for feeling over responsible for my daughter, even when she was 21 and making her own choices. By unlocking the feelings around fear of not letting go, it took me back to when I was 27. When she asked me what happened at that age I said, "Natasha was born". Further discovery showed I had taken on my Biological mother's feelings and beliefs from not wanting to let her daughter (me) go. The large intestines and the sense of responsibility affect our Solar-plexus chakra because it is to do with 'personal power', which is responsibility and choice.

The techniques of kinesiology are used to treat a variety of disorders from pain to allergies, fatigue, stress and emotional issues.

An important focus in healing is to imagine yourself or the person well and healthy. Whatever the ailment, see them without it and in a perfect state of wellbeing. Our minds are very powerful and we really need to use it to create harmony and peace.

Healing is also living your life in a selfless way and by thinking positively, feeling positive and acting positively. This is the Key to happiness and wellbeing.

The four (4) Psychic Senses

The Empathic psychic sense is located in the Manipura chakra (solar-plexus). This sense allows us to intuit what others are feeling. The empathic sense has levels or degrees of strength.

On a one to one, it's quiet easy to unconsciously or consciously tune into the other person. The more people there is the harder it is to determine whose emotion belongs to whom and even though it can be done, I tend to leave unless the energies are focused with the same intent. It can also be quiet overwhelming and often you'll be drawn to the stronger emotions in a crowd. Often someone with strong empathic sense will pick up on natural disasters and be affected by events shown by the media, good or bad. I remember folding serviettes at the café I was working at. I felt quiet calm though I noticed I had tears running down my cheeks; I first thought it must be an over-reaction to a comment a friend made which challenged me personally; then I realized the ANZAC service across the road. The two combined was strong enough to release emotions.

People who have been diagnosed with depression without a medical reason may fall into this category so it's good to learn how to recognize what is yours and what belong to others. When you pray, **don't** pray from this centre; this is your own personal power centre. Praying from here will drain you. When praying, pray from your **Prophetic**, (Sahasrara or Crown Chakra) this is your direct connection to God/Source.

The Auditory system is located above the ears and allows us to hear our inner voice or higher wisdom, which can also be described as the spirit realm; this is because it takes us beyond our physical hearing. Some may find this to be disturbing so again come back into your heart centre.

The Third Eye is your **clairvoyance**. It's located in the middle of the forehead and enables us to see aura's around people, trees and other sentient and non-sentient beings as well as seeing

into the body. Because we're focused in the *Now* it allows us to see accurately in this moment. This centre isn't recommended to tell the future as it variably tells people what they want to hear opposed to the truth of a situation; instead use the Crown chakra.

The Crown which is called the **Prophetic Sense** is being used when we experience the feeling of knowing, we just know that it **IS** and this needs no proof; it's **unquestionable** and *is* our connection to the Divine within/without. When you think of God, pray or feel an immense joy, or even contemplate higher perception you are activating your crown which gives a tingling sensation. You may or may not feel it; nevertheless you are connected.

The Power of Imagination

The power of imagination isn't new, it's the reason we have what we have today. Human beings all over the planet are constantly creating (Brahma), preserving (Vishnu) and destroying (Shiva) consciously and unconsciously. When we look at our beautiful garden with pride, we say "I did that" yet when we look at the 'natural' disasters around the world, we say "Nature did that". The Power is certainly God/Source which follows the Laws of nature and Karma (really one and the same) yet because we are all connected to nature, we have the power to imagine and create as well as destroy.

The Alternative approach to Healing

What's wonderful is we can use it to help the planet survive its transformation process. The power of imagination is tied very closely to memory and acts as a movie screen in our mind. Our consciousness expands by the very desire to know. Images and blueprints appear in the mind, helping us to understand the bigger picture; very much like dreams. When we talk about healing, it's healing on all levels. What manifests in the physical are the results of the past being recreated and anchoring these memories and imaginations into the present. The cells of our body come and go; they replicate themselves continuously by the blueprint and belief system we carry in our NOW. As we change those patterns by expanding our concepts, our molecular structure will follow. When we focus our awareness on what we want rather than what we don't want we create a whole new reality. If it's positive and joyful, our body responds to that. If it's negative our body also responds to that. Let me say, negative is what goes against our true nature. Energy follows thought and because thought is an energy form, a positive thought allows our energy to flow freely and unrestricted; whereas, negative thoughts decrease energy within our body. Every thought (whether mental or emotional) is connected to a chakra. For example, a passionate thought is a red energy stimulant, but an angry thought decreases one's positive red energy flow. This means that continual angry thoughts will lower your root chakra's energy and if you stay angry with someone long enough your immune system can take a real dive, which in turn weakens your energy field or aura and allows disease to come in. Usually the emotion of anger will manifest in the liver (though this is not always the case).

Pain and illness is present in the energy field before it enters the body. One day as I was giving a lady a massage I picked up

a cancer in her emotional body. I never said anything because I didn't feel confident or qualified enough and secondly if she ran off to have tests it wouldn't show up as it hadn't yet manifested in the physical. After the third massage I started to ask for help because I didn't know what to do. The next massage she began talking about her daughter who lived in America and how much she missed her. When I said "why don't you go back?" she said she was promoted in a new job and very proud of her position, though she missed her family terribly. I remember the words "Your heart knows what it wants, follow your heart" coming out of my mouth. She grunted and that was the end of the conversation. When she came again for the following massage I didn't pick up cancer. I didn't know what happened until she said "oh guess what? I'm going back to America". I don't doubt that *following her heart*, rather than going against what she really wanted prevented the cancer from manifesting in a physical form. So I can't *stress* enough; do what feels right for you, because if your energy is conflicting then you need to find a better place in yourself, than what you're feeling right now.

The unconscious will arise and become conscious by knowing and recognising what you really want.

Not all disease or dis-ease comes from negativity. It can be a prayer "God help me" but don't forget your idea of help and Gods may not be the same, each and every one of us is subject to Karma. It can also be an overload on the system; that's why It's important to focus in the NOW as much as possible because your NOW is 10 times more powerful when you are conscious and alert. When you develop your WILL, it is easier and your energy remains whole rather than split. The more whole you are, the more healthy you are and the clearer you see. You don't have to wait until you are dying and given the

'last rights' to come back into your original state. All you have to do is be present.

When you begin to imagine, start with how you wake up in the morning and how you go to bed at night. Being grateful is one of the most powerful methods to use.

The Key is Forgiveness & Selflessness

Forgiveness really means seeing things as they are by acknowledging what was painful and then coming back into the present moment. The Heart cannot hold onto painful memories, hate, resentment, anger and jealousy because whatever falls into a compassionate Heart is transformed. I believe no-one really wants to suffer or cause suffering; you simply become more conscious of what you say and do and grow to a point where you see from a higher perspective. Life is like a beautiful orchestrated piece of music in which you (the physical you) are the instrument and through the instrument, the non-physical you, vibrates a sound that resonates and sends waves of vibrations and light through the cosmos, which then returns the same vibration and sound back to you. When the vibrations are filtered through our psyches, the energy or codes are misinterpreted and coloured by emotions and mental concepts based on our past experiences,

and future imaginings; so in truth you are already light and love.

When the chakra clearing began, I believed the many visions I had were my past lives. I could smell, taste and see people in the images that resonated with people in my life now. I didn't know what was true except that there was experiencing. I didn't even know who was experiencing, as the 'I' was not what I thought. It was like going through a tunnel, the eye of awareness at the helm, steering, stopping, slowing down and then speeding up at different places. There were times when this awareness observed the body jump, like someone using paddles to give an electric shock; then back to observing images again. I was told it was my kundalini rising but whatever it was it was fast and fiery.

Whatever you've come to do in this life, know you'll never be alone. You have the power to draw to you what you need. Our life is not to figure out how it all is and how it all works, but to trust and have faith; this alone will take you to your goal. You are here because you are fulfilling life's desires. If you are fortunate you will spark the desire for Self realisation and awaken to the truth of who you are. Some people have chosen to come into this life and take on the karma of their relatives and Soul families. It seems it can be agreed upon before entering the physical world or during one's lifetime. Everyone you meet in life is a teacher, in some way or another. Some will teach you what not to do and others will show you the way for a time. I met my first spiritual teacher in 1994, ShantiMayi. She mirrored a love and guided me inwardly, introducing me to Advaitic understandings and the teachings of a Jnani called Sri Nisargadatta Maharaj (I AM THAT). I met another teacher called Gangaji. She was from the lineage of Sri Ramana Maharshi; I found it so profound.

13 years later I met Amma, also called the Hugging Saint. It was an incredible experience. From the moment I was on the plane to Melbourne I felt a powerful force. The compassion she emanated inspired me so deeply. Another powerful being whom I drawn to is Mooji, an Advaitic teacher also from the lineage of Sri Ramana Maharshi. These teachers can show you the door (so to speak) but you have to walk through yourself. No one can realise for you. The relationship between Master and Disciple is special as it means the Master has chosen to stay with you until complete realisation of your true nature, however many lifetimes it may take. The commitment is a serious and honourable one and not to be taken lightly.

In 1999 I had an experience with my son while he was learning to sail. He was around the age of 9 and although I loved to be with him and help him try to rig his boat, I felt it was his father's job to teach him, since he'd been sailing from a young age. I never said it to my son because he was hurt enough; though I began to 'see' he knew how I was feeling. As I stood watching him on the beach, it felt like I had shackles on my ankles and I couldn't move. I felt so much conflict in myself. Then in that moment, I realised it wasn't about me and my beliefs; it was about Glenn and his sadness, then something lifted, the belief no longer had any hold on me, it literally felt like shackles had fallen off and as I walked over happily to help, at that very same instant, and as his father was about to go out to his own yacht, he stopped and came over to help him. It was amazing to see just how connected to the whole we are. It's like throwing a stone in a pond and seeing the rippling effect. It is also said that fragmented energy can be transferred not just within a line of family but within the collective consciousness as a whole. I believe there is transference of energy from the cellular memory of one generation to another. Our DNA goes

back 7 generations and forward 7 generations, so not only are we healing ourselves we are healing our parents parent's and so on and our children's children and so on.

As mothers and fathers we spend our whole lives giving to our families, though it is not always unconditional. We are quiet selfish as human beings. As we grow we become aware of others and their needs more than our own and it is a real skill to balance selflessness with (Self)-ishness. Until then we are quiet selfish in attaining material wealth at all costs. It does not mean you cannot be comfortable, there has to be a healthy balance and there is definitely more selfishness in the world than Selflessness and it cannot continue without catalectic effects.

When I felt a calling or wakening to my spiritual path it caused great conflict within me as I had a husband and 3 small children. I had always had a connection to the Divine as a young child, though it wasn't touched upon again until my late 20's early 30's. At times I felt very much alone though slowly I met more people that were like minded and the mundane ways of worldly thinking became less interesting. I loved and still love being a mother, it was and is so rewarding though because my new ways of thinking back then wasn't supported it was difficult. If I had realised then that true happiness is in loving others it would have saved a lot of heart ache for all of us, yet I too was longing for true love not realising it was already within me. Because we are not born remembering that God resides in every being, we search for it externally and treat people as less than Divine beings.

My life has appeared to change dramatically over the years and no doubt it will continue. The love for my families has deepened; it is one that cannot be explained. The love even takes you beyond your family and friends where no ill feelings

can be held for anyone. Just like a leaf cannot hold onto the branch in autumn, so to love moves freely without conditions. This is what Amma had shown to me.

What is Selflessness? It means to give of oneself without expectation or reward. What Amma says is "If you want to be happy, help others".

Selfless service is Amma's life. She hears their cries and answers their call in giving physically, emotionally, mentally and spiritually. She herself will not claim anything. If someone is crying out to you for help, help them as you would want the same love for yourself.

Helping others has no borders and no true definition. It is as broad as the sky, having no limits. For some it could be as simple as a smile or not saying a bad word in your mind or to others. Try it for a day and if that is difficult, try half an hour. Being silent instead of giving our opinion is another, though not always easy as the ego loves to dance but if you can keep a quiet mind this will begin to happen automatically.

Helping is also allowing others to help themselves and for you to help yourself as much as possible.

Selflessness does not mean you allow abuse. That is not helping the other person or yourself.

There is a story of a Master and a snake. Each day people would walk along a path to go to the temple. A snake would tease and terrorize them. They were frightened and told their Master. One day the Master told the snake not to terrorize the people so the snake obeyed. But over time the snake found that people were being cruel to him as he lay quietly on the edge of the path. They began to tease and throw stones at him and one day all battered and bruised, the snake went to the Master and said "Master I did as you said and have not terrorized the people but they throw stones at me". The

Master simply replied “I said not to terrorize them; I didn’t say you couldn’t hiss.” So it is important not to harm others and to treat others how you would like to be treated. If only we could see that all sentient beings deserve love and are a part of ourselves we would never harm another. Sentient and non-sentient beings are consciousness, which lives within us. When you hurt others you hurt yourself. It just is that way.

Amma has spent her life giving selflessly to the suffering and the poor. It is Amma’s way that through Selfless Service (Seva) the world can come back into a balance and we too will awaken to the Truth of who we are.

Karma is action so no matter what action you perform it has an effect. The planet is the expression of our collective consciousness and If we want it to change, we must change and be ‘conscious’ of our thoughts and actions. Here is another story. ☺

Each morning the village priest would attend to his garden with love and care. And each morning a young woman would walk past going to the church. She would pray for her sins as she would sell herself to feed her children. The priest would think about her and be annoyed that such a woman would go into his church. One day when the priest and woman had left their bodies the priest said to God, why has she come to Heaven when she was a prostitute and I a priest. God spoke to him and said “Son while she was praying you were in your mind judging her for doing the only thing she knew to do”. So it is important to see that even though others may not be doing or acting the way we would like them to, it doesn’t mean they are any less a Divine being. I no way condone bad behavior, like murder, rape, or violence of any kind. That truly goes against my true nature.

Everything you want to know or do for yourself will be revealed. This is the light of awareness 'within' you that moves everything. The choices you then make are determined by your courage and faith or fear and apprehension. If your faith is in conventional medicine then the outcomes are supported by that, either good or bad and the same with alternative approaches. Here are a few more alternative approaches. You never know what will work for you.

Reflexology is another alternative therapy that works as a system. This system has zones in the body and reflex areas that reflect the image of the body on the hands, feet and ears. This is done by using physical touch of applying pressure to these specific areas without the use of lotions or oils. Using reflexology triggers a release of energy along the zones or meridians and moves blockages.

Foot Reflexology has become well respected adjunct to regular medical care. It is used in hospitals, by therapist and chiropractors to enhance most forms of medical treatments.

Acupal Herbal Lotion works on the principle of acupuncture but without the use of needles.

The brain is programmed to respond to certain communication sites (685 known Neuro-lymphatic points throughout the body). When a substance like ACU-PAL is applied on the appropriate locations, it reacts as a pain relief and in turn promote the healing process. The body can't heal until the brain tells it too. Why would the brain instruct the body to start the healing process if the messages are not being acknowledged?

Chiropractic Treatment is a medical specialty and drug free. It focuses on disorders of the musculoskeletal system, nervous system and general health in humans and animals.

The most common procedure is 'spinal manipulation' or 'chiropractic adjustment'. Their aim is to restore joint mobility by manually applying a controlled force into joints that have become restricted in their movement relieving pain and muscle tightness and allowing the tissue of the body to heal. A Chiropractor offers preventative solutions and is trained to recommend therapeutic and rehabilitative exercise, as well as to provide nutritional and dietary advice.

When I first went to James I had bad posture and lower back pain. After several visits, I could stand up straight and my back pain severely reduced. It certainly has been a God send since I can spend many hours sitting at computer writing. Thank you to James at the Geograph Chiropractic Clinic in Busselton WA, You certainly helped me through.

Chapter 4

Breathing Exercises

To help you relax, put your awareness on your breathing and breathe slowly in and out your nostrils with your mouth closed. Do this 6 times. Then observe how the body feels. This can send you into a deeper relaxation.

Pranic meditation

Using your thumb and your ring finger and resting the tips of your index and middle finger between your eyebrows. Put your left thumb over your left nostril. Close your mouth and take a deep breath through your right nostril, while taking your thumb off your left nostril put your left ring finger over your right nostril and breathe out through your left nostril. Breathe in through your left nostril and while taking your ring finger off your right nostril put your thumb back on your left nostril, keeping your mouth closed. Repeat sequence 6 times.

Breathing down your spine

Be aware that you are breathing normally, then inhale through your nose as you focus your attention on the top of your head. And as you exhale, visualize the breath going all the way down your spine and out through your feet.

Or after focusing on the top of your head and inhaling, on your exhale, breathe down the front of your body near your spine and up the back to the top of your head. Repeat 5 or 6 times.

Short meditations & relaxation techniques

You can do these meditations with a friend, one can guide the meditation while the other practices, then swap or create your own group. Don't forget to pause in the meditation to allow people to visualize.

I AM Meditation- subtle subjective awareness

This meditation is the simplest of all of them and is the door to revealing your true nature. Everyone has the feeling or sense of I AM, from whales to the tiniest insects; they intuitively know of their existence.

Just stay with this natural sense I AM, with this feeling, it's not really a feeling, more of a presence. Don't attach an image or thought to it, just stay with the awareness that you exist. It's seems hidden behind every thought, yet in truth it's not separate from thoughts though it's recognizable when the mind isn't with all things. It's pure, sweet, spacious and undisturbed. At first it may be uncomfortable because thoughts try to attach themselves to it; the more you practice this, thoughts appear less and less. Just observe because it appears when you don't give attention to thoughts; you'll recognize it and you'll become much attuned and open to this presence. This Pure sense of I AM is not tainted by your own perception or belief. It is like the clouds and the sky. The clouds obscure the blue sky and sun, yet the sky and sun is not dependant on the clouds to exist, nor is the sun affected by the sky or the clouds.

This meditation can be done sitting, or while you're going about your business. Just turn your attention inward to the IAM sense and allow everything to come and go and it will

open up unbelievable discoveries and realizations for you. To begin with it will be so subtle yet it will get stronger. If you like start with your breath, it's the closest to it. Mentally say "I" as you breathe in and "AM" as you breathe out, until even the breath becomes so subtle and the sense of I AM is recognised.

Hearing the voice within

The silent voice is often whispering, though we seldom hear it. It's soft as a rose, whispering to you; it is so silent and clear, disguised as 'knowing'. If you are engaged in focusing on thoughts it waits and then goes...it's momentum cannot be held, it only needs trust. We can hear her silent voice by following our intuition.

If you want to know an answer to something and you get a ahhhhhh !! Write what comes to mind; any time of the day or night. Realisations are in the nature of understanding, though your intuition.

Connecting

Before you meet with someone you know and have had a negative experience with in the past, imagine how you'd like it to be. I'm not talking about fantasizing, I'm talking about attitudes. If there is judgment that you usually feel when you see them, see and FEEL them as liking you, or you liking them. The happier you feel, the less concerned you are about what people think. If you don't know them, work on feeling positive and confident and that will light up your whole being. It erases any anxiety that may arise.

This simple method can help you immensely in all your relationships. If there is something we don't like about someone we only need to turn the attention back into ourselves. We may discover something that is a little deeper in

us that we have not yet looked at. When somebody comes to see you or meets you, just settle within yourself, be silent and watch your breath. FEEL 'peace for this person' don't just say it FEEL IT... you may see a change in them but the change is within you.

This had been my experience when I meet people who were really fired up and the power of their anger shook my whole being. When I had a minute afterwards I settled in my being and said "I love you, I'm so sorry, please forgive me". I may or may not have said anything but I felt better and whether the other person received it or not didn't matter.

Two sides of the coin

Duality is two sides of the same coin. Anger/compassion, sadness/happiness, hot/cold, love and hate. Whenever the division comes up in you, try this meditation. You'll discover you can, at will, swing from one to the other. This is very simple. If you're feeling discontented, ponder on the opposite. Contemplate about contentment and it will create a balance. If there's anger, bring in compassion by thinking about compassion, and immediately the energy changes because they're the same; the opposite is the same energy ... understandable because it comes from the same source. To understand energy you have to realize it **is, has** and always **will** be *Pure consciousness*. The only reason it changes, is because of the thought vibration added to it; like adding red dye to clear water.

Letting go

Whenever you feel you're in a bad space, whether you're going to work, at home or if someone has upset you or if there is something you said, which you wished you hadn't; for five

minutes, try this exercise: – Inhale gently through the nose then exhale deeply feeling with the exhalation that you are releasing the emotion. Within five minutes you will be suddenly back to normal and the low will have disappeared; or put your awareness on your heart and send someone love. If you're annoyed at someone send them love, you will be surprised at how **YOU** will feel and without a doubt, they will feel it too, whether they allow it in is another thing. If you use it to cause grief to someone, it has to affect you as well, whether you are aware of it or not, it will cause a change in your vibration and all debts are squared in the end; however long this end is !!!

Mantra meditation

This mantra meditation is taken into the heart and helps purify the body and mind, and then reflects out into the universe. You can choose a mantra that arises up within you or take one from below. If you have a spiritual name, you may like to use that.

Am – Ma Neti -Neti (not this, not that) Par- a (beyond)
De-va I – Am Rad-ha Brah-ma (Hindu god/creator)
Bod-hi (e) (enlightened) Shi-va Budd-Ha Ma -ha
A-um Che-tanna (consciousness, inner awakening)
Mer- ry (Mary) So-hum (I am That) Ma-ha Jes-us
Al-lah

On the inward breath, breathe in the first syllable or first word and on the outward breath, breathe out the second part of the mantra. Repeat for 5 minutes. If you like you can repeat the words of Om Mani Padme hum. (Om Mar-knee pud-me horm) “I dissolve into the jewel in the lotus of the heart that reveals all and everything”

Universal Meditation

In truth, you are boundless energy; there are no limitations except for the ones created by the mind.

While sitting, *feel* that you are the boundless universe. Feel expanded, become all-inclusive in that feeling; you can use your outward breath to feel the sensation of expanding. Now imagine the sun rises in you, the stars move within you, trees grow and worlds appear and disappear in you. You are blissful in the expanded state of consciousness. So whenever you have time and are doing nothing just sit silently and feel expanded. Feel this oceanic expansion as many times as possible and you will start to feel in tune with it. See if you can fall asleep as if the stars are moving within you; the world is appearing and disappearing within you. Go to sleep as the universe. In the morning, the moment you become aware, remember the expansion and get up out of bed knowing you are this expanded consciousness.

When I went to Amma's Melbourne retreat in April 2012 we were given a booklet and inside of the cover was Amma's quote "God – realisation is nothing but the ability and expansiveness of the heart to love everything equally". It really touched my heart.

Directly experiencing

Directly experiencing whatever arises is a great way to transcend whatever has surfaced, so by allowing, feeling, then letting go you create a positive flow and erase the old habits of holding onto things and ideas. Often something arises that we don't like, we notice it, then think of something else or go and do something to distract ourselves, usually it disappears because we're not thinking about it; this can work as you're training your mind not to look at what it doesn't like. On the

other hand, you may need to investigate because if you're suppressing it, it will arise again. I find, acknowledging it and observing how it makes me feel helps me to know if it has an emotional charge behind it; if it has, then I deal with it by either breathing into it, talking to myself to get some understanding around it or by using Theta techniques. If it doesn't have an emotional charge, it can't manifest and I take no notice. The aim is not to build a story but to directly experience.

Life meditation

In the morning, the moment you feel you're awake- don't open your eyes, do the Life Meditation. Feel yourself becoming more alive and your whole body is full of vitality. Stretch breathe and feel the joy of beginning a new day, always remember it is a new day, this is a precious gift.

Listening

If you're tired and don't want noise, don't do anything, remain present, just listening and listening isn't a doing. Listening is a deep participation between the body and the soul and that's why it has been used as one of the most potentially powerful method of meditation; it bridges the material and the spiritual. The more we reject something the more it bothers us, by listening, we are not just listening we are hearing. The ego self for a moment dissolves and the anxiety lessens. You may also recognise there is a subtle detachment.

Being present

This moment is right now...just have a look and *that* is meditation. Begin with small things that don't have an emotional charge or attachment to them, so when you look at

something, you 'look' without having to bring the mind in.

When you look at a flower, you simply look, don't say 'beautiful' or 'ugly, don't say anything at all.

To still the mind don't bring in any ideas. In the beginning it will be difficult, but start with things in which you're not too involved with. Look at things which are neutral – a rock, flower, a tree, the sun rising, a bird in flight, a cloud moving, the vastness of the night sky. To be involved yet not involved is to be detached. Later you can move into areas that you're emotionally involved in, just be detached and observe without comment.

Letting down your defense

When you're going off to sleep, whatever feelings are there that arose from your day, just imagine them all floating away. Imagine taking off your armor and allowing yourself to become very light. In the morning become aware of how you feel, if a thought of someone arises and you feel you need to defend yourself, be conscious of not putting on the armor for the day. Be free in yourself. And you will see how free your day becomes.

The physical, emotional and mental Ladder (Short meditation)

This exercise is good when you feel confused and you feel like you're failing or not achieving your goals.

Observe and write down where you are on the ladder emotionally, mentally and physically. Begin with emotionally, how you feel? I feel....confused, angry, sad, excited, happy, frustrated, fill in the blanks. It's a pretty good indicator that lets you know where you are right now on an emotional level. Then expand on that writing what made you feel that way. Mentally think about your situation. If it is negative, recognize

what you've written and then move onto writing down what you DO want. Focusing too long on a negative story can't help you except to show you where you are right now.

Once you have written down your goals then FEEL that you have them NOW and remember that feeling, let go of what you can't control. The physical will come into manifestation when you believe you're already heading in that direction. It's good to look up to see where you want to be, though every now and then when you feel you're not achieving, look down and see where someone else is that isn't quite as fortunate as you, just for a moment. I don't suggest you stay looking down for long, just enough to appreciate where you are and what you have, right now. Mentally you need the right attitude and emotionally you need to feel good about life. These two work simultaneously which determine your physical reality.

Emotional Freedom (Long meditation)

We're all born with a guidance system located in our solar-plexus, which guides our emotions and lets us know what we're feeling. It's commonly known as a 'gut feeling' or 'instinct'. Intuition is what we are all born with and it develops the more we use it.

When you feel *better* than where you were a moment ago, you've found a 'relief' in what you were thinking about and then released that emotion. Finding a relief means you don't keep sliding down the emotional ladder. Did you ever play the board game of snakes and ladders? How did you feel when you'd made so much progress and then you landed on the snake and it took you back to the beginning? At first it's not too bad, you may feel a little disappointed, then the 3rd time, a little frustrated and when you've nearly made it and you land on him again....you feel angry. When we reach this place, often

we have more negative thoughts and it's very hard to feel hopeful. Our body/minds are geared to strive and succeed, when there's the recognition that something's *not* right, Source automatically goes about creating the outcome. The outcome in snakes and ladders, is that you land on the ladder and climb back up to where you were or even closer to the goal.

This exercise is to train your mind to remember and feel better thoughts, so when you're feeling down you can quickly identify how you feel and how you got there and move up to the next best feeling. If you reach too high then it won't work because your vibration is too different, so the aim is to gradually work your way up. If you focus on where you are all the time then that is where you stay.

Yogis that think and feel there 'I AM-ness, strengthen that sense of who they are, which is the key to awakening. The power to create is no longer for themselves it is only to benefit the world.

The power is *here* and *now* so if you make your past in the now, you create more of your past, just as if you focus on the future then eventually it does become your reality. The past and future are contained in the now, there is no-where else. The reason you may not manifest what you want is because your feelings and thoughts contradict; one moment being happy and positive and then falling into the trap of negativity. How often you stay in that vibration, determines the outcome. Life has its up's and down's, according to how we feel and think about the situation in the moment. People believe it is the world that is at fault and therefore responsible for how we feel; yet in truth, it is the other way around. Don't leave it up to the leaders to make miracles happen, the miracles reside in

you. The more you desire for the good of the world, the more powerful the manifestation.

Emotions come and go and are neither good nor bad on their own. Let them come and go there is no need to resist them or to hold onto them, they will pass when the energy has exhausted itself. If they are played out without hurting another then let them be what they are. One emotion may release to reveal another lying in wait, as long as you feel better afterwards and you have not hurt another then you are free. On the other hand if you can watch without moving or playing them out, that is also great.

The key is to recognise through direct experience that they are essentially empty. The more you come to see them for what they are, the quicker they dissolve. Emotions appear and disappear in consciousness so simply see them for what they are. I've heard this term pain body also known as the emotional body of the etheric field. All this is in the realm of the mind; there can be no pain body without the mind, it is part of duality just as your leg and arm are part of the physical apparatus called the human body. Given a story and too much attention again and again, will only serve to set in motion more of that feeling/emotion; you need your finest awareness to see through it and avoid getting caught up.

This guided meditation is to help you identify, feel and move through different emotions. At the bottom of the ladder is despair or depression, then moving up to revenge, hatred or rage, anger and less anger, frustration, overwhelm, hope, belief, knowing and at the top, love. So if you're experiencing despair or depression in your life now, this meditation may help you to see how you got there and help you to begin to move through it.

If you've felt depressed or despair in the past, then you know what it's like and you probably will choose not to go back there.

If you have and still are experiencing a lot of joy in your life, you probably won't be able to identify with this emotion as it is too far from where you are at present. However if you have and can't remember at some stage in your life, this meditation might bring it to the surface, this is so you can re-experience it through different eyes and release it. If you're at the bottom, you've got there because you've allowed other emotions to take hold and fester, usually by holding on to them or the situation that keeps the emotions alive.

Heart meditation

This is a very beautiful method of opening the heart. When you breathe in, breathe in all the misery and suffering of the beings of the world – past, present and future. And when you breathe out, breathe out all the joy and bliss you have. Pour yourself into existence; this is the method of compassion. Drink in all the suffering and pour out all the blessings, and the moment you take all the sufferings of the world inside you, they are no longer sufferings; the heart immediately transforms the energy. This is the magic of the heart.

Breath awareness exercise

Breathing is really important in the relaxation process. Some people start off breathing deeply and rhythmically and then slowing down to an unconscious level. If there is any tension, it's best to be conscious of your breathing until you feel relaxed. The object of this exercise is to learn how to breathe fully. You can use this exercise in situations that you don't feel happy in; this is to reduce the level of anxiety you feel.

Breathing also keeps you grounded with your feet on the earth.

This exercise can be used when you're standing, walking or resting. Waiting in a queue is really good, especially if you're in a hurry and have to be somewhere and it's out of your control to hurry up the line, though you can leave it and come back to it or relax and have faith that you are where you are, and I'm sure everyone has experienced hurrying to get to an appointment and there running late anyhow. The key is to relax enough to intuit the right course of action without the mind being in two camps at once.

It's important to be aware of over breathing, meaning heavy or laboured breathing, especially after a stressful event as this can cause hyperventilation. Being aware of breathing can also influence the nervous system, which controls the vital functions such as the endocrine glands and emotions. The aim is to breathe slowly, deeply and rhythmically to get the best out of this exercise and the inhalation should take as long as the exhalation. We'll use the count to four, five or six yet if your capacity is only three then that's fine, you can slow down your breathing in order to breathe deeper and longer, remember you must feel comfortable and increase slowly. If you ever notice you don't breathe much, look at what you might be holding on too. If the body isn't getting enough oxygen it can cause vertigo otherwise it can simply be that you're very relaxed.

Sitting with your body straight, close your eyes and observe your breathing. Then breathe in counting silently up to four, five or six. Pause for two to three seconds then breathe out to the same count, four, five or six, you can do this 5 more times.

You can repeat this exercise with your hands resting on your abdomen, this lets you know that you're using your diaphragm properly and expands your awareness.

Learning to focus using inner colour

Energy follows thought, so when something is focused upon long enough it becomes a physical manifestation of that thought and appears in your experience. Your vibration determines how that will unfold. The 'when' depends on how much energy you have in your energy bank account. Everything begins with a thought, the world and its contents are created from thought and every thought created still exists. When you tap into that thought you expand it by adding your creativity to it, a bit like a basic recipe. You use that as your foundation and add spices and herbs to give it a different flavour. By using your feelings to guide you, it helps bring you back quicker to what it is you're wanting. If what you're thinking and feeling has a strong emotional charge, it will change your vibration, so if you're angry, the anger is enhanced and changes your vibration, if you stay angry long enough, that vibration is changing your circumstances and bringing to you that which matches it, which usually is negative circumstances. It's ok to be angry, just don't stay in it; allow yourself to move through it.

This exercise is great to increase your concentration span, which allows you to focus for longer periods of time.

Not everyone can visualize, you may just sense a colour so go with that.

*We'll use **Inner colour** as a direct cleansing by 'thought process' to mop up old energy around the body.

*We'll choose a colour – preferably a passive colour not an active colour, so green, lavender, lilac, pink or a soft yellow.

The aim is to stay with the colour, if your mind wanders off and you realise you're at the shops or going over a conversation you had last night, just bring your colour back to your mind's eye and start again.

Sitting with your body straight, close your eyes and observe you're breathing. Take a few deep breaths in to help you relax or you can do the breathing exercise, which will help you relax a little deeper; counting up to four, five or six and exhaling out to the same count. When you're feeling relaxed, think of your colour in the shape of a circle and visualize it in your mind's eye.

Now move your circle around your body and imagine it cleaning up old energy. You may want to clean on the surface or deeper into the body, the muscles, bones, organs or any pain region you might have or had in the past. Play for as long as you want and every now and then check that you're breathing normally.

Observing breath

The aim is to observe, don't try to control or change your breathing in any way, simply observe it, slow and rhythmic; we'll be observing the *sensations* of inhaling and exhaling. Sitting with your body straight, close your eyes and observe your breathing. Feel the tension leaving your body. See how closely and continuously you can observe the sense of your own breath. As you focus on your breath you'll go deeper into your being, everything is enhanced and feels like you're inside yourself. Be aware of changes happening in the body and mind. Peace and joy may emanate from you and also a feeling of annoyance may arise. All these are just emotions and are ok and they will pass; come back to the breath and ignore any thoughts that may arise. Now be aware of the sensation of air

through your nostrils, the throat and in the lungs. Again see how close you get, you will literally become the very focus of what you're doing.

Be aware of the movement of your chest and abdomen while focusing on your breathing, expanding your consciousness and including other sensations.

Observing while walking

Take 5 steps and watch yourself take them, then expand your awareness to watching the 5 steps and observe your breathing. Then expand your awareness again to watch your steps, feel the grass under your feet, or your feet in your shoes and observe your breathing.

Observing thoughts and letting go of control

The reason for this exercise is to bring the sense of who you are to the forefront. Most people are either so identified with their thoughts or feelings that they can't sense the subtle vibration of being. The more you focus on your breath and feelings the closer you are to Source/God.

The aim is to allow your mind to drift without controlling the thoughts that arise and that means, neither pushing them away or entertaining them. A thought has no power unless you believe in it. Once you put energy into a belief, it becomes a manifestation of what you're thinking. A belief is only something you keep thinking about and letting go is only the space between thoughts.

Sitting with your body straight, close your eyes and take a few deep breaths in or again do the breathing exercise to the count of four, five or six.

Now tell yourself you're going to relax mentally and let your mind drift. Allow your thoughts to take shape and then fade

away without analysing them or trying to control them, allowing them to be like bubbles rising up from the depths and then floating away; allowing them to come and go. Now see if you can be aware of your breathing taking place and in the background see your thoughts. Who you are, is the awareness of all that is being observed and felt.

Guided relaxation meditation

Our minds won't accept something as real until it has been formed as a burning vision. When that happens then our higher consciousness also accepts it as real.

Sitting comfortably, close your eyes and breathing gently...**Now** Imagine a light coming down from the through the top of your head, it can be any colour, it maybe a mixture of colour...see it filling your whole head...face....and....ears.....and flowing down into your neck.....and into your shoulders..... expanding your awareness seeing the energy flow down both your arms... and into your hands and fingers.....soothing your joints.....now see it filling your chest...your stomach.... and moving down to your hips, buttocks...loosening your muscles....and flowing down both your legs and into the earth, helping to ground you.....See this stream of light filling your whole body, then spilling out into your aura... Bathe in the light for a moment.... all the cells in the body are feeling rejuvenated.

Take 3 more deep breaths and with each exhalation feel yourself relaxing more and more.....Now rest your mind in a beautiful scene, your own special place where you feel at peace with yourself and the world. Just rest there for a moment.....See if you can be aware of the stillness within yourself...when you're ready, be aware of your surroundings.... your body...and slowly open your eyes.

Purifying the Heart

Close your eyes, watch your breathing and then Imagine energy coming in from the top of your head your Sahasrara (Crown) chakra, then from the Ajna (Third Eye) direct it down to the Anahata (Heart) Chakra. It will leave the body via the skin, having nourished and built up your energy field. This happens automatically when the heart is generating unconditional love.

Energising and purifying your chakras

Closing your eyes and just be aware of your breathing.... Now imagine energy coming down through the top of your head, you're crown chakra...and to your Third-eye, between your eyebrows, just focus there for a moment.... now direct the energy to the base of your throat.....and moving down to the Heart Chakra...while your focused in your heart see if you can observe your breath at the same time.....You're generating the energy of the heart, nourishing your skin and building up your energy field. ...This happens automatically when the heart is generating the frequency of love.....now moving down to the solar-plexus just above your naval.....breathing into solar-plexus....and down to the Sacral chakra just below the naval..... and down to the Base chakra at the base of your spine, near your coccyx....now send the energy down through your legs, through the soles of your feet and into the earth.....now draw the energy from the earth to your Base chakra.....to your sacral chakra.....and to your solar-plexus.....breathing into your solar-plexus...your building the bridge between the lower and the upper chakras.....and moving up to the Heart chakra.....up to the base of your throat....and to your Third-eye....and to your Crown.....now with each exhale see the energy spilling

out into your Aura.... filling your whole being with light and love.....just bathe in your light for a moment.....And when you're ready just be aware of how you're feeling.....move your body slowly... and gently open your eyes.....

Relaxing the body & mind (It might be best to consult your doctor if you're unsure)

This meditation is best done lying down. If you find it difficult lying down you might want to put a pillow under your knees for back support. If you're still uncomfortable then a chair will do. The aim is to relax each part of your body by tightening and releasing the muscles. This allows you to feel the parts we're working on and to feel the difference in how your body feels afterwards.

If you're going to lie on your back, have your feet about hip width apart, toes pointing outwards, arms along the side of your body with palms up with your spine and head in one straight line. If you're planning on sitting, your feet also need to be about hip width apart, toes pointing outwards and resting your arms on your lap or thighs and your head straight. (You can have your palms facing up or down).

Close your eyes and begin the breathing exercise by breathing in through the nose to the count of four, five or six, hold for 3 seconds then exhale out through your mouth to the same count, letting go of all the mental and emotional concerns for the day. Do these 5 times and with each breath out, feel yourself relax deeper into the floor or the chair.

Now bringing your awareness to your feet **INHALE in** through your nose and hold for 2 – 3 seconds while pushing away your **HEELS** and spread your **TOES** **EXHALE** and relax...(repeat)

INHALE and squeeze your **BUTTOCKS** (your hips will lift slightly) **EXHALE** and relax. (repeat).

INHALE push the **SMALL OF YOUR BACK** towards the floor or chair **EXHALE** and relax. (repeat)

INHALE push your **CHEST UPWARDS.....EXHALE** and relax (repeat)

INHALE make a **FIST** and tense your **ARMS...EXHALE** and relax (repeat)

Watch that you're breathing in through your nose and out through your mouth, always holding for 2 – 3 seconds.

INHALE Shrug your **SHOULDERS** up and in, feeling the tension in your shoulders...**EXHALE** and relax (repeat)

INHALE draw your **CHIN** down to your **THROAT.... EXHALE** and relax.(repeat)

Bring your attention to your face - **INHALE** screw up all the **FACE MUSCLES** towards your nose... **EXHALE** and relax (repeat)

Gently roll your head from side to side then relaxing with your head and spine in one straight line, your chin in.

Take 3 deep breaths and as you **EXHALE** visualize or feel the tension draining away out through the soles of your feet and into the earth. Now see and feel a white light coming down through the top of your head (Crown Chakra) and filling your whole body, then spilling out into your aura. Bathe in the light for a moment and feel all the cells in the body happy and rejuvenated.... Take three more deep breaths and with each exhalation feel yourself relaxing deeper and deeper.....
Now rest your mind in a beautiful scene, your own special place where you feel at peace with yourself and the world. Just relax there for a moment, see if you can be aware of the stillness within yourself.

When you're ready you can come back to the room...and slowly open your eyes.

Chapter 5

The Power of Words

Learning the art of positive language

Positive language is an art and skill which takes conscious effort to begin with. When you want to break your word habit, it's important to be aware of what you think and say; until positive thinking is natural for you.

Seeing the good instead of the bad is the first step, maintaining that level of awareness is the second step, the rest happens on its own and before you know it the energy of your focus is on what's positive.

I've put together some negative sayings I've learnt and heard as well as some positives.

A good exercise is to write a list of ones you've heard or say. You'll find them listed in Alphabetical order.

A

Annoyance - or Agitation

I choose to find a better thought/feeling

OR

2. Breathe and watch the annoyance dissipate.
3. Shift your focus to a pleasant memory or listen to your favourite music.

Why is that person annoyed at me? *That person may not be annoyed at me, it could be anyone.*

2. *Some people get annoyed at the slightest thing. That's just them.*

Anger -

(Acknowledgement)

I feel so angry.....*That feels better, ok moving on.....*

(Expression)

Feeling angry..... *I'm feeling really angry at the moment so if you don't want me to throw something at you get out of my way*

I'm feeling really *and I'm going out for a while so I can feel a little better.*

Arguments -

Ok calm down, we can talk this through.

2. *We can communicate without yelling, we're adults, let's take 5*

B

Body -

Aches and pains..... *My body is telling me something is not right.*

The body is a perfect mirror for what is going on inside of your mind. Whatever physical problem you're having with your body is your spirit's way of telling you that something is wrong in another part of your being.

THE EYES: Something you're not emotionally seeing.

LEFT EYE: Something you left behind, or something in your past.

RIGHT EYE: An issue that you do not feel right about seeing; or it is something that is happening in your life right now.

UNDERNEATH the EYE: It is telling you there is something right under your eye or eyes that you are not seeing.

THE BODY

The **Left** side of the body is masculine and the **right** side of the body is feminine. The importance of the masculine-feminine information is that it tells you how your internal masculine or internal feminine systems are existing within you. It lets you know whether they are in health and happiness or not and what degree of pain there is. It shows you where the problem with your health exists in connection with what is going on in your life.

The Right side: Something in your life that you do not feel right about, it can also mean something OR someone is take your rights away.

The Left side: Something from your past is still affecting you and you need to see what that is in you in order to heal that part of yourself. If it is your left side it can also mean that you feel you are *being* left out or *feel* left out.

LEGS: It has to do with movement.

BACK: It has something to do with a burden you are carrying.

ARMS: There is movement within your reach, and that you are not doing it or reaching for it.

EARS: There is something you need to hear or that you are not hearing... a message that is usually about yourself from yourself.

THROAT: There is something that you need to say; perhaps you need to speak out, speak up or speak in front of groups of people.

JOINTS: You need to be more flexible in your thinking and in your life about judging yourself or others. You need to love yourself more and see the good that you do and the good that is in you.

CIRCULATORY SYSTEM: Means that you need to give more to yourself and be more willing to receive from others, their knowledge, information and insight- and see the value in it.

LYMPHATIC SYSTEM: You need to clean thoughts, belief systems, and judgements and perhaps the kinds of people you have in your life; out of your life.

HEART AREA: A need to be more in touch with your emotions, either you need to feel, experience or understand your emotions better, OR you need to bring your emotions under control. The Heart can also mean you are holding onto grief.

LIVER OR KIDNEY PROBLEM: You need to eliminate something's from your life that you felt were absolutely necessary. You might even be feeling that "this is exactly the way life has to be". Whenever you feel absolute about anything to the degree that you feel it should never change...there is usually a destructive emotional system hiding behind that truth.

KNEES: You're not getting your needs met.

LEFT KNEE: You have not had your needs met in the past.

RIGHT KNEE: You are not having your needs met in the present.

BOTH KNEES: You have not had your needs met in the past or the present.

BIG TOE: Your emotional thinking about your present is not balanced in some area of your life.

RIGHT TOE: Your emotional thinking about your present is not balanced in some area of your life.

LEFT ELBOW: You are bent in an emotional direction in the past that you feel badly about or are in pain about.

RIGHT ELBOW: You are bending in the present time in areas that you are not feeling good about or that you are hurting about.

I hate my body..... i recognise my body isn't exactly how I'd like it to be.

2. I'm changing my eating habits

3. I choose to exercise and tone up, I'LL FIND what works for me so I can achieve what I want.

C

Careers -

I don't know what to do..... what do I like doing and how do I feel when I'm doing it.

2. What am I creative/good at?

I want a careerI'd like a job that I feel fulfilled in OR at least feel some satisfaction in it.

2. I can always move into something better when I know I'm heading in the right direction.

3. No-one really wants to work I will work to buy the things I want and need.

I don't want a job..... *A job will get me the things I want in life without relying on others.*

Life is hard*Life may not always be easy but it teaches me how to cope.*

- 2. If I make the best out of what I got, it WILL get better.*
- 3. Life can be easy if I flow with it rather than resist it.*

Cooking –

I can't cook.....*Do I really want to learn how to cook, cause there are plenty of recipe books out there.*

I hate cooking..... *Cooking isn't my favourite thing, but we need to eat.*

- 2. When I cook I can make extra and freeze it.*

Clutter-

I can't find anything..... *I'm finding a way to organise my house.*

- 2. I know I am a hoarder, but I enjoy having things around.*
- 3. I know I can let go of these things because I don't need them anymore, maybe someone else can benefit from them.*
- 4. I allow my belonging to flow in and out of my life.*

D

Danger -

I can be adventurous without having to create dangerous situations to prove it.

- 2. I am God's divine timing always*
- 3. I trust my intuition to guide me.*

Diet –

I need to go on a diet.....*I am conscious of what I'm eating now.*

Diets don't work..... *I'll find the one that works for me.*

2. *I'm observing what I eat now.*

Defending –

I'm sick of always having to defend myself..... *I don't need to defend myself. I have a right to my view.*

2. *What makes me defend myself?*

3. *I'd like to answer people gently and politely.*

4. *I feel empowered therefore I do not need to defend what I say or do.*

E

Environment -

I hate this weather.....*well the gardens are happy for the rain.*

I'm freezing.....*I'm going to get warmer clothes .*

I can't stand this heat.....*I am finding a way to cool down.*

* Flannels on your feet or forehead work well.

Effort -

It's too hard..... *It is getting easier.*

I can't do that..... *I will work this out.*

Expectation -

I can expect to get what I want out of life because I put in 100%.

Exaggeration –

I can never get it right..... Sometimes it takes me a bit to comprehend it, but I will work it out.

He isn't doing it right..... sometimes he doesn't do it the way I think it should be done, but it can still be right.

He's/she's always doing it wrong, (s)he'll never get it..... Maybe I can show them a different way

- 2. If there not open to me, someone else can show them.*
- 3. I can be more patient with them.*

He/She is useless.....We all have to learn

F

Fear -

Breatheeeeee

I'm scared.....Ok take a deep breath and think of something fun.

- 2. Ok I acknowledge I'm a little scared but it won't last.*
- 3. What am I feeling and thinking, where does this come from?*

Fitness -

I am so unfit..... I'm not as fit as I'd like to be right now.

- 2. I enjoy looking and feeling great*

I'm so unhealthy..... *I'm changing my lifestyle.*

- 2. I'm changing the way I eat and think OR think and eat.*
- 3. I really enjoy when I'm feeling good.*

Fairness –

It's not fair..... *Life is always fair, it's just I'm not liking what's happening right now.*

- 2. Maybe the other person would think the very same thing if it was the other way around. I deserve to have what I want, I earned it.*
- 3. Who say's life isn't fair?*

Food –

There's nothing to eat..... *I'm not sure what I feel like today.*

- 2. There's plenty of food, I've just got to make it exciting.*
- 3. I can always eat out.*
- 4. I can invite someone to share a meal with me.*
- 5. It can be simple.*

G

Gardening -

I'm sick of these weeds.....*Even though weeds keep growing in my garden they are a part of me enjoying being in it.*

- 2. Weeds maybe weeds to you, but to God they are just as beautiful.*

God /Source/Creator –

I am always connected to God.

- 2. I thank God I'm alive.*

H

Happiness –

He/she's never happy *Maybe he/she's not found what makes their heart sing yet.*

House –

I'll never sell this house.....*The right buyer is coming along*

2. *There'll be a right time for this house to sell.*

I'll never find the right house..... *The right house is just within my sight*

2. *I'm always in God's perfect timing.*

I hate cleaning this house..... *Clean house, clean mind, messy house, messy mind.*

2. *The house doesn't clean itself.*

3. *That's just how it is for now.*

4. *I'm always happier when it's done.*

I'm sick of these leaves..... *Nature is so amazing, it adds character.*

2. *Think of it as compost and create it.*

Hate -

I hate it..... *it's great that I know what I don't like because now I can focus on what I do like.*

I hate her/him..... *I'm not going to let how I feel about him/her ruin my day*

2. *Why am I giving them that much power, I've got better things to do Or.... that I want to do in my life*

Holding on -

I'll take it to the grave.....I releaseto God/Creator/Source and forgive myself and others.

I can't forgive you.....why do I want to hold onto this crap?

I can't forgive you, I'm sorry.....Sorry is good enough for now.

Nope I don't care what you say; I'm not letting you off the hook..... Maybe this negative stuff serves me somehow.

2. *Maybe I like feeling a victim.*

I need to talk to someone; I can't hold onto this any longer, it's eating at me.Can I tell you something, I just feel I need to talk to someone.

Honesty –

Why can't they just be honest.....Where in my life have or aren't I being honest, either with myself or with others.

2. *Am I afraid of being honest because I may be rejected or criticized?*

3. *Are they afraid of being honest because of feeling they're going to be rejected or criticized?*

Holiday –

I hate packing for holidays..... I'm looking forward to a nice break.

I hate holidays, it's the packing and unpacking when you come home..... *I feel excited about this holiday.*

2. *This is going to be so relaxing; I'm looking forward to it.*

I hate going anywhere..... *I can be on holidays' and not have to go anywhere.*

3. *I'm on holidays' now.*

I

Illness -

I'm so sick.....*I am on my way to feeling a little better and when I feel a little better I will be feeling great.*

2. *I must see myself well*

3. *Maybe it's my attitude that keeps me sick*

4. *Maybe I'm holding onto something that is no longer serving me, because my body is suffering.*

5. *Pain management will help me.*

6. *This medicine is helping me.*

Insomnia -

I can't sleep; I can never get to sleep..... *I would really enjoy a good night's sleep.*

I don't sleep at night..... *I wake during the night, maybe because I don't need a lot of sleep.*

2. *If my mind isn't disturbed then I don't need that much sleep, maybe things are changing.*

3. *I can get something temporarily to help me sleep.*

4. *I can get some help, to find out what is disturbing me.*

Intention -

The Alternative approach to Healing

Go with what feels comfortable to start with so you don't sabotage.

I might(weak intent) *I will.....(strong intent)*

I might get the job/position (weak intent)

I want this job/position (medium intent)

This position is for me (Strong)

I will get this Job position, I believe it.

2. *I trust this position is right for me.*

If you don't have the 'feeling' of deserving or you feel threatened, fearful, not safe or there is a lack of self-confidence and self-esteem then a closer statement from where you are would be:

It's possible I'll get this job/position

2. *I know it's what I want and it feels right for me.*

I'm flying out to.....hope there's no delay..... *I'm flying out to.....looking forward to it.*(with strong intent)

When you add in a fear based negative, and the word delay, you can *probably* expect a delay or for you to miss your flight since their maybe apprehension of going or another type negative experience to coming from it.

I'll never make a good..... *I'll make a good.....one day I will be more patient.*

2. *Everyone learns in different ways, maybe I learn more by 'seeing' than explaining.*

J

Jobs -

Work is a pain in the bum.....*This job could be better*

I hate this job.....*This job has some things I don't enjoy though I'm working on finding a way to enjoy them.*

2. *This Job is where I'm at right now until I find what suits me.*

This job is so tiring and repetitive.....*I'm finding a way to enjoy the repetitiveness of this job.*

Think of your goals in life and what you want to be doing.

Visualise it each night, rather than thinking of where you're at and what you don't like.

K

Karma –

Karma is action; all action has a reaction or response – cause and effect. Good and bad.

L

Love -

I wish ...(.....).....*would love me like I love them.....*

Maybe that person isn't right for me, maybe I'm more deserving and I just can't see it at the moment.

2. *I know if I just love then that love will come back from the right person.*

I love *what's wrong with me?..... There is nothing wrong with me, it's just not meant to be.*

2. *I am so appreciate of feeling like I am in love with..... or life.*

3. *My life can only get better.*

Lying –

He's/she's a Liar.....*That's their perception of the truth.*

I know there lying..... *So what if there not telling the truth, I'll mind my own business.*

2. *What is my intuition telling me?*

3. *Its more important I don't doubt myself.*

4. *They could be telling the truth, how do I really know?*

Lateness –

I'm always late for everything.....*I will get toon time today.*

2. *Set an alarm on your mobile phone or clock.*

Laziness –

I feel so lazy..... *I'm tired at the moment but when the energy is needed it will come.*

2. *Everyone goes at their own speed.*

3. *Resting doesn't mean you're lazy.*

4. *Not everyone has the same priorities and the same importance on things.*

5. *You may be coming down with something or for women; it could be that time of the month.*

M

Money -

I never have enough money.....*Abundance is always flowing to me*

- 2. I am focusing on **not** having enough money; I'll turn that around and focus on what I do have.*
- 3. Even though if don't have enough money it is there waiting for me to let go and enjoy what I have right NOW.*

Minding my own business -

She is doing, he is doing, they did this, they were doing that...did you hear about... they would be better if they did this, what they did is wrong they *need* to.....
Ok what am I doing NOW, what others do has nothing to do with me.

- 2. I am training myself not to give what I don't like attention. Ok not going there, stay out of it.*
- 3. What I say about others seems to happen to me. Life is one big reflection.*
- 4. What is important is what I do; I cannot help what others say about me. It doesn't mean everyone thinks that about me.*
- 5. I can only do the best to look at myself.*
- 6. If I can't help to say something, then I'll make sure it's nice.*

Monotonous – or repetitious

This is so monotonous, I'm bored..... *If I think of a goal or imagine my holiday, it may not seem so boring.*

- 2. Breathe and relax into the moment. In this moment everything can feel new.*
- 3. This is the way it is for now.*
- 4. Imagine how you'd like your life to be.*

N

Nature -

I am always connected to nature.

- 2. I appreciative life*
- 3. Nature is beautiful*
- 4. Nature is a part of me, so what I think and do effects nature.*

Noise –

Its so dam noisy..... Breathe and relax

- 2. I'll move to another place.*
- 3. I'd love some peace and quiet right now. (Say to yourself)*
- 4. Is it possible for you to be a little quieter?*
- 5. Is there some way we can compromise, the noise is getting a little disturbing.*

O

Oneness –

Oneness is seen as the wood, trees and ash are one and the same and only appear as separate.

- 2. The waves and the ocean are not separate.*
- 3. Water, mist, Evaporation and rain are one and the same.*
- 4. The body and mind are ultimately not separate*
- 5. The rivers and oceans are all water, whether salty or fresh*

P

Parenting -

You will do this..... I would like to share an idea with you and see what you think.

Do it this way.....*That's interesting I'm looking forward to seeing what works for you.*

Or simply observe

That's wrong, do it this way..... *I have another way if you are interested.*

You're stupid..... *What you're doing is dangerous.*

2. *If you need any help let when know I'll be just over here or contact me on..... I'll be available at.....*

Pressure -

I 'm feeling under pressure..... *ok it would be great for me to slow down and feel and think about what I'd like to do right NOW.*

2. *Everything is in its perfect timing.*

Q

Quiet -

It's too quiet, I wish I had a radio..... *Wow this is quiet, isn't it what we all want.*

2. *Relax into the quiet surroundings.*

R

Relationships –

I hate men..... *Not all men are*

2. *Just because I've had a bad experience it doesn't make all men*

I hate women..... *Not all women are*

2. *Just because I've had a bad experience it doesn't make all women*

How come none of my relationships work?..... *I really need to look at myself, maybe it's me.*

There isn't anyone out there for me..... *There's someone out there for me.*

Recognition –

It's good to be recognized, though it is better to recognize the wonderful things others do.

2. *When the ego sense is dissolving, the desire for recognition gets stronger.*

S

Slim –

I really want to be slim..... *I can have the body I want.*

She/He is so skinny..... I'd love to be thinner.

2. *They probably workout, good for them, they deserve the body they've got.*

Spirituality –

Spirituality is living in a very common sense way.

School –

I hate school..... *School is for a short time in my life, so I might as well make the most of it.*

2. School will get me a better job and more money, money will give me the freedom to go where I want and buy the things I need.

Secrets –

I can hold this because it doesn't weigh a thing.

2. There is always someone I can share a problem with.

T

Tired or exhausted -

I'm tired.....I will have more energy.

2. What am I eating?

3. Am I getting enough sleep?

4. Am I over doing it?

Teenagers –

Teenagers are lazy..... Life is different for teenagers these days, there are different stresses.

Teenagers want everything now..... Material possessions come to the younger generation a lot easier nowadays.

2. Financial institutions have allowed this generation to access what they want more readily.

3. The more that is given, the more that is wanted; it is the nature of desire, which originates in the mind.

Teenagers have no respect these days..... Things are the way they are because we've (society) have allowed it. What do we teach our generation?

Travel –

I hate travelling..... *Well put up with it, travelling gets me to where I want to go.*

2. *If I want to go to..... I have to travel, so winging isn't going to make it go quicker.*

3. *It won't be long now.*

4. *I'm looking forward to.....*

5. *Imagine your destination.*

Focus on where you're going and time is absent.

U

Unity –

Unity is essentially One. Though we can say, working together as One.

V

Vacation - (see holiday)

W

Wealth -

I'm broke..... I am on my way to being wealthier.

Wealth is very broad, it incorporates, health, happiness and peace. It doesn't have to include being comfortable in every circumstance.

Weight –

I have to lose weight.....I want to be slimmer.

I weigh *If I imagine what I want to be, then that is what I will become.*

2. *Don't observe where you are, imagine what you want.*

Wellness -

I feel sick.....*Each day I feel a little better.*

2. *I am fine.*

3. *By this afternoon I'll be feeling better.*

4. *By **tomorrow** I'll be fit and healthy.*

(Be realistic, if you haven't trained yourself to 'feel' positive, then creating can appear to take more time.)

Waking up –

I hate waking up in the morning, because..... *Ahhh today is going to be a beautiful day.*

2. *Today is going to be a better than yesterday.*

Wonder –

I see life through the eyes of a child and am constant wonder.

X (Write your own)

Y

Yelling –

STOP yelling, YOU'RE ALWAYS YELLING... (ask yourself if you're yelling)

2. Am I yelling?

Z

I have Zero tolerance of/for..... *I am learning patience.*

You can also create your own Charts

It can be 'Gratefulness, appreciation' or whatever helps you see more positively.

Here are a few examples:

I AM GRATEFUL *I live in a beautiful house*

I AM GRATEFUL *you are in my life and respecting and honoring how I think and feel.*

I AM GRATEFUL *for the continuous abundance I have flowing into my life right now. ☺*

Chapter 6

The Chakras & Endocrine System

How they work together to balance your body

The Chakras & Energy field

1. Muladhara - Root or Base Chakra - The physical/etheric Level
2. Swadhisthana Sacral or Spleen Chakra - The emotional Level
3. Manipura - Solar-plexus Chakra - The lower mental Level
4. Anahata - Heart Chakra - The Astral Level/Causal body
5. Vishuddhi - Throat Chakra - The Higher Mental Level
6. Ajna - Third Eye Chakra - The Buddhic level
7. Sahasrara - Crown Chakra – *The Spirit Level*, known as the Thousand Petal Lotus)

We all know of the dense physical body we call 'us', we also have what we call an aura which has 7 other layers or bodies. These layers can be intuited, or seen through our 6th sense. The layer closest to the physical body is called the etheric body which is like a shadow of the physical. Then there is the Astral or causal body which also includes the emotional and mental bodies. The Spiritual plane which has the higher etheric and higher emotional and mental levels.

In Hindu tradition it is understood that the soul or what Hindu's call the Self or Consciousness principle, is surrounded by the causal, subtle and gross bodies. The causal body is then

encased by the mental and intellectual sheaths which together make up what is known as the subtle body. The causal and subtle bodies are encased by the food and vital sheaths which make up the physical body. The Soul as spirit never dies though at the time of 'death' the Soul leaves the physical taking with it only the causal and subtle bodies which is encoded with dormant or hidden impressions of the person's actions. Later when the Soul re-incarnates it does so with the causal and subtle bodies into a new physical body.

The seven layers can be up to 40ft in diameter, vibrating at different rates from lowest vibration to highest. The Seven layers are made up of radio waves, similar to television waves, and when they're healthy they're bright in color and when they're unhealthy they're grayish to almost black, usually when a serious illness is present.

These Seven layers are powered through the seven major chakras which are energised by the kundalini. The kundalini is situated at the base of the spine and stores this vital force. When it awakens it sends this vital force up the central channel and out through the crown, while at the same time permeating out through the chakras and into the seven layers. Once radiated out, it then is re-absorbed through the chakras and back to the kundalini.

We are multi-dimensional, vibration; everywhere around us are colours and vibrations that match the vibration we resonate in the moment. The experiences and realisations I had, brought me to a conviction that when we heal that part of ourselves we heal a part of the planet, no matter how small the contribution is, it is still a contribution.

I have (with this scientific and analytical mind) tried to fathom out how the universe works and to no avail; have never found

an answer, and yet when all ideas are dropped into the heart, the mind surrenders and becomes quiet.

When the mind and heart work together as one, they activate these chakras, and once activated opens and give us access to information in which we can translate into our life experiences. These are then carried to the DNA strands. It's a bit like adding pieces to the jigsaw puzzle, until Self realisation; there is a sense of incompleteness.

Muladhara (Base): The first chakra is our identity on the physical plane which represents groundedness, our core beliefs and physical survival.

Swadhisthana (Sacral): The second chakra has information relating to our experiences with our sexuality and creativity.

Manipura (Solar-plexus): The third chakra relates to our intuition so we can begin to feel our way through experiences.

Anahata (Heart): The fourth chakra is our Heart generator; it helps us to 'see' with compassion which takes us beyond praise and blame.

Vishuddhi (Throat): The fifth chakra is at the base of the throat and is our centre of will and communication. This is where we find expression to speak our truth.

Ajna (Third-eye): The sixth chakra is to do with our intellect - rational and irrational beliefs and psychic abilities.

Sahasrara (Crown): The seventh chakra sits at the top of our head like a lotus and is called the Crown Chakra. When this

chakra opens it connects us to the Divine Source. In some pictures of the Buddha he is depicted with his crown turned up the other way, which denotes enlightenment.

The eighth (*Soul Star*) chakra can be a few inches to a few feet above our head and has to do with our karma and past life connections. We look at our life from an archetypal view which allows for a deeper understanding of why certain people are in our lives.

The ninth chakra is located outside the earth's atmosphere, which is where the witness or observer seems to reside.

The tenth chakra reaches into our solar system, giving us access to astrological influences.

The eleventh chakra opens when the individual becomes aware of the larger picture of his or her multidimensional self. It also takes us beyond time and space (the Fourth dimension)

The twelfth chakra reaches outside the galaxy and gives us access to the rest of the universe as we see it. As we move up through the chakras we are evolving as this eternal expanding consciousness.

I have recently experienced energy whirling around from the side of my head and according to the Mayan's, they are chakras which spin and send energy into the Crown Chakra. These energies are messages for this new shift so we can better prepare and flow with what is. When I read this it didn't surprise me because the messages I now receive are much stronger, clearer and aligned with my being.

The Hopis and Mayans elders also recognise that we are approaching the end of a World Age. They do not prophesy that everything will come to an end; rather this is a time of transition from one World Age into another, known as the Golden Age and will span out well beyond 2032. The message they give concerns our making a choice of how we enter the future ahead. Our moving through with either resistance or acceptance will determine whether the transition will happen with cataclysmic changes or gradual peace and tranquillity. It must begin with ourselves if we are not growing we may find that we struggle in life and so too nature struggles along with us. We are not separate and the cleansing of the planet throughout history is happening right now and will continue for the next 20 years in which we are a part of. Our world is a result of our thoughtless and selfish contribution. It must change in order for nature to survive, for humanity to survive. The 7 major centres we're meditating on are virtually aligned in the centre of the body near the spinal column, not along the spinal column. Each centre acts like a spinning vortex of energy that moves in a circular motion forming a vacuum in the centre in which it draws in coded and matching vibrations, like colour, radio waves, ultra violet rays and emotions such as, anger, passion and compassion.

The three lower chakras, the Muladhara, Swadhisthana and Manipura are physical power centres because they relate to our physical survival in the external world. The heart is right in between, and rules the process of transformation. The three upper chakras, the Vishuddhi, Ajna and Sahasrara chakras represent the spiritual realms which govern our internal reality.

The Sanskrit name for these centers is 'wheel' which has been depicted with spokes and petals which spin like a wheel. Each chakra appears to rotate in different directions for males and females. The chakras and seven layers correspond to the colours of the rainbow.

The Endocrine System secretes hormones throughout the body and is the *physical* correspondence to these centres. It regulates tissue function, mood, metabolism, growth and development, sexual function and reproductive processes. It also influences nearly all cells, organs and functions of the human body.

The glands are the Pituitary, Pineal, Thyroid, Parathyroid's, Adrenals, Pancreas, Testis and Ovaries. When these chakra centres are out of balance they affect this system and the nervous system and can result in you feeling sluggish and fatigued.



Muladhara

The **Muladhara** is the 1st chakra also known as the Root or Base Chakra. It's symbolized by a lotus with four petals. It's red in color and has the lowest speed and vibration of 7.56Hz - 7,500 Hz, which is the same as the earth's energy. It's located at the base of the spine or coccyx.

It seems the Muladhara rotates (looking outwards) in an anti-clockwise direction for females and clockwise direction for males. This chakra represents our physical survival within a family or group. A family can mean our biological family, foster or adopted families as well as a religious or spiritual groups or a gang.

On a Physical level, the Muladhara governs sexuality while mentally it governs stability. Emotionally it governs sensuality and spiritually it governs a sense of security.

Your learning is to recognise you have a right to 'exist' and develop the ability to stand up for yourself and manage the power of this chakra within the family or group. If your family environment is stable and supportive in a positive way, your first chakra really thrives. To develop the power of this chakra is to learn what it means to be grounded. It took me a long time to understand this term. While I was growing up I was told on numerous occasions I was "*off with the fairies*", and I began to associate with people who could see clairvoyantly

they would recognise I was not in my body; so the term '*off with the fairies*' meant I was not grounded in my physical body. The term also refers to day dreaming.

The development of this chakra is from the womb to six months. All the beliefs fear and emotions the mother carries are inherited by the infant and become the blueprint of its consciousness. This is the stage that the infant establishes its identity, feels whether it's safe and secure and where it establishes family bonds.

The positives within this chakra, is to learn what it means to be loyal and to have the strength to stand up for yourself within the group.

This chakra has the slowest speed in which everyone in the group or groups will evolve at the same speed according to their social beliefs and conditioning. Through the Muladhara we have a sense of identity within that group and if our family or group is loving and supportive and knows what it means to have morals and values, we will thrive knowing what it means to have respect, honor, trust and to be strong and independent inside and outside that family.

When this chakra is blocked there is a strong resistance to change, especially in what we believe to be true in the eyes of our family. The fear tactic around teaching has strong holds, not allowing the person to move forward. Though often and according to the person's karmic life stream, the person will be the same or move out of the group in order to evolve at their own speed.

The negatives occur if the family teaches you to be judgmental of others as in social or religious groups, thinking "*Our ideas and beliefs are better than theirs and therefore you must not associate with that group*". It tends to hold fear where you'll defend the group, sometimes at all costs. If your fear is strong

what you really have been taught is to feel powerless and a victim when you're on your own. There can be vengeance, dependency and pity for yourself and others. If your chakra is out of balance in an unstable environment you may experience unpredictable behavioural patterns and become unreasonable and confused when you're trying to make decisions in your life. Often your self-esteem will be low so being over-critical of yourself will entice you to set goals too high where you can unconsciously play out the saboteur, then get depressed when you can't achieve your goals.

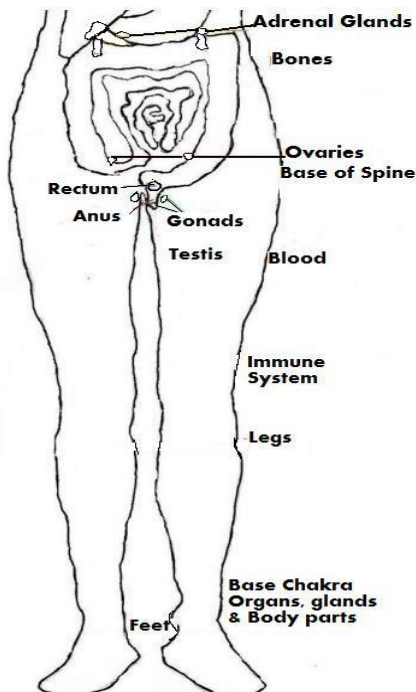
When you allow society, family and education to direct your beliefs then guilt, shoulds and shouldn'ts permeate your energy field in which your DNA then responds to these programs, so it's no wonder we hear people say, "*Gee you sound like your mother or father*". It takes being alert and conscious of our mental processes to avoid repeating the words and actions of our parents. There are many family beliefs instilled in us in the womb, and then more conditioning is added as we grow. It means the family has invested a part of our *precious energy* into their beliefs for us and the vibration is literally in our blood and system (DNA). It is natural and we all do it, though as we mature spiritually we realise not all of those beliefs serve us, so we begin the journey of unravelling or erasing some of those beliefs. In one sense our intuition and knowing guides us back through our experiences and we begin to see life symbolically.

I had a client that spoke of her 8 yr old child at a primary school. The teachers were wonderful at guiding and supporting the children in conflicts. Some of the children displayed behaviour that was unhealthy and problematic for other children. When the teachers worked with these children in a

group the children displayed distinct signs of loyalty to their learnt behaviours within their own family unit. Any activity that meant sharing emotions and talking through situations to determine how each individual felt about being bullied or excluded, found that the children who were doing the bullying found it difficult to discuss as to them it was the 'norm'. The fear of being *disloyal* has more power than any words they can hear. Even if they wanted to change and be nice, their energy would go to what they have come to know and are loyal too. The power of controlling another isn't easy to let go of. This is because the behaviours and belief systems are the vibrations that these children have carried from birth. One child 'in the group' had a small particle of the same vibration as the 'bullies' and found it just as difficult to stay in the group as to leave it. She needed help to understand why she didn't feel good when she hurt others. Because of her age and stage of development, it would be difficult for her to understand that the loyalty aspect was embedded in her consciousness from what she has seen and learnt. This is no doubt what made it difficult and confusing for her.

We all have small and large particles in each of us and are mirrors to each other and what we don't like in another we don't like in ourselves. It's not easy to face ourselves so we keep looking externally to blame another. There comes a time in our evolution, when we cross the bridge and face ourselves and deal with those little or large particles so we can be free to express in a loving and healthy way. It's impossible to remain ignorant forever.

The main health issues associated with the MULADHARA (Base) Chakra



The Muladhara runs our immune system, the bones and blood seem to get affected the most. The bones represent structure and hold resentments while joy and the lack of joy flows through the blood which is then sent to other parts of the body. Our whole cellular memory is altered and affected by these feelings in which our immune system breaks down to the point of feeling depressed. Because the first chakra sits at the base of the spine and we often carry most of our concerns in

our backs, the downward pressure can cause damage to the tailbone and put pressure on the nerves that are connected to our sciatic, sending pain down the legs. If the stress isn't released over time it can become a chronic lower back pain symptom. Concerns like, feeling unable to survive physically and provide the needs of the family, will affect the sciatic and in this day and age with rising interest rates and inflation it's no wonder most people have lower back problems and depression, resulting in a feeling of hopelessness, suppressed anger and fatigue.

When we have problems in our legs and feet we often feel over worked, over burdened and we can't stand up for ourselves. This can often result in varicose veins and swollen feet.

Holding the feelings of resentment for long periods of time can result in arthritis. The more you feel resentment, the harder it is to love yourself and others. It becomes a way of seeing that anything anyone does or doesn't do is resented. How long and how much grief do you hold about someone that every time you see them, you can only see them through the eyes of your own projections? How much of the western population live conditionally? The mentality is, I can only love you if you look like me, act like me or serve *my* needs in some way or another and if you don't then I don't love you and if I have done this for you, you owe me.

There is a saying that someone once told me, "*To love for the sake of loving in return is human. To love all for the sake of loving is Divine.*" It is so beautiful and we *are* so much more than what we think or what others think of us.

Life is always changing and if you don't flow with life it can cause stiffness in your joints and muscles indicating you need to be more flexible and open.

There are a lot of men having prostate, rectal, testis (gonads) problems as they don't know who they are, they aren't sure how they are to feel and certainly a lot still don't know how to get in touch with their feelings or assert themselves in a positive way. Women for a long time have been so independent that some men don't feel needed and can't connect with being a dual provider. Simply the term 'man' is not understood as the 'initiation into manhood' and is no longer an important part of western cultures.

If you look at the African tribes, there's no confusion over being a man or what their role is. This DNA has not been altered as in the western cultures. The adrenal glands, gonads and ovaries are the glands associated with the Muladhara. If a man feels defeated and no longer cares for himself, these glands can be affected. If a woman has problems with her ovaries she may need to look at what she is or isn't creating for herself or others. Women love to create in the home yet a lot have to substitute it in professional jobs to earn an income. If their job is satisfying, they often have healthy bodies and minds. Women that resent having to go out to work may have lower back problems, it maybe that they want more financial security or because they resent a lack of male financial support. On the other hand men may also feel that the woman spends needlessly therefore he is not supported. This can result in mid to lower back problems.

As I watch the occasional news, I saw the 2008 financial crash have a huge impact on people's health. Back problems and depression seemed to soar along with many other health issues.

The loss of jobs creates a rise in fatigue and can stem from boredom, a lack of love, and resistance in accepting the fact

that life had changed. All this creates stress in families which in turn creates conflicts, separation, violence and suicide.

Balancing the MULADHARA (Base) Chakra

To balance a chakra on all levels – (physically, emotionally, mentally and spiritually), we can bring in the color vibration or frequency that matches that same chakra.

The colour of clothing, essential oils, nature, gemstones and music are just some of the ways to bring yourself back into balance.

The colour red is an earth vibration, so to balance this chakra and bring in the equivalent vibration is important. There are red foods like cherries, tomatoes, red capsicum, strawberries, watermelon, sundried tomatoes and red apples (pectin which is great for body's hydration). Black current juice is a great source of vitamin c.

You can wear red clothing, plant a garden, do physical exercise and go out in nature. Allowing kids to play in the mud or sand is healthy because not only are they in balance they're also having fun; this is a natural way and an unconscious way of healing. We have become too pompous in our behaviours that we forget that nature is what keeps us balanced. The beach is a good place to be because of the salt air and sea water. The forest connects us just by walking among the trees, hugging and touching them or rolling around in the leaves. Do whatever connects you to the earth; it's so healthy for the body, mind and spirit. I find at night when the body twitches too much I have to earth myself, polarizing the energies. I do

this by standing outside with bare feet or touching something metal that is earthed in the ground; usually for 5 or 10 minutes. The body becomes calm and I can sleep.

Our own body frequencies are the same as the earth and run in a clockwise direction while unnatural electricity runs anti-clockwise, so anything that gets you away from electrical appliances is good. i.e. computers, TV, microwaves, air conditioners, hairdryers and over-head power lines.

Red gemstones such as red tiger eye, garnet, red jasper, tourmaline (grounding) or rubies are also great to have around or on the body.

Essential oils happen to be one of my favorites because they work on all the levels.

I am always amazed at how law of attraction/synchronicity works. I hadn't long finished a course in Aromatherapy when my daughter ended up in hospital with breathing difficulties. They weren't sure what it was and sent us home. A week later she was having the same breathing problems so again we took her to the hospital. After ending up in an oxygen tent, they said she had Asthma. I didn't like the idea of her having puffers for the rest of her life so I started to put into practice the recipes I had learnt, along with my intuition. I used essential oils combined with a carrier oil and rubbed it on her chest in a clockwise direction (which also gives a calming effect). It certainly helped with her breathing and within a few weeks I weaned her off the puffer. When I felt she was at the beginnings of getting a cold I'd use the rub 3 times a day. If I didn't get it early enough I used the puffers and oil to be on the safe side. Eventually she stopped needing puffers though I

continued to use the rub if she seemed to be coming down with a cold.

When **essential oils** are mixed with carrier oils and applied to the body, it gets absorbed through the skin and penetrates deep into the tissues and into the bloodstream which is then transported to the organs.

Essential Oils also work on the emotional and mental level by stimulating the olfactory receptor neurons of the olfactory nerve which are located in the olfactory mucosa; the upper parts of the nasal cavity. The olfaction receptor cells are stimulated by smell and the impulses are transmitted to the limbic system (emotional centre in our brain.) Because this system is connected to parts of the brain associated to our memory, endocrine glands, blood circulation and breathing it creates a healing on all levels at once. It can also trigger memories to surface from this life and other lives. If this happens, just watch, there is no need to do anything, just observe as it will pass.

Essential oils that help us align to the earth's energies and have their roots deep in the earth are cypress, elemi, cedarwood, rosewood and sandalwood.

Essential oils that help with separation from the family which can lead to fear, anxiety and depression are clarysage, geranium, rose, Melissa, ylang ylang, frankincense and patchouli.

Herbs that help with Arthritis are ginger, rosemary, St.Johns Wort (not if pregnant), chamomile, lavender, cloves and white willow bark. Dandelion is good for groundedness while cinnamon is a male aphrodisiac.

When you walk into a group or your family you unconsciously check out if any members have changed their hairstyle, style of clothes or whether they have lost or put on weight so be aware of your own attitudes. When you're genuine in changing your negative attitudes and behaviours about yourself and others, the energy will automatically return to you and then consciously you can begin to change your life. All you have to do is imagine how you'd like it to be an act that way.

Kundalini is spiritual energy permeating each cell of the physical body. Also known as the 'Serpent's Power', It resides at the base of the spine ready to be activated by the ripening of spiritual maturation. When the Kundalini starts to awaken there can be many variations which can go on for years. The symptoms include physical, psychological and emotional upheavals. While at times they can be mild they can also be of such a force that your entire system can go into shock. As it moves up through the chakras a transformation takes place by releasing old patterns and traumas. Symptoms of the 'Serpent's power' vary from what I experienced from subtle twitching of body movements to shaking and burning as if a fire was racing up through the body. Spiritual maturation can begin at any age, it depends on your karmic life stream; though for many it isn't just a coincidence that it happens around the time of menopause, it's the stage of maturity in our physical, emotional and psychological development, or should I say, a combination of breaking down the old ways, ready for the new.

There are a range of physical symptoms that can occur as toxins are pushed through the body. Headaches can turn into migraines and a nervous stomach can cause digestive problems. The majority of muscles in the body can ache,

The Alternative approach to Healing

usually caused by a toxic build up in the gall bladder and liver. The emotions can swing from subtle feelings of anxiety, depression and overwhelming fears, through to ecstatic love and joy with uncontrollable weeping (which was often the case for me). As the Kundalini continues to rise, you may experience your senses heightened where you're more intuitively aware than usual. As your awareness expands, duality dissolves and there's a knowing beyond what the mind can know with its intellect.



Swadhisthana

The **Swadhisthana** is the 2nd chakra also known as the Sacral or Spleen Chakra. It's symbolized by a lotus with six petals and is orange in color. It has a vibration of 7,500 -12,000Hz and is located below the naval. It seems to rotate in a clockwise direction for females and anti-clockwise for males. This chakra relates to creativity, one to one relationships, self-sufficiency, the decision-making process and the ability to give birth to new ideas and projects.

Love is protective yet not overprotective; it is allowing. If the nurturing aspect in us protects and controls too much what we are learning, then our learning becomes limited, so allowing our creativity to expand and evolve is paramount to knowing that higher aspect of ourselves. This knowing is reflected in you, the individual consciousness.

Physically, the Swadhisthana governs reproduction, mentally it governs creativity, emotionally it governs joy and spiritually it governs enthusiasm.

If this chakra is blocked there's a strong resistance to change as in the Muladhara. Instead of moving into relationships outside the family unit we stay stuck afraid to open up to new creative experiences with others. Because this chakra moves slowly, we tend to hold onto old relationships and suppress our sexuality.

As we're moving up through the level of maturation we have to deal with our childhood issues. By not dealing with them we block the flow through this chakra.

The Swadhisthana relates to feeling and it's our right to *feel* and be connected to our sensing abilities. It represents how we relate to others on an emotional and personal level and whether or not we're honourable to each other. This is either in a work place, a marriage, partnership or to strangers. When we learn to give and take it provides a healthy and powerful connection between people.

The development and beliefs are formed at 6 months – 2 ½ years. It's often the separation stage from the mother when the child recognises itself and others. (Hence the premature tantrums and the terrible two's).

I was sitting in a waiting room one day watching a mother standing at a counter being served; the child was in a pram behind her. The child would have been around 8 months old. When the child let out, a, well, sort of pathetic scream the mother, still talking and not turning around put her hand back and touched the child, letting him know she was still there. She took her hand away and continued to go about her business. He gave another short scream in which she did the same but this time with a bottle in her hand. He grabbed the bottle and looking up at her, threw the bottle on the ground then let out another scream. She stopped and picked up the bottle and gave it to him then turned back to talk. The child repeated the same pattern until the mother was finished. I was astounded a child at such a young age knew the skills of manipulation to get attention. This is survival instinct and it's whatever works as we tend to repeat the same behaviour while we get a response. The positive aspects of this chakra, is having the enthusiasm and joy to bring our creative ideas to life. Our inner child loves

life and often when someone challenges us in our creativity or makes us feel uncomfortable and disempowered, we'll physically cover that chakra unconsciously. It's a way we self-protect our energy.

It is so wonderful having a genuinely supportive husband who believes in what I do. Being able to receive this positive energy is an empowering feeling. It is so important in the maintenance of healing.

What happens with this energy is, it gives you physical and emotional strength and it allows us to feel at the third chakra, a sense of self-respect in which our self-esteem gets a boost and we have the will to propel ourselves forward. It then makes its way up to the heart where we feel that loving energy and in the process the energy is returned to the other person in the form of appreciation. It continues up to the throat strengthening the power of our will and communication to help us make positive choices. At the sixth we find wisdom and clarity to support our choice. This is then re-enforced as trust at the seventh chakra and the more we trust the more it flows. If you feel like someone has tapped into your energy field, you'll feel a sense of anxiety at the third chakra; this is your gut telling you something isn't right at the second chakra. The energy travels up until you use your wisdom and intellect to assess what's happening around you. We lose a lot of energy when we dominate and control others or allow others to control us. It's important to look at ourselves in these situations, because if you have the need to control something or someone, then it doesn't matter who or what it is. It can simply be a change in a situation that you're resisting. It is difficult to move forward into the upper chakras if you don't have boundaries and self-respect.

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We have many strands or ties connected to others relating to this chakra. As a practice I often imagined seeing myself cutting ties and watching the strands float away or I do the soul fragment technique used in Theta healing.

If you feel someone is controlling you, it's best not to retaliate as if you want a fight; we waste so much energy in defending our sense of ego. I found there is no point in explaining something that someone cannot see or isn't ready to hear you. Once you are hooked into a person it is very hard not to lose energy. Even 20 or 50 years later, if you haven't forgiven and understood what this symbolic message was, then you give your power away every time you or they think of this situation in a negative way, especially if there is an emotion attached to it. Each time we fuel a memory we just give it more power.

People need boundaries and this must be taught at a young age, so the child will have boundaries to protect themselves. If a parent doesn't teach boundaries (maybe they don't like confrontation or they want to be liked), they allow themselves to be abused. A child that has no boundaries will not be flexible, they will expect everything has to be there way, and if they do abide, it is done either by withdrawing, feeling angry and not releasing it, expressing angrily or being silent.

Boundaries teach self-acceptance, self-respect, self-confidence and to be flexible in our lives and within society.

The hardest and most common way to lose power is over a relationship. How often do we go back into the same relationship even though we know we don't want to be there? Though we wouldn't admit it, we love and hate it at the same time. We love what we know, and what we know we 'think' we can control.

Control is a power that has been evident for centuries in the form of greed, seduction, hatred, revenge, violence and on a

larger scale, war. Wars start from within as the mind cannot satisfy its thirst. What we have, we fear losing, what we fear losing we protect to hold on to it; even at the cost of killing another.

The Swadhisthana is tied to the Vishuddhi (fifth chakra) so if you don't have the will and strength to move on, you'll stay there so you can control the other person and the games just get bigger and nastier until people start hating each other. Rather than having the understanding and compassion for each other's differences and letting go of the control in a relationship or the relationship altogether, we get into power struggles. It's by seeing through these illusions that the mind can become quiet. Why do we defend and for what? We have enough power within our being to create what we want, though saying that, keep in mind it might not be the way it's meant to be according to a higher perspective. If we want to be healthy and remain healthy then tending to our own is extremely important. We as humans control others by our sexuality; actually we have been doing this for eons; men and woman alike use this part of the body to attract the opposite sex. If we're conscious of how we use our energy, we have a better chance at controlling ourselves; this is where the real power lies.

Money is another way we control others because our finances speak very loudly when we want something. When we're dependent on another for our financial security, we use this energy in a manipulative way. We may need to convince someone that our creative project is going to bring huge financial rewards. We use our sexuality or money to convince a person that they love us or that we love them. People often stay dependant or a victim because their sense of dependency and security is so important for their survival.

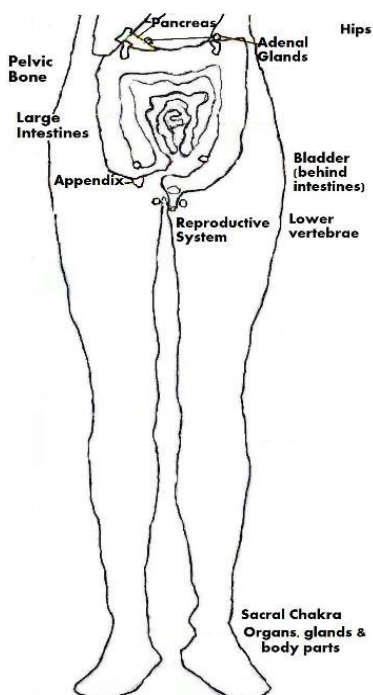
The Alternative approach to Healing

Betrayal is another form of hurt that cuts really deep and takes a long time to heal. If you've betrayed someone, then often it takes a long time to gain that persons trust. If you don't take responsibility or have self-respect you will again remain a victim by being rejected until you can prove yourself worthy. It's the same if you've been betrayed; somehow you must come to a point of letting go enough so you can have faith in your ability to discriminate what serves your highest good. Just for one moment allow yourself to 'feel' vulnerable and know that it's ok.

It's always best to deal with things afresh rather than holding on to old painful memories. Who knows, you may have paid back an old karmic debt so by seeing from this perspective, your experiences no doubt would have made you wiser.

The transformation of these negative beliefs at the second chakra is important. We need to have self-respect and self-love to cope with the challenges and conflicts that are to come. Believe me they came harder and faster as I clung to what was familiar.

The main health issues associated with the SWADHISTHANA (Sacral) Chakra



The sex organs can hold blame and guilt. If we feel guilty over a situation, whether we are responsible or not, it imprints in our psyche until investigated. If it hasn't been released we may feel responsible for everyone and guilty if something doesn't go right. If we carry these emotions for long periods of time, it can result in chronic lower back problems. Other areas that cause lower back problems other than physical strain are control, fear of losing money or the loss of money. Being

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violated sexually can affect the sciatic nerve causing pain in the iliosacral joint and the lower back and down the legs.

Your pelvis is associated with birth so your creativity can be said to be part of the birthing of new projects and yet, if you abort your projects it too can cause lower back pain, so you can see how the lower backs suffer a lot.

Our appendix can represent how we express sexually and how the power of ethics and values plays an important role with this organ. I'm not saying if you've had your appendix out this solely relates to you. Illness can manifest anywhere because the chakras work as a whole system, it depends on what is your most dominant vibration and how much energy you lose to an issue(s). When I met people with bladder or kidney infections they were usually going through relationship issues where they couldn't let go of the ideas or ideals they had for that person or persons. The anxiety around wanting to let go yet not being willing to take the risk really affected them in this area.

If you have any addictions that control you, it may be wise to look at what and why you feel you need them. They take an enormous amount of energy and enslave the physical, emotional and mental bodies. You can ask yourself, do I have self-worth issues or is there a feeling of rejection that I'm holding on to? Addictions can be anything from narcotics, prescription drugs, alcohol, cigarettes, attitudes or anything you are dependent on, even religious extremists or fundamentalists have addictions to their beliefs.

Balancing the SWADHISTHANA (Sacral) Chakra

The most natural way to balance the sacral chakra is by eating orange foods like peaches, oranges, carrots, apricots, mangoes, mandarins, pumpkins and by drinking orange juice. Other ways to balance include wearing orange clothing, carrying gemstones like coral or carnelian, having a deep tissue massage or a warm aromatic bath.

Essential Oils that help women with menstrual problems are clarysage, elemi, fennel, geranium, jasmine, Melissa, neroli, rose, rosewood and Ylang Ylang.

If you have a mild back ache, sciatica or chronic back problems, the **essential oils** that are antispasmodic or anti-inflammatory are, basil, calendula, camphor, chamomile, clarysage, cypress, hyssop, eucalyptus, juniper, lavender, peppermint and rosemary.

Herbs that can help with creativity are coriander, fennel and calendula, which also help with asthma and skin allergies. Juniper berries are good for arthritis and urinary problems, though NOT if you're pregnant. For lower back pain cayenne pepper, ginger root, St John's Wort (NOT if pregnant) and devil's claw are all helpful in relieving discomfort.



Manipura

The **Manipura** is the 3rd chakra also known as the Solar-Plexus Chakra. It's located just above the naval and is symbolised by a lotus with ten petals. It's yellow in colour resembling the sun. The sun represents radiance, optimism, joy, warmth and confidence.

The Manipura is your key nervous centre, your intuition or 'gut feeling', in which, you're nervous feelings indicate your intuition is letting you know something doesn't feel quite right. Physically the Manipura governs digestion while mentally it governs personal power. On an emotional level it governs expansiveness and spiritually it deals with all matters of growth. The speed and frequency of this chakra is 12,000 – 40,000Hz. It seems to rotate anti-clockwise for females and clock-wise for males. It relates to our personality, personal self, self-esteem, self-respect, self-control, self-confidence and self-knowledge and responsibility. It brings together the personal will and divine will so we can have the courage to cross this bridge into our upper chakras.

All of our interactions with people start at the third chakra. Our energy scans how we 'feel' in a situation. Thoughts then arise and begin to form an idea of what is felt. Some Indians teach

that thoughts come first. I feel we tend to recognise thoughts before we recognise how we feel, this may not be for everyone though. We actually have these subtle hints that we tune into on the emotional and mental level, but they seem to come so fast that we don't always recognise them; so I can understand that, until a thought is heard loud and clear, nothing seems valid.

With this new consciousness shift that's happening, and has been happening for a long time (it's just quickening); we're moving back into our knowing and feelings. It's that loving space within us, where communicating with each other comes from the heart. We will need little words or understanding, as the understanding comes after when the bond of trust has been integrated.

The lessons we're learning are to have the right to feel/think, to know, to honour, and to take responsibility for our actions. The development and beliefs around the solar-plexus, relates to how a person feels/thinks/acts in their environment. We need to acknowledge our fears and realise the effect that has on our self-esteem. This begins between the age of 2 ½ years – 4 ½ years.

When the Solar-plexus is blocked we have trouble asserting ourselves as an individual in our own right. We tend to take a step back and watch others achieve their goals and wish we had enough strength and courage to do the same. When we stand strong in our personal power we can accomplish whatever we put our mind to.

The positives with this chakra include having confidence, high self-esteem, courage, generosity, good values, ethics and self-discipline. The exuberating feeling of ambition comes when you're self motivated. When I go out in a crowd my energy absorbs the feelings and thoughts of others around me as if I

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am this giant sponge, I become what is around me and play it out. I often leave soon after because I have no bearings and feel like I'm walking in a cloud. No matter how much or how many different protective techniques I've done, nothing seemed to work, other than breathing to keep grounded, the trees or a dip in the ocean.

At present, with this consciousness shift that's happening, I am (and no doubt many others are) feeling the anxiety on a collective scale.

At times I feel what's going to happen in people's lives before they do, I don't always know what it is until it unfolds; though it has been teaching me to be so present and grounded.

The gap appears to be closing in which time appears to be collapsing and that's why the manifestation of things appear to be unfolding quicker. If you look at it from the point of view that what took 100 years, 50 years, 10 years, 2 years to evolve is taking less and less time. Dimensions are opening up all over the place so access to a broader knowledge, universal knowledge, is quicker and easier than ever before. The subtle intuition that's being experienced is now being spoken loud and clear and I'm learning to hear what's been said and follow it without questioning. It's not always easy when the mind likes everything to make sense and needs to see it in concrete form before it'll trust.

Responsibility is huge with this chakra because we need to learn what it means to take responsibility for ourselves before we can understand what it means on a collective scale.

A while ago I watched a program on people with disabilities and mental illness. It was a third world county. They were seen as a nuisance to society and were chained to a pole on veranda's and in cages. Some had been there for as long as 30 years. Their health was very poor and they had terrible bruising

and sores from the chains. My heart sunk as I saw the cruelty, then faith arose, seeing all that needs to be known will eventually be known. Nothing can stay hidden forever. It got the attention of Human Right groups which got the attention of the United Nations Organization.

When this image came to me as I woke up, I saw what it meant to be responsible on a whole. The Jnani's (Self-realised being) say "No-one is to blame yet everyone is responsible".

Everything we do affects the whole yet when the mind is quiet it strengthens our focus and opens our third eye, (where our Psychic abilities lie). It's as if everyone's radio dial is tuned to the same radio station so we're all on the same frequency or wave length. When this happens there's less static so we become more receptive and in tune with consciousness as a whole.

The negative with this chakra is the need for approval; where you'll ask others for advice rather than listen to your own intuition. This is a result of the lack of self-esteem and confidence in your ability to trust what you're feeling. If there's a fear of rejection, failure, a lack of not knowing yourself and a fear of being judged, you'll always ask for approval before you make a decision. It's not wrong to ask someone's advice to get a different view on something but you, must make the final decision, - the problem lies, when you know in yourself what feels right for you and you give that up because the approval of another is more important to you than what you feel.

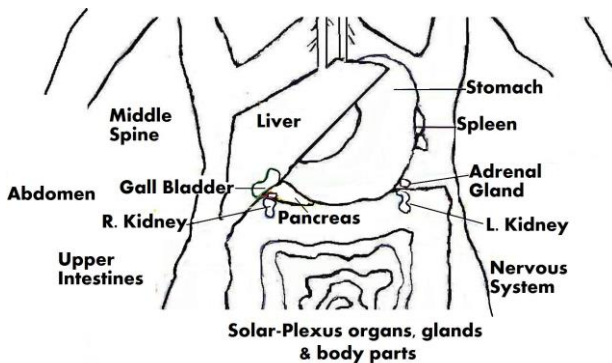
I had an experience when I was talking to my husband, and the energy in my solar-plexus was going haywire, all the warning bells were going off to let me know that I won't be comfortable in a particular situation as I'd currently experienced before. It really bothered me and I wasn't sure how to deal with it, yet I felt all sorts of emotions and attached all sorts of ideas to the

feelings as the energy dropped to my second chakra. I felt powerless and dominated in this situation. My heart held this grief on and off and I saw that in the presence of fear, love seems absent. While I allowed myself to feel the uncomfortable feeling, it gave me an opportunity to look at what was arising in the moment which was recognition of my own self-worth and self-respect. Since then I've come to understand what it means to be Authentic and express what I feel without fear that my security will be compromised. Nothing is good or bad per se; it serves to help us know ourselves. Once it's seen, it's then important to move it up through the heart or just see through it, (one and the same) so we feel the compassion for ourselves and others.

The energy then moved into the throat, where the strength of will allowed the heart to go into the mind, so I could have the insight and wisdom to see clearly what was happening. It then moved into the seventh, where I 'knew' that the ideas and emotions I had, had no power over me; the energy is returned and the disempowerment that was felt, dissolved. We are never in a situation we cannot get out of if we're honest and clear within ourselves. I realised we cannot please everyone and not everyone will like us. As long as you're acting from the best of your ability, and question your motives, then for now that's enough, the rest happens; it cannot be forced and it cannot be prevented. If we hold on, suffering usually occurs to wake us up.

An example would be that you could stand on a bus or train holding your luggage and if no one said to you, "you can put it down", and it didn't click that no one else was holding their luggage, eventually you would surrender and put it down because your arms would get tired. Yet it seems we're not so willing to put down our emotional baggage and stop suffering.

The main health issues associated with the MANIPURA (Solar-plexus) Chakra



The glands connected to the Manipura or Solar-Plexus are the **Pancreas and Adrenal Glands**. The **Pancreas** is a gland in the abdomen behind the stomach which has a dual function. It secretes digestive juices which empty into the duodenum through a special duct. It also acts as an endocrine gland, secreting insulin into the blood as a hormone. Often the pancreas is affected by the emotional connection of long standing hurt or grief which is hard to assimilate and digest. When this builds up, it turns into anger, which of course stores in the liver and results in the liver becoming sluggish. Closely related to the pancreas and liver, is the gallbladder in which the emotional connection serves to justify and complain that life doesn't have much meaning anymore. When we allow it to fester, it becomes like a chain reaction.

The Nervous system - Is the body's communication network. The nerves run through the body, carrying messages through

the spinal cord to the brain. (The control centre of the nervous centre is the brain). Each half of the brain controls the opposite side of the body.

The brain receives information about the outside world from the nerves. It sorts out the information and decides how the body should respond. Information travels along nerve fibres as electrical signals. Information is gathered from all over the body by sense organs – skin, tongue, nose, eyes and ears. The emotional connection to the nervous system is fear and anxiety; it's a horrible feeling, as if we're living on the edge. When fear arose for me in this area it was always followed with vomiting and diarrhoea; sometimes being chronic and other times mild.

When I stayed at these two particular houses, this happened every time, for years. Yes, some say I was a bit slow to 'get it' though I often didn't know what caused it and no matter how or what technique or strategy I used, the symptoms still formed. I didn't know if it was negative thought forms or past issues. One night when I walked past this person's room, I experienced his whole being in mine for about 1 minute. I felt the symptoms of his illness, physically, emotional and mentally. It was like I was frozen in time. From that moment I realized it was enough, I just couldn't do this anymore. I searched for answers in many therapies and even in my meditations; though all I got were fragments from visions and instinctual fear saying 'get out of there'. Even though there was no danger, there seemed to be recognition on an energetic level that something wasn't right. I thought it could have been from a past life or it had been transferred through DNA. Because energy is so interwoven through existence, I don't stand solely in one belief; this is because often crowds would evoke the same symptoms. When I had to go up again, I

planned to come back the same day so I wouldn't go through the same experience of being sick, though this time he happened to be staying elsewhere.

I felt relaxed for the first time so I decided to stay the night and ended up staying for 3 days. The moment I walked in everything felt relaxed and quiet different. I slept all night, there was no vomiting or diarrhoea, everything felt so joyful and free. I had wondered if I was picking up on his illness and behaviours as well as his wife's fears and anxiety when people come to visit (as he tends to misbehave). As we transform old energies other processes start to happen, there is no particular time or subtlety to when or how long something takes to shift. Later I experienced a shaking when someone walked around at night or a light was on. My body would wake even with the subtlest of light. I meditated on this and got a vision of an old wooden door with one of those old big old key locks. I had healing on my original birth name which seemed to lessen the shaking and fear though I had to be aware and breathe though it each time it arose. After many messages and visions throughout my life, the question "who AM I" came together like a jigsaw puzzle, both on a personal level and an impersonal level.

I was shown the line of sexual abuse in my family history. I believed all these years that I was a victim of abandonment where in fact, I was saved. The shaking was not mine it was carried through my DNA and finally I understood all the projections and behaviours of myself and others, were just an echo of the past.

I also believe that we meet many people throughout our life connected with our past karma and sometimes to transform a cycle of a family line; this is real healing. It's interesting when we meet people and we have an instant like or dislike to them,

or we meet someone who we instantly fall in love with. I don't just mean sexually I mean a deeper love, an unexplained love. It's as if you knew them all your life (and we probably have for most of it). It's difficult to understand how it all is, though one thing I couldn't deny was my experiences.

When my husband showed me a photo of his mother, I fell in love with her, the tears of love poured down my cheeks and in a flash I saw her in a nuns uniform then she returned as in the photo. I found out through my own visions and other people's abilities that I had many lives as a nun and monk so it's like the devotion to God is there and yet everything within me in this life, pulls me to come to the realisation that God resides in all sentient and non-sentient beings and never separate from ourselves. Again I don't stand in one place as visions can have a symbolic meaning as well.

The Adrenal Glands produce important hormones like adrenaline and corticosteroids. These glands are connected to our ability to make responsible decisions. Often people with anorexia or bulimia find it hard to deal with responsibility. Either they don't want any, or they think they're responsible for everyone and cannot cope either way. Again it can set off a chain reaction in the digestive system.

If you have constipation you may be holding onto old ideas that you're afraid to let go of. This can happen when there's a change in your spiritual growth and it requires you to let go because the energy of what you're moving into no longer matches the beliefs you're carrying.

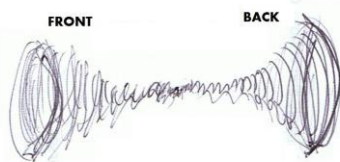
The stomach gets affected if there's no trust in the process of life, if you feel scared or intimidated by others; it affects the digestive system and your self-esteem.

Kidney problems can be a result of anger, criticism, shame and wanting to move on but you feel you can't.

When you're not honest in your personal life, the middle of your back takes the weight. It hits the centre of the solar-plexus which blocks energy in the spinal column.

The diagram below shows the chakras like two funnels joined together with the larger ends facing outward. When the centre gets blocked it causes an obstruction in the flow of energy through your system.

If your liver isn't functioning very well, it causes havoc right through your lymphatic system. Your spleen can also be affected as it's related to self-worth issues and criticisms.



The Front and Back of a Chakra

Balancing the MANIPURA (Solar-plexus) Chakra

Attending a Self development class is a good way to boost your self-esteem along with reading informative books, doing mind puzzles, going out in the sunlight, pampering yourself or walking 30 minutes a day; actually this has so many proven health benefits. Drugs lose their affect and stop working after a while and by then the body has forgotten how to produce the chemical it once made. Often people look for pain when trying to create change in their body through exercise, instead of

allowing the pain to arise and breathing into it. Our body's natural painkillers are endorphins and the body knows what to do, we just have to trust it and focus on being well, rather than being sick.

I'm not for or against detox, though cleansing your body is important. It's best to talk to people if you're thinking about a detox or a cleansing program. I often have to remind myself to cut down on sweets and change my eating habits by selecting healthier foods and combining that with blended raw foods. You can go to www.therawfoodcoach.com for wonderful recipes. Thank you so much to my friend Jenny who put me onto it and the Author of The Raw Food Coaches, Karen Knowler for sharing her knowledge.

I had 3 to 5 glasses of blended raw food a day and within 3 to 4 days I had no more digestive problems; however I had slight headaches, though I felt I got off lightly. Unfortunately I slipped back into an old pattern until Kat came into my life, then my daughter gave me healthy recipes. There is always support that shows up when we focus.

Eating yellow foods like bananas, pineapple, corn, grapefruit & capsicum and hot or cold lemon drinks is also good for bringing in the matching colour vibration.

Music that's mentally stimulating such as chimes is wonderful. You can wear yellow clothing, gold jewellery or gemstones like Citrine, Amber or Topaz.

Essential Oils that assist the solar plexus on an emotional level are frankincense, rose, myrrh, melissa, neroli, elemi, rosewood, sandalwood, chamomile, and rosemary.

To help with the digestive system and parts of the endocrine system, use peppermint, black pepper, lavender, chamomile, lemon, ginger, cardamom, fennel, bergamot, and rosemary.

Essential Oils that cleanse the liver and gall bladder are cypress, chamomile, lemon, juniper, rosemary, and helichrysum.

For the nervous tension and to reduce stress on the adrenal glands use basil, chamomile, lavender, cypress, hemp, bergamot, geranium, grapefruit, jasmine, marjoram, melissa, patchouli, neroli, rose, sandalwood, and ylang ylang.

Herbs that can help with balancing the solar-plexus are basil, sunflower, marshmallow and cinnamon. Cinnamon is also good for diabetes as well as green tea and hyssop tea while turmeric can help balance the blood sugar level. Basil is good for nervous conditions, nausea, colds and flu's and bladder problems. Mugwort is good for liver and stomach disorders, though again NOT if you are pregnant.

To be aware of how you're feeling is paramount in knowing yourself and being responsible for those feelings. When moving up into the Heart, life is viewed from a whole different perspective. Your beingness or love energy guides your life; emotions are observed and expressed in a responsive way rather than from a reaction.

When I was around 12 years of age, I asked a friend to keep that I was adopted a secret. It was a pretty big one as then my whole identity rested upon it. The other issues were self-worth issues relating to the feeling of having a right to exist, a right to feel, a right to think, a right to love, a right to speak and the right to trust in my knowing which affects all the chakras. Like most 12 year olds we can't even honor our selves let alone anyone else. It truly is a rare one to have that level of maturity of heart. In most cases its fear based or holds the energy of shame. Once the secret got out it was cruel and devastating

and took many years for me to heal this part of my life. So honour is vitally important in our spiritual growth.

Personal boundaries are another important development that's vital to a healthy person. I was in my late 30's before I knew what boundaries were. I really didn't know I had a right to have them. It took another 5 years to establish them in many areas of my life because many people whom I knew, knew I never had any boundaries and it suited them just fine for me not to have them. When I was honouring myself and setting strong personal boundaries, it of course caused conflict, and people became very manipulative to get what they wanted. They always had an agenda, so I am very grateful for those teachings because now I can see and feel the energy as my solar-plexus buzzes to let me know when someone isn't being quiet honest. Again it's not to work the other person out (as this took another 2 years to fully understand, though I'm still mastering it) it's to just be aware of how you feel in certain situations or with people. It is important to learn what it means to be responsible. *Responsibility is the ability to respond* to any situation with honor and integrity.

It's by detaching from others emotionally whereby we can respond clearly with love rather from reaction. I find also, whatever I felt in another there's an aspect inside myself, waiting to be recognized and exposed. So don't dismiss the reflection, keep the mirror polished and it will reflect to you what you need to see.



Anahata

The **Anahata** is the 4th chakra also known as the Heart Chakra. It's located in the centre of the chest. The colour can be seen as a green, pink or having a tinge of blue. It's symbolised by a lotus flower with twelve petals.

The speed and frequency of the Heart is 25,000 - 40,000Hz. It seems to rotate clockwise for females and anti-clockwise for males. Spiritually the Heart governs devotion, mentally it governs passion, physically it governs circulation and emotionally it governs unconditional love.

There is really no negative or positive with the heart.

Compassion comes from seeing beyond the emotions with the ability to be able to discriminate. Emotions are healthy as long as they don't rule over the heart and common sense. The Heart generates love. It refines our vibration and allows us to have compassion, forgiveness and a deep sense of selflessness and harmony for others. It represents the spiritual realms and our internal way of seeing.

When we focus in the now, breathe and feel appreciation, our Sahasrara (crown) chakra opens and our connection with the Divine Source or God goes even deeper, piercing through the veils of ignorance and into the core of our being. Raising our vibration by activating the heart, compels us to live spontaneously, trusting in the universe and having detachment – knowing all things are as they are, which takes us beyond

pitied others or having pity for oneself. It allows us to 'feel' and 'see' all sides of the equation; judgment is absent though discrimination and observation is present.

Forgiveness always starts with ourselves, if we cannot forgive and love ourselves how can we 'know' what love is and therefore truly love another. The Heart of unconditional love, 'knows' when it needs to be strong and tough and when to wait till there's more maturity in that being; so sometimes it's a silent heart and other times it's the double edged sword. My Spiritual teacher at the time once said to me *"There are no problems; there is just wanting something to be other than it is"*; It's such a powerful statement.

Forgiveness and selflessness is accepting that things are the way they are, though it doesn't mean accepting a circumstance and staying in it. It means realising that Source or God needs no explanations and goes beyond the understanding and comprehensions of someone's' karmic life stream; it is both silent and loving in thought and speech.

The lesson is the right to love and be loved; to accept all things in God's universe within yourself.

The development of this chakras is between 4 ½ – 6 ½ years.

The heart begins to recognise that it has desires to live in the world socially and actively with others; a means to give and take. It's a stage of recognising emotions then starting the journey of allowing ourselves to feel and observe them moving through us.

The heart in its very nature is joyful and full of love and compassion, yet violation of the heart damages the scar tissue and distorts the heart chakra. It can take a long time to heal and trusting again is some-what difficult. There must be forgiveness, trust and love otherwise the heart holds grief, jealousy, anger and resentment and closes down, being too

afraid to open fully in case of being hurt again. When I observed the hurt and my presence at the same time, I recognised how quickly it went, which automatically revealed my true nature. Peace and joy emanated through my whole being. It happened spontaneously because the willingness was there. We can observe and breathe into an emotion that's arising but just don't stay in it too long or keep going back to the memory. If there's still a resonance of energy it will arise again and by feeling, observing and allowing it will release. Another way is once we recognize how we feel we can begin to climb an emotional ladder by starting where we are and climbing all the way to the top, step by step and allowing ourselves to feel as we go. Somewhere in the middle is hope and from there the rest is easy because if you have hope you can feel some sense of love and trust. It's important to allow the emotions and to feel what depression is, then what revenge is, then rage, anger and frustration along with all the overwhelming feelings of relief after each emotion. This is what propels you forward and releases what has been built up and held in your system. When you have hope you can be guided by better emotions so your outlook on life and the belief in yourself is strengthened. If you do what *feels* good rather than *thinking* what is good you will trust and follow your intuition rather than the head telling you, you 'should' do this or that. If you have closed down your heart chakra you'll feel lonely and separate from Source/others. When you feel love it's impossible to feel lonely or be bored because the heart is connected to every sentient and non-sentient being. If you have low self-esteem or lack self-respect you'll attract that which is the same and not being able to see the mirror, we blame one another. Often the person you're having trouble with is going through the same lessons but we don't like to see

that; whereas in fact we're looking at a part of ourselves. The more we love the more the gap closes and the easier it is to go from one emotion to another. If you are depressed you cannot jump into hope if you have resentment and anger. If you don't deal with it, you just keep blaming yourself or others. The moment you move into love there isn't anything you have to do but feel a bit better than what you're feeling right here right now.

Acknowledgement is important as it allows you to 'see' inside yourself and start the process of transformation into the higher realms.

By seeing life in a positive way the heart naturally starts generating love and while you're sleeping or in a space of deep awareness, healing is taking place on an unconscious level. The shadow side of the heart (so to speak) likes to hold onto the past. I know a lady that talks of the past 98% of the time. 30% is from when she was a child 40% was when she was in her 20's another 15% was when she was in her 30 and 40's 10% was her 50's and 3% is what happened last week, so the two percent is her 'Now.' It is like running a car on near empty and expecting to drive for 8 hours. You just can't do it. The body cannot function on that little energy without drawing it from your cells and other people. You either develop illnesses or become like a vampire, where you need to feed off others. If you see someone that is manifesting quite quickly in life, they have a lot of energy where they empower themselves and others. If you're controlling, you will disempower yourself and others by drawing from your cells or other people. If you're not able to manifest what you want, it's termed 'sitting on the fence', wanting to create, yet unable to because you either lack direction, self-confidence or you don't have enough energy.

What *is* love and how does one love? Love is not a concept or 'something' that can be given or taken away, though we are *taught* to love, therefore we understand it as 'something' that has attachments. Real love, true love is not an object and cannot be taught. It is the very essence in which everything exists.

When we mature to a point of realising we have our own desires and journey to fulfil, the family will say "you're just selfish" but all you're doing is following your own heart and what your soul knows it's come to fulfil in this lifetime. This is a very difficult stage, especially if you've lived with needing their approval (which often comes at a price by giving your power away for them to take control of your choices).

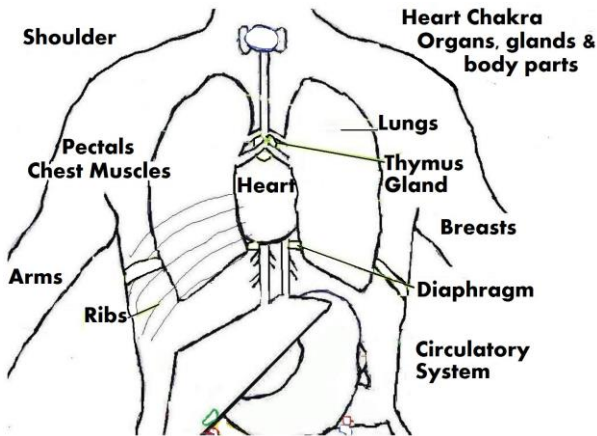
When you learn to stand in your own power the emotion associated with that is guilt. It isn't easy to see through this emotion as it buries itself deep in the psyche so the actions you perform are influenced by it.

To stand strong in unconditional love isn't easy, it's vitally important that you continue your own path and love them and let them go. Letting go doesn't mean shutting people out, although sometimes it may be necessary for a time, it's allowing them to be them and you to be you with no hooks. Everyone learns in their own time; this seeing has been huge for me and not easy. What I could see I thought everyone could see, but it is not so. To force someone to see your way of seeing will cause them to put up a defence and they won't hear you anyway. Compassion is then allowing someone to see things themselves so they can understand why they have been hurt, then it is the kindest thing you can do. It is important to be able to discriminate when they need extra support and a helping hand and when you need to step back; remember this also applies to you. Someone that's blaming and not looking

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inwardly won't see, so it's easier to step back. Even if you're on the receiving end, step back and take a look at where you're losing energy and if it applies to you. Don't be afraid to let the ego be smashed, it is painful to the personality yet such a freedom for the soul. It's good to look at it from an impersonal view because if you're involved in their lives, you have an opportunity not to take it on or fix it for them. To keep an open heart and abide in your natural state is the most valuable way of helping, and what that does, is allow the person to get clarity and see their own self, reflected in the mirror of your heart, unattached, unbiased, non-judgmental; pure awareness. Words often get obscured and what is said, is taken out of context and misunderstood so sometimes silence and listening with an open heart is all the healing one may need. What I find is happening more now, is when I feel indecisive about something I drop it, and within a day or two it becomes clear and/or the event unfolds itself.

The main health issues associated with the ANAHATA (Heart) Chakra



The main health issues are connected to the spine, between the shoulder blades, the heart, lungs, blood circulation, the endocrine system, immune system and the thymus gland. It affects how we express love and affection in relationships. If you've been hurt and closed off your heart, the tissues around your physical heart can become hardened and can lead to heart disease.

The Thymus Gland represents our general growth. It produces lymphocytes and is believed to play an important part in the development of the body's immunity and auto-immune processes.

After childhood it becomes considerably reduced in size. While one is growing and maturing there are many emotions that are

felt because we're still in the stage of the first two chakras and we tend to blame life for all our apparent misfortunes.

Often people may develop asthma or allergies as a result of being afraid in life. As you grow and develop there's the need to recognise and take responsibility for ones' actions. It's the stage where one must stand on their own two feet and be observed by the parent but not smothered or over protected by them. If I cried when I was young I was encouraged not too. It is the parents that cannot handle upset or deal with emotions, therefore the child is taught consciously and unconsciously to suppress their emotional needs, which can result in breathing problems, bronchitis, pneumonia and other lung disorders. The unexpressed emotions are connected to not feeling loved or supported which also affects the spine, shoulders and neck. People that hunch over often are protecting their heart which can cause round shoulders, back problems, frozen shoulder, aches and pains.

There's so much more than physical security that we don't understand. The emotional is paramount for positive and healthy growth and development and yet If there is no acknowledgment and 'true' forgiveness of the traumas associated with the heart, it can result in high blood pressure and other ailments associated with the heart, valves, blood disorders, circulation and the lymphatic system. And let's face it, how many people live stressed as a result of over-work and over-burdened because it's easier to keep busy than to stop and look at how we're feeling. I'm not talking about selfless work that comes from a genuine and open heart. There is a saying *Duty without love is deplorable, duty with love is God.* This is so true because if it's not genuine and unconditional, resentment lingers in the expectation that I am owed in return.

Nurturing yourself is very important because people that give and give don't often allow time for themselves which can result in a breakdown on an emotional, mental, physical and spiritual level. If you feel you're not deserving of love, it can often be played out in thinking you can do everything for everyone (and possibly be disguised for the need to be in control). It can also be a need to prove your worth, therefore you won't allow others to help, which is another way of not letting love into your heart. It's a kind of self punishing behaviour which can result in breast cancer, mastitis or again illnesses that are associated with the heart, skin as well as the second and third chakra. Remember the chakras work as a whole system and targets the weakest point.

Balancing the ANAHATA (Heart) Chakra

Green food like, spinach, silverbeet, peas, beans, apples, green, capsicums, kiwi Fruit, avocado's, rocket, parsley, sprouts, barley grass, lime, herbs and spices, rosemary, thyme, basil, mint, coriander, dill, fennel, bay leaves to name a few brings the heart chakra into balance.

Wearing green clothing, taking nature walks, watching emotional movies and doing self-development courses also helps activate the heart chakra. Gemstones such as Jade, Aventurine, Emerald, Rose quarts, Malachite and Peridot are good to have around in the house or to wear as a necklace or to have in your pocket.

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Essential oils to open the heart are rose, geranium, palmarosa, neroli, elemi, melissa, hyssop, rosewood, chamomile, ylang ylang, galbanum, angelica and jasmine. Essential oils that help the circulatory system or chest pain are angelica, marjoram, hyssop, lavender, neroli, melissa, rose, chamomile, ylang ylang and jasmine.

Essential Oils that help with stress and respiratory problems are eucalyptus, cajuput, peppermint, rosemary, rose and rose geranium, chamomile, marjoram, sandalwood, frankincense and hyssop.

Herbs that can help open the heart, and help in the releasing of trauma, are, Hawthorne berries, saffron and chamomile.



Vishuddhi

The **Vishuddhi** is the 5th chakra also known as Throat Chakra. It's located at the base of the throat and is blue in colour. It's symbolised by a lotus flower with sixteen petals and has a frequency between 40,000 – 50,000Hz.

The Vishuddhi seems to rotate anti-clockwise for females and clock-wise for males. Spiritually it governs the sense of security, while emotionally it governs our independence. On a mental level, when this chakra is balanced the thoughts flow fluently and on a physical level the throat governs communication.

The power within this chakra has to do with our choices and how we communicate to speak our truth. This chakra is often tied to the second because we need to use our will-power to control ourselves rather than to control others.

The strength of our will is so important in healing because we need to be 'present in the now' otherwise the choices we make will depend upon how we see and how much emotional influence there is within us and whatever we decide is reflected in life as positive or negative circumstance. The lesson to learn here is to control our own Self so we can create positive choices in life. As we mature, we 'surrender' the

personal to the impersonal. It is a huge shift in individual consciousness and you need to embrace this aspect to solely trust in the divine principle that you are.

This chakra represents our right to speak our truth, and any vibrations from past lives or our DNA are carried over and remain until they're transformed.

The developmental stage is between 6 ½ - 8 ½ years where self-expression, self-control and self-discipline is birthed in truth and cultivated in the heart. In many cultures, Martial Arts, traditional dance and music, rituals and ceremonies are often taught at a young age, sometimes as young as 3 years old. This prepares the child for a smooth transition of mastering self-control right through to adulthood.

If the Vishuddhi is blocked it can be overactive by rambling or giving too much in the way of explaining and justifying our actions as well as holding back in 'telling the truth'.

In a supportive and open environment, boundaries, respect and trust have already been integrated into the consciousness and a person will be able to communicate their physical, emotional, mental and spiritual needs with confidence and will have the ability to make positive decisions and to express those decisions with personal authority.

People that like to control others and the environment, often have a lack of self-respect, self-discipline and self-control. They may be afraid to speak up for fear of retribution and rejection. They may defend and manipulate rather than be honest and upfront. On the other side of the coin, they may be so outspoken that they have no self-control and see everyone against them rather than recognising it is they themselves that need to learn to balance their emotions and speech.

Making positive choices comes from taking responsibility for your actions; you know when there's no need to defend or fight for your rights.

It's important to dream and imagine what you want in life, though it's more important to have the power to decide what you want to do with those dreams. There is nothing wrong with asking someone's advice or opinion, though let the final decision be yours; it is so empowering.

If you give your power over to others to make decisions for you, you cannot blame them if it doesn't turn out. If you allow this to happen, it then travels down through all the chakras where you feel so angry with yourself for allowing someone to make your decisions for you. If you look at everyone as a great teacher, the areas that you haven't mastered will be shown to you through situations or people. If your will is strong you can manage your energy more efficiently by directing it to where you want it to go. If you have addictions, it takes so much of our energy to keep focused. There might be something you want to do but you just don't have the energy so you find yourself forever thinking about it.

It takes focus and will-power to 'see' a negative thought or action and stop it. Resistance comes from not wanting change. The symptoms are confusion, justification, arguing, and indecisiveness. I see it as the old meeting the new, like two currents meeting each other. We look for any excuse to stay where we are even though we aren't happy. Surrendering is one of the simplest forms though not easy, because it's asking us to give up what has been familiar for so long and walk into the unknown. How many people embrace the new without fear?

It's important to be honest with yourself and others and if you aren't honest, then the question you could ask yourself is, Do I

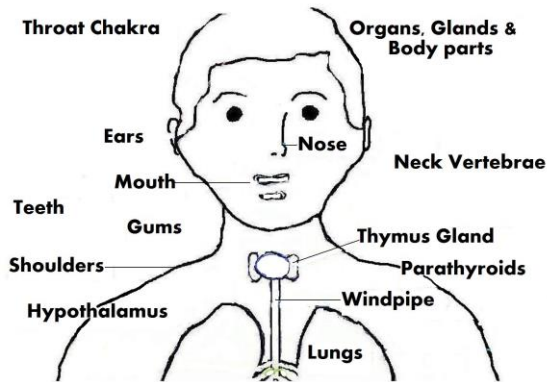
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fear rejection or am I afraid of their growth and my own? If you are, you not only do yourself a dis-service, you do a dis-service to them as well. True love has no fear in it and ultimately their soul will take them to someone who can be honest with them and not afraid of their growth.

Your undivided attention—*being present without comment* is also invaluable, because it allows the person to hear themselves with no defence or obstruction. The light from which you shine reflects to them that which they are; do not be afraid of silence and boredom it is a very powerful state to be in.

My children often taught me about will-power, I wondered why, when I said something, they never took me seriously. ShantiMayi once said to me, "*When you are clear you are heard clearly*". She was so right. I found if I was wishy-washy in establishing boundaries and my energy was easily read by the children. They could easily pick up that I was not really sure if I meant what I said and so I was easily manipulated or for a better word, coerced. When I was clear in myself, I could hold my energy in the now as I spoke, and because energy doesn't lie, I was heard clearly, it was quiet amazing. I didn't need to yell or defend; I just spoke firmly and clearly.

The main health issues associated with the VISHUDDHI (Throat) Chakra



The main areas affected are the throat, ears, lungs, mouth, neck and shoulders. When we're afraid to make a choice our throat maybe raspy or croaky, it's as if we're trying hard not to say what we want to say. The heart and mind need to work as one so our decisions and choices flow freely. If our desire isn't strong enough and the throat isn't balanced we'll have a hard time speaking *our* truth. Past experiences that are negative can prevent us from seeing reality as it is. Our past is remembered and projected into our future, (this can be an unconscious projection as well), that's why it's so important to have a quiet mind, then life is seen fresh and new every time. If we find it hard to speak our truth or be to forceful in our speech, it'll affect our thyroid glands and result in chronic sore throats, like tonsillitis, glandular fever, laryngitis and other disorders relating to the thyroid, parathyroid's and hypothalamus. Mouth ulcers can result from a feeling of not being good enough and when we express angrily and engage in negative conversations with others, our bodies stress.

If you have neck problems, look at what you're holding on to and see if you are refusing to see another's point of view. Are you being inflexible in your thinking? You may be feeling a lot of pressure from others in your environment to do what they want you to do, or what they think is best for you. If so, step back and ask yourself, what do I want? Am I afraid to move forward in my life therefore I reject others ideas that include me? Or am I afraid that they will move forward and reject me? Look to see if you find it hard to express honestly. Are you hyperactive or manic in your behaviour, because sometimes if things don't go our way, we set up avoidance strategies and keep busy. Often all this pressure comes from wanting to force your own will to please another, or your forcing their will to do what you want. Either way you'll feel it in the neck and shoulders.

If you're not following your dreams you may be having problems with your windpipe or trachea, check and see if you're following your heart's desires.

The Thyroid gland relates to our personal expression and is an Endocrine gland which sits at the base of the neck. It secretes hormones for our growth and development, for controlling our metabolism and also the level of calcium in the blood which ensures proper development of our bones.

The Parathyroid's depend on the blood supply and venous drainage of the thyroid gland. The emotional connection with the Parathyroid is our ability to make positive decisions for ourselves.

Balancing the VISHUDDHI (Throat) Chakra

Personal expression like singing, toning, speaking in a group, reciting poetry, role playing, having spiritual or supportive conversations with others are all helpful in balancing the throat chakra.

If you have a fear of speaking then self-development courses are great boosters for self-esteem and confidence. Expressing yourself through writing is also a valuable tool to communicate your personal feelings.

Having neck and shoulder massages, doing exercises, and dancing all shift energy and help you let go of old patterns. Wearing blue clothing, breathing in the blue sky and imagining it filling the whole of your body and aura also brings balance and healing to your system.

Wearing or carrying a blue gemstone like Sodalite, Lapis Lazuli, Sapphire, Blue Agate are wonderful for balancing speech, making positive choices and strengthening will power.

Pain and diseases are a way to let us know there's an area in our life that is not balanced. If we're not listening to our inner voice we can develop earaches, tinnitus and deafness.

The **Essential oils** that help with these ailments are tea tree, rosemary, sandalwood, frankincense, lavender, neroli, petitgrain and hyssop. They can be used in carrier oil and massaged around the outside of the ear and side of the throat and neck area or by using a swab in the ear. Be so careful when using cotton buds that you don't put them too deep in the ear. Another method is to soak a flannel in luke warm water then wrap the leaves and flowers from a lavender plant and use as a

compress over the ear or throat. Using this method with 'cold' water is also great for burns and cuts.

Essential oils that expand our consciousness are elemi, frankincense, sandalwood, vetiver, angelica, cedarwood, jasmine, lavender, rose, neroli, rosewood, helichrysum, and myrrh.

Essential oils that enhance self-love, self-confidence and self-actualization are frankincense, rose, jasmine, rosewood, elemi, sandalwood, neroli and ylang ylang.

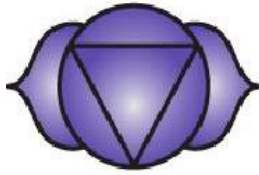
Essential oil that act as an anti-inflammatory and allow for self-expression are tea tree, eucalyptus, cajuput, sandalwood, frankincense, clary sage, and lavender. You can use any of these oils as a gargle, to put in a steamer or use in a carrier oil to rub on the outside of your throat.

Essential Oils that help with the care of teeth and gums are clove, myrrh, lemon, sage, tea tree and peppermint. These oils can be applied with a swab around the mouth and gums. Myrrh especially is non-toxic and incredibly soothing for any gum complaints. I would always dilute if you're not sure.

Herbs that help with communication and self-expression are Red Clover, Echinacea, Peppermint, Thyme, Blackberry leaf, Nettle and Ginger root.

Culinary Sage is good for inflammatory conditions, though NOT if you're pregnant. If you have a cough, angelica root, caraway seed and comfrey and honey are wonderful in a tea.

Eucalyptus makes a good chest and throat rub. It can also be rubbed on the soles of the feet to stop coughing or used in a Tea.



Ajna

The **Ajna** is the 6th chakra also known as Third-Eye Charka. It's located between the eyebrows and is the colour of Indigo. It's symbolised by the lotus flower with two petals. It seems to rotate in a clock-wise direction for females and anti-clockwise for males and relates to our psychic abilities, intellect and wisdom.

Our human conditioning seeks to look for logical reasons as to why things happen; it's such a challenge to go beyond the logical reasoning into illogical choices that don't always make sense. As the Ajna opens, it allows for greater vision through other dimensions and beyond. As humans we have not quite developed ourselves enough to withstand the vibratory energy that's associated with broadening our horizons far beyond the limited and conditioned mind. As we raise our vibrations, the gap between the personal self and the universal Self closes and timelessness is experienced. (In actuality there is no personal self, there is only identification with what appears in the mind). Often we experience glimpses and want the experiences back again. Any concept and imagining you hold onto must be let go of, then the empty space can be filled. Don't try to hold ideas and make sense of it, let everything flow in and out of your

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experience freely, allowing what comes to come and what goes to go; this is living in the *now*.

The frequency and speed of this chakra is 60,000 – 75,000Hz.

The power of the Ajna is wisdom and the ability to discriminate, though it isn't easy following what 'feels' right and what isn't making any sense to the mind. When our intent is strong enough and good for all, our desires will manifest. The hardest task is to let go of how and when things will happen.

There are many roads to the mountain top and each one has its challenges, it takes a lot of courage to trust what we don't know, yet if we think about it we go to sleep each night trusting we'll wake up, we eat food trusting it's healthy for us and take medicines trusting they'll make us better, yet when it comes to trusting the unknown we're cautious. Why? Because we have been taught to trust in what's concrete and logical and in what others say, rather than believe we have the power of 'knowing'. All we have to do is listen to our hearts. It's that inner voice we all knew very well as a child.

The life lesson is to seek only truth; it's your 'right' to see with clarity and wisdom. The development of this chakra is from 8 ½ -14 yrs with blueprints embedded of self image, the ability to determine destiny, free will and the realisation of the power of *now*.

When this chakra is blocked we can experience confusion and be scattered in our thinking and when we feel like this, it's important to discriminate and keep an open mind. When you live with an open mind you're guided by grace and the only rules are those of the heart; there's no working out why this happened, the synchronicity of life's events are evident.

Right now there are many beings all over the planet that are being prepared for this consciousness shift. If grace has fallen upon you by giving you hard and fast challenges, then you are

lucky. There is a saying by J. Krishnamurti *“Meditation is danger for it destroys everything, nothing whatsoever is left, not even a whisper of desire, and in this vast, unfathomable emptiness there is creation and love.”*

No wonder there are not many takers!

The strengths for the Ajna is a focused and disciplined mind, heightened intuitive abilities and having the ability to act on the inspiration that is presented rather than the reasoning mind.

There is a detachment to outcomes and openness to all ideas of yourself and others. It doesn't mean you follow anyone or agree, yet there is a willingness to remain open and feel what is in your heart.

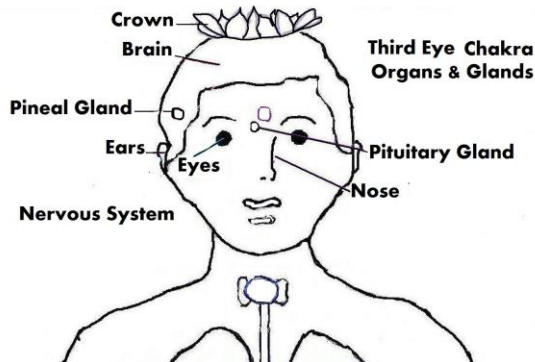
The pituitary gland is connected to the Ajna or Third eye. It gives you the ability to learn from experiences and to develop an inner awareness of what's around you.

If you want to get to a destination the easy way, you combine intuition with intelligence, this equals wisdom. Wisdom discriminates, listens to the heart, learns from experience and 'knows' that a certain amount of planning is needed, though not solely relied upon. You may look at a road map to find the easiest or quickest route then use your intuition to guide you. Navigators have a way of taking you down other paths as well, so to be clear, do your homework first. If you rely solely on your intuition you will get there, though if your senses get clouded then you may find yourself in a place of anxiety.

Thoughts and feelings are closely related; the mind is a thief and a cheat and likes to be in two camps at once. Our Intuition is closely related to emotions so it's important to stay relaxed to feel and hear your inner voice. A way to come back into your centre is to just breathe. If this chakra is out of balance, most often there's an unwillingness to look within.

When the Mind is the Master it encourages you to hold onto old familiar patterns and convinces you to blame others. When the mind is the servant, the Heart rules and everything is seen as God. All should and shouldn't, right and wrongs, good and bad are seen as part of the totality and impersonal.

The main health issues associated with the AJNA (Third-eye) Chakra



The main area affected when this chakra is out of balance is the pineal gland. This gland needs to be healthy to create and bring in higher energies. The pineal gland is situated in the brain. It produces melatonin and is part of the hormone system. The lack of serotonin (also in the pineal gland) can cause depression. I feel it can also be a spiritual depression because of the lack of purpose and direction in your life.

The **brain** is the centre of the nervous system and is a highly complex organ. The frontal lobes are involved in functions such as self-control, planning, reasoning, and abstract thought. The

portion of the brain devoted to vision is also greatly enlarged in human beings. Each half of the brain controls the opposite side of the body.

The brain is made up of three main parts – the brainstem, the cerebellum and the cerebrum. The brain stem controls involuntary actions, such as breathing and the heartbeat. The cerebrum is the largest part of the brain and is divided into two halves called hemispheres. The outer layer of the cerebrum has special areas to receive messages about sight, hearing, taste and touch. The other areas control movement, personality and intelligence.

The emotional connection with the brain is self-evaluation. If one goes through life unwilling to look at oneself, the brain can be the area that's targeted most. Strokes are connected to the nervous system and to truth and intuition. It's important to lay down your resistances and go with the flow. Change is inevitable and life shows you that in so many ways.

I found if I don't listen to my intuition and use my intelligence to discriminate or decipher, my ears get blocked. The outer eyes can also get affected from not wanting to 'see' the bigger picture.

Full spinal problems can come from not trusting your journey in life and if you are so afraid it can also result in seizures. Depression is huge in our society; I feel it's a result of stress and giving so much power over to others, where we feel disempowered and unable to trust our own intuition and knowing. We lack confidence, the ability to know ourselves, to love fully and be honest with ourselves therefore we lack faith even though we say we have an open mind or perform certain religious practices.

In each of the chakras there's a 'right' that we need to integrate into our consciousness. The Muladhara (Base) is the

'right' to *exist*. The Swadhisthana (Sacral) and Manipura (Solar-Plexus) gives us the 'right' to *feel/think*. I can't separate these as I feel they are so woven into each other. The Anahata (Heart) gives us the 'right' to *love* while the Ajna (Third Eye) gives us the 'right' to *see* and the Sahasrara (Crown) gives us the 'right' to *know*. I really had no idea how much it played out in my life. Having being adopted, the right to experience all of these fully was a constant challenge. It took a lot of awareness to see through them otherwise I easily fell into the trap of entitlement and identifying with the victim.

People that are depressed may feel they don't have a right to be 'angry' or to experience fully all emotions. If you're depressed you can only go up. It's impossible to jump from the bottom to the top, so allow yourself to 'feel' despair. By embracing and releasing the emotions you come to see their empty; these are like little awakenings or realisations as we pierce through the veils and realise this truth.

Once you feel despair and a relief you might feel revengeful towards someone or something. It's good to again 'feel' and then move through it. It doesn't mean you act it out, that would be unwise and against your true nature, which can put you right back down the bottom of the ladder and add to your karma. When you have experienced relief in the feeling of revenge you might feel hatred or express rage. You can sit with it, or if you feel you want to express it, then screaming into a pillow or going out into the bush or forest to scream is a good way to release anger.

As you keep climbing the ladder you may experience several layers of anger until you reach frustration. Allow yourself to experience in silence or out in nature. It really does help in clearing built up emotions that only serve to manifest as an illness and make you unwell in the process. After frustration

you may feel overwhelmed at all the emotions you've held for however long. Usually if you have hit depression you've held these emotions for a long time or a traumatic experience has hit you hard and fast. Once this has cleared you may find that there's some hope and direction in your life; hold onto hope and you will keep moving forward. While you have hope you can't go backwards unless you hide from it. You can guide your emotions a lot easier from a belief that things will turn out for the better. Keep going until you reach love and knowing, then you'll find it easy to 'see' through the illusions of your ideas that keep you believing something negative.

The glands connected to the Ajna are the **Pineal gland**, which is the centre of wisdom and articulates vision and inspiration. It's a small structure within the brain believed to influence sexual development and to control the day and night biological rhythms.

The **Pituitary gland** is an endocrine gland attached to the base of the brain and composed of two lobes. Its front lobe secretes several hormones which regulate growth and bone formation. It affects the adrenal glands, the ovaries, testis, and the thyroid and milk production in the breasts. The rear lobe releases two hormones, one of which regulates the amount of urine produced by the kidneys, the other playing a part in the contraction of the uterus and the milk ducts in the breasts. Often people with intellectual disabilities may have a pituitary gland that doesn't function properly; therefore their ability to learn and discriminate is limited; though not everyone who has a pituitary dysfunction will have an intellectual disability.

The control centre of the nervous system is the brain, which sends a message to your gut to tell you something is wrong, so the Manipura (solar-plexus) and the Ajna (Third eye) are

closely related both ethereal and physically. All the chakras co-exist with each other and work together as a whole system.

Balancing the AJNA (Third-eye) Chakra

It's wonderful to lay down on the lawn on a cloudy day and watch the clouds pass. It's much like watching the thoughts come and go in a meditation. At night the sky and stars show us just how vast space is. At night after looking up at space, close your eyes and see if you can see the night sky with your 'inner' eye. Just the same if you're looking at it with your outer eyes. I don't know how it is, though awareness is not limited or bound to the physical.

Practicing meditation is a good way to develop your intuition and psychic abilities.

Eating purple foods like red cabbage, beetroot, grapes, Ribenna drinks, Berries, Cherries and Plums balance the third eye and helps to cleanse the body of toxins.

Chanting OM or listening to Mozart matches the vibration of the Ajna because love and appreciation resonates in the sounds.

Wearing indigo clothing or silver jewellery and gemstones like Tourmaline, Amethyst and Tanzanite are great for balancing the Third Eye.

Essential oils that carry a high energy frequency and help to open the Third-Eye are frankincense, rose, neroli, lavender, elemi, rose, jasmine, melissa, and sandalwood. Oils that help eye problems like sties or conjunctivitis are lavender, clary sage, geranium, lemon, tea tree, chamomile and rose.

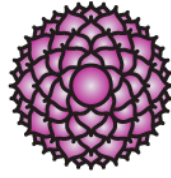
Essential oils that are good for sinus infections are eucalyptus, tea tree, cajuput, lavender, peppermint, rosemary, pine, and sandalwood. You can either inhale with steam or make a rub and massage into the sinus areas and under the ears and around the temples.

For migraines and headaches, **Essential oils** such as lavender, tea tree, Melissa, eucalyptus, jasmine, peppermint, hyssop, chamomile, marjoram and rosemary can be massaged into the temples and neck area.

A flannel with lavender from Essential oils or a lavender bush can work well as a cool compress on your forehead and over your eyes.

Herbs that can help with opening the Ajna & Ajuna (back of the sixth chakra) is St John's Wort, mugwort, acacia, and saffron.

The wonderful aspect of the sixth chakra is it can imagine a body free of illness and connects with all other power centers in the body until manifestation is achieved.



Sahasrara

The **Sahasrara** is the 7th chakra also known as Crown Chakra. It sits on top of the head like a lotus flower. If you see pictures of the Buddha you'll notice his crown is up the other way which depicts enlightenment. When the Sahasrara is open, it connects and circulates spiritual energies to the cranial area. Once stimulated, the pineal and pituitary glands as well as the hypothalamus, play active roles in the sense of I AM which expands our consciousness.

It's important to be conscious of what you're thinking, feeling and doing. Abiding here means you're in alignment with who you are. There's no 'doing' there is only consciousness expressing itself. You are consciousness and beyond consciousness. The physical you and the non-physical you are one and the same, this is to be realised, then identification with who you **think** you are can cease. Your prayers for others are created here and you have the knowing that all your needs are already met, and as you live in love, you see all is perfect. What appears bad or wrong maybe good or right from a higher perspective, there is no judgment or controlling, what is, is. It's not easy to detach from yourself and assess your own behavior from an objective point of view. When you're willing to do this, you enhance your spiritual development and live in harmony with all things; it is the way of the 'Enlightened Mind'.

The colour of this chakra is violet to white and is commonly called the 'Thousand Petal Lotus'. When you focus on the Sahasrara you may feel a tingling sensation. It's the petals opening, connecting you to the divine source so the power for your inspirations and ideas can come through. Please note that no-thing is outside yourself; It is all from within radiating and reflecting outwards.

The Sahasrara relates to the higher vibrations and imagination; the child within. When the Heart and mind are one, the inspirations that are called forth are for the whole of humanity. The lesson we learn here is to live in the present moment and see the impersonal in all that is and direct the energy from a higher perspective into physical matter. We have the 'right' to acknowledge each individual and to see they are too are a Divine being.

This chakra development is from 14–21 years of age. We learn about our direction in life, the choices we have to make and how it 'fits' into the world. It's a difficult time for both parents and children as the children are moving into adult-hood, they will swing one way then another, wanting your advice and a safety net and at other times not wanting to hear what you have to say. It's hard being a parent and not knowing what space they're in, and how to approach them because often they are confused themselves and don't know. As they approach the 21 year stage most of their advice has been taken from what they observe in others. If the person is or wants to be a high achiever they will look to high achievers to role model. They're constantly scanning people and situations for the 'what' and 'what not to do' in life.

There is no separation or recognition of an ego self and a higher self. 'It' is ALL God/Source. Ones integrity, values, ethics, devotion, trusts in humanity, discipline is all in

The Alternative approach to Healing

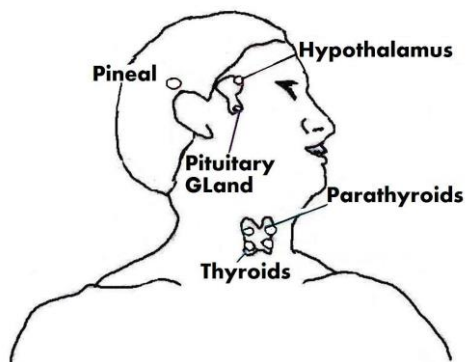
alignment with Source. The mind is an expression of the Silent Heart; these two are beautiful and intelligent instruments and work wonderfully together when the personal sense of the ego witnesses.

When this chakra is blocked there can be a sense of being spaced out, it means you're not grounded in your body and to the earth. The Sahasrara is activated by light and love which connects you to your highest purpose and potential. Without feeling connected to Source we can feel a sense of loss and loneliness.

This chakra is where we express gratitude and appreciation for everything that's happened in our life. The people that appear to cause pain in our life are our greatest teachers. They teach us to know ourselves, be wise, 'see' ourselves in them, detach emotionally and see symbolically.

When we identify with the personal it is called duality; and when we see the oneness of all things, that is God - and our lives move in this endless stream continuously and eternally. It's said, "*Living spiritually is the most common way to live*"; it's living the way of the heart by being true to one self.

Main Health Issues associated with the SAHASRARA (Crown) Chakra



The main health issue is of the brain.

The Glands connected to Crown are the **Pituitary** and the **Pineal Gland** which I've explained in the 6th Chakra under the heading of 'Main Health Issues'.

The Pineal works primarily by converting the higher dimensional light, that's constantly streaming into our reality, into usable information for the pituitary. As the pituitary gradually activates, the pineal permits the body to move its vibration patterns into higher and higher levels. This process also allows our etheric body to attach itself even deeper into our physical body. The decrease in its efficacy is one of the major factors why our body ages as quickly as it does.

The Muscular System reflects the ability to trust life and to hold ourselves by being flexible without losing our foothold. Often our energetic system can go out of balance easily when our muscles are tense. Headaches are closely related to tense muscles and stress. If you're feeling tense then you may not trust the process of life which you have created.

The Alternative approach to Healing

Neurological diseases can be reflected in carrying long time guilt because we're afraid to speak our truth.

The skeletal system represents our foundation in life. If our foundation is solid, it reflects all the qualities of our inner being. Morals, integrity, values, honour, selflessness, compassion, faith and devotion are all necessary to live in harmony with each other. When we're not balanced in the Sahasrara we can develop what's called mystical depression. It feels like there's no purpose and fun in life anymore. When we have an extreme sensitivity to light, sound and other environmental factors we may have raised our vibration and are now integrating our expanded awareness. When this happens it gives us the ability to see the bigger picture through our true nature and to be selfless towards others. As our faith and devotion strengthens it allows us to trust in our 'knowing', and the inspiration that comes through can then be manifested into form.

The skin is also affected when we're stressed. The energy is drawn from our cells so our skin can seem dehydrated.

Symbolically it protects our individuality so we can either be vulnerable and transparent, or cover up what we'd like to keep hidden from ourselves and others. If our being is full of light, we shine and emit a glow and our thinking is clear; this is reflected in our skin. When the body is dehydrated it becomes more acidic and acidity tends to take us back into the past. Because water is a neutral fluid, it helps us to stay in the present.

Balancing the SAHASRARA (Crown) Chakra

There are many ways to balance the Sahasrara. Writing down your dreams, visions and inspirations keeps the energy flowing. Attending meditation classes or adopting a meditation practice that feels right for you will help broaden your mind.

Silence is the sound of the 7th Chakra; it's where you hear your inner voice and have a 'knowing' that's unexplainable.

It's good if you can find time to sit at the beach or go out in nature and allow yourself to feel the presence that radiates from your being. If you keep doing this, the chatter of the mind subsides into the background and your 'I AM' presence is felt as your dominant vibration.

Yoga is another great way to open your chakras and raise your vibration, as is wearing white or violet clothing.

Foods that bring balance are beetroot, radish, eggplant, plums, prunes, raisins, grapes, purple figs, purple grapes, purple asparagus, purple cabbage and Bananas. Bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

Drinks like ribena are full of Vitamin C. Turkey and lettuce combined also creates tryptophan and helps with depression.

Carrying or wearing a violet or gemstones like Quartz Crystal, Amethyst or diamonds is another way of raising your vibration.

Essential Oils that open you up to the divine and that have a high frequency are frankincense, sandalwood, jasmine, rose, elemi, rosewood, neroli, patchouli, myrrh, ylang ylang, galbanum and vetiver. These can be used in a burner during meditation or in a bath, or made up in carrier oil. When making

up oils for carrier oil, only use two or 3 oils at a time. It's best to buy a book about aromatherapy oils or search the web for information. Misuse of **Essential oils** can be very harmful. Cleansing and purifying the Aura are lavender, clary sage, frankincense, geranium, pine, rose, tea tree, cedarwood, lemon, orange, petitgrain and my favourite neroli.

Essential oils that help in clearing traumatic experiences and bring negative emotions to the surface are geranium, clary sage, cypress, juniper, cedarwood, chamomile, pine, Melissa and bergamot.

Herbs that can help open our Crown and balance the cerebral cortex are lavender, Gotu Kola, nutmeg and blackberry. There were many times I'd walk past the blackberry bush without even noticing the blackberries. Now I enjoy stopping and picking them, there's nothing like fresh berries to keep you going. There is so much we do unconsciously without having to "know". There's intelligence within every living cell and it calls for what it needs.

Herbs that help with depression, (which is also related to the first chakra) are, basil, citrus, lavender, St. John Wort, lemon, melissa, chamomile.

Guided Chakra meditations

When the chakra meditations appeared to me, the energy I saw appeared like coloured incense smoke, moving up and down, through the central channel. Even though that's how it appeared to me, it may appear differently to you, so please go with what you experience when listening to them.

The energy of healing may come in a Golden light, brilliant white light, pearlescent light, blue, pink or green. I've seen energy come in one colour then change so I have complete faith in whatever is, IS. There is no right or wrong way; it is what it is for you.

Before you begin the meditation there is a breathing exercise; this is to expand your consciousness and to relax the body and mind.

At any time you find you are distracted, see yourself up in the heavens and repeat the process... God Almighty of love and light...etc.... And continue following my voice. Allow yourself to feel as this helps in the process of releasing because as you allow yourself to 'feel', the emotional charge loses power.

Change Your Life

Healing Meditations

These meditations help to transform old thought and emotional patterns that no longer serve us. They may be painful or just patterns of behaviour that continuously influence how we act in the world. How many times do we say “Oh I wish I never said that”? Our word habit can be deeply ingrained and by being consciously aware and changing the way you think and feel, they will lessen their grip.

Before we begin, we’ll do some breathing exercises to bring you into a relaxed space. You’ll then bring your awareness to the Crown Chakra, and by observing your breath, you’ll use the power of intent to expand your being. The petals (so to speak) will begin to unfold, expanding you further.

A Golden light will be directed by conscious intent down through your Crown and central channel where you’ll see it integrating with the colours of each chakra as it flows downward, penetrating into the core and replenishing Mother Earth. You’ll see yourself anchored into the core of her being, you’ll then pull up the Earth’s energies through the souls of your feet, up through your legs and through the Muladhara (Base) Chakra, up the central channel to the Sahasrara (Crown) and then down to the chakra you want to bring into balance. By focusing your attention and using your breath or positive thought you’ll activate the chakra.

When balancing through the Base Chakra, you can trigger memories of family or groups that you grew up in or associated with and change how you want to see it. Let me say, you cannot change the past, though you can change how you see it in the NOW with the vibration you carry in that moment. Each

meditation has the same intent though will differ slightly in the journey. What we're doing is releasing any past karma by transforming it into light as well as sending healing energy to people, countries, land, rivers & oceans.

Relax your Mind
Release your Emotions
Heal your body

We'll do the breathing exercise, open our Crown and ascend into the heavens where we'll call upon Source for a continuous stream of unconditional love to flow through us. It's important you call upon the name that resonates with you. It must be of the purest and highest intent. Again this is only a road map as people relate to God as being 'up' in heaven so it is easier for the mind to accept and visualise in this way.

We'll direct the energy with our awareness to the associated organs, glands and body parts. It's good to familiarise yourself with the organ charts in this book or find another source of information that shows you what and where the organs are. I'll be guiding you in detail so if you're unsure of the human anatomy that's ok. Energy follows thought and because we are all connected and your intent is the same as mine, the energy will follow. Even if you appear absent for moments, your unconscious intent is still set in motion.

If you feel you may not have reached the 7th plane that is ok. After we have activated the Sahasrara, say with clear intent, "bring down the energy of unconditional love through my

Crown Chakra, Thank you". Saying thank you gives appreciation and acknowledgement for the co-creating that's already taken place. Thy will be done, is a way of surrendering your will to the divine.

*The **organs, body parts and glands** we'll be sending energy to for the **Muladhara Chakra** are:*

Pituitary gland, thyroid gland, endocrine gland at the back of the neck, adrenal glands, reproductive system – coccyx, skin, bones, marrow, cell tissue, lower back, buttocks, legs, blood, circulatory system, hamstrings, thighs, muscle fibres, ligaments, tendons, femur, calf muscles, tibia, ankles, feet – metatarsals, toes – phalanges.

*The **organs, body parts and glands** we will be sending energy to for the **Swadhisthana Chakra** are:*

Pituitary gland, thyroid gland, parathyroid's, endocrine gland at the back of the neck, thymus gland, adrenal glands, reproductive system (same as base), lower back, spinal cord, cell tissues, muscles, hips, pelvis, bladder, appendix, legs and feet.

*The **organs, body parts and glands** we will be sending energy to for the **Manipura Chakra** are:*

Brain, oesophagus, stomach, small intestines, spleen, kidneys, pancreas, hips, liver, ribs, gall bladder, adrenal glands, middle of back, spinal cord, nervous system, legs and feet.

*The **organs, body parts and glands** we will be sending energy to for the **Anahata Chakra** are:*

Physical heart, tissues, Blood stream, circulatory system, red & white blood cells, thymus gland, muscles, breasts, pectals,

lungs, shoulders, collarbone, marrow, arms, elbow joints, radius, ulna, wrists, carpal tunnel, hands, fingers and joints.

*The **organs, body parts and glands** we will be sending energy to for the **Vishuddhi Chakra** are:*

The windpipe, thyroid, parathyroids, bronchi tubes, lungs, mouth, skin, cell tissue, gums, teeth, muscles, and the vertebrae in the neck.

*The **organs, body parts and glands** we will be sending energy to for the **Ajna Chakra** are:*

Pituitary gland, spinal cord, nerves, cells, base of spine, pineal gland, eyes, ears and nose.

*The **organs, body parts and glands** we will be sending energy to for the **Sahasrara Chakra** are:*

Pituitary gland, parts of the brain, pineal gland, muscular system and skeletal system.

Once again, energy follows intention. If you cannot follow every step, that's ok, you can focus your awareness on the surrounding area instead of the individual organ.

Relaxation & Healing meditations

The Relaxation and Healing meditation collection are different again. *'The beach'* allows you to hear the sound of the waves and dolphins. The dolphins will take you to find a treasure. *'A walk in the forest'* takes you into the forest and there you'll hear the sounds of nature, enjoy the refreshing feeling of a waterfall and find yourself amongst flowers in a cottage garden. *'Meeting your fears'* takes you to a lake where you'll face your own fears and meet a beautiful spirit on the other side. *'The crystal pyramid'* takes you on a journey into a desert where you'll experience within the pyramid, a light spectrum clearing all your chakras. *'Emotional freedom'* allows you to experience going through different emotions, starting from where you're at in the moment.

It's suggested that you leave 3-7 days between meditations as the body needs time to process. You may either feel light and full of energy, or tired. This will depend on how much is moving through you at this time. It's important to listen to the bodies needs and honour it. After all, it is your temple.

Prayer

With crystal clear clarity, Let the false be seen as false,
Imagination as imagination, the transient as transient.
With crystal clear clarity, let me abide in the changeless.
For in infinity and eternity of light, life and love, as I AM, All is
perfect, whole and complete. For I have the wisdom, the
strength, courage and confidence vested within me, to be that
which I am, Here, Now.

May all beings be well and happy

May all beings find peace and happiness

May all beings know their perfection

Shanti Shanti Shanti (peace peace peace)

Savitur

Quotes

What is the meaning of the term "Self-Realisation"?

Otherwise known as 'enlightenment' or "liberation". Self-realisation is the realisation that one's true Self is not the limited mortal body, mind, and intellect, but the eternal, blissful consciousness that pervades creation. When one truly recognizes one's own Self in all beings, one becomes an embodiment of peace, love, and compassion capable of uplifting the world. ~ Amma

"I searched for God and found only myself. I searched for myself and found only God".

~ **Sufi Proverb**

"Enquire 'Who am I?' and you will find the answer. Look at a tree: from one seed arises a huge tree; from it comes numerous seeds, each one of which in its turn grows into a tree. No two fruits are alike. Yet it is one life that throbs in every particle of the tree. So, it is the same Atman everywhere."

~ **Anandamayi Ma**

"In the moment that man doubts his immediate impulse, there is no end to complexities

~ **Allan Watts**

"The mind of man is without sound, without odor; He who answers when called is nothing but a thief".

~ **Ikkyu**

"Meditation is neither a journey in space nor a journey in time, but an instantaneous awakening".

~ **J Krishnamurti**

"God-vision is only vision of the Self objectified as the God of one's own faith. Know thy Self". - Ramana Maharshi

"As soon as the mind is ready the sun shines on it" Nisargadatta Maharaji

Author's notes

Writing this book has been a wonderful privilege.

I'd like to thank my husband for his love and continuous support, my children Aaron, Glenn and Natasha; all of my family, friends, teachers and clients as you've all played an important part in making this possible.

In my experience the spiritual life and mundane life are not separate; it's 'a way' of living and a constant '*seeing through*' the challenges that arise.

In 1994, I went to see a medium that said many things about my past and future, and then, just before the reading was over she looked at me and said "Out of everything that has been said today, the most important message for you is, "*you must learn to meditate then all your questions will be answered*". I really believed meditation would *give me some-thing*, another belief perhaps or another way to stop suffering. I didn't realize it was a door into a whole new way of seeing. I found the deeper I went into myself; the more it transcended the beliefs I held of myself and others. I realised to be open and to love is *itself* healing; it is an act of love from one Source to another. I met my second teacher, ShantiMayi not long after I began meditation, which opened another doorway to the Advaitic teachings of Self-Inquiry. It was like going home after being away for a long time. I spent many hours a day in silent meditation, observing the coming and goings of the mind. After a time, meditation was not separate from the house work or getting the kids ready for school and so on, I simply learnt to observe the breath, which mostly kept the mind quiet and focused.

The Alternative approach to Healing

There appears to be many tools for healing but most importantly there MUST be the desire to be well followed by positive thinking and good feelings; this will automatically bring balance back into our system. It does not however guarantee a complete physical healing; this is between you and God; though good karmic deeds like selfless service produces sweet fruit.

Life is an expression of our inner being, if you're happy in life, there must be that inner love and appreciation already shining within you, even if you're unconscious of it, consider yourself a beautiful being and connected to all things; this is your natural state. If life is displeasing, then look inward and find out *what* is it that is displeasing. Don't look to blame another, instead be prepared to see an aspect of *yourself, reflecting back at you* and whether there's a big particle or a small particle, we all come from the same ocean seemingly experiencing countless lives, all playing out in various forms of expression. Remember, the saint and the terrorist flow down separate rivers yet come from and return to the same ocean.

To keep your heart open is love, it's a way of expanding and going beyond the limitations of the body and mind, this is where true healing and freedom lies. There are no victims in life; we are *all* responsible for what appears to be good and bad, it's by our thoughts, feelings and actions that we create our world and reap what we sow.

Namaste

May all beings be well and happy.

Videhya

AUM ~ OM



It is believed that as creation began, the divine, all-encompassing consciousness took the form of the first and original vibration manifesting as the sound “OM” or “Aum” and reflecting as the Absolute reality or God. It is said to be without beginning or end, embracing all that exists.

OM or AUM represents the divine energy (Shakti) united in its three elementary aspects: Brahma (creation), Vishnu (Preserver) and Shiva (liberation and/or destroyer).

The Alternative approach to Healing

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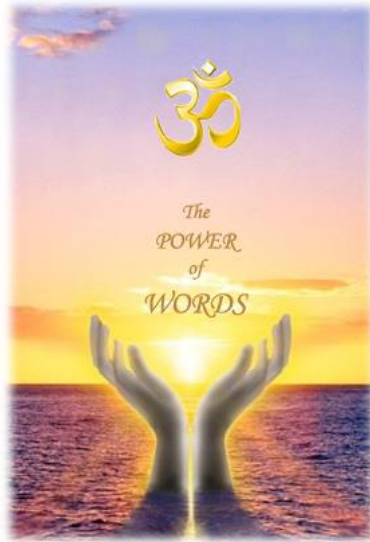
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www.crossroadinstitute.org

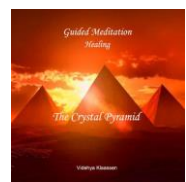
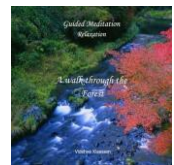
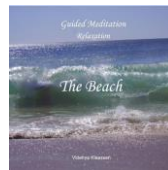
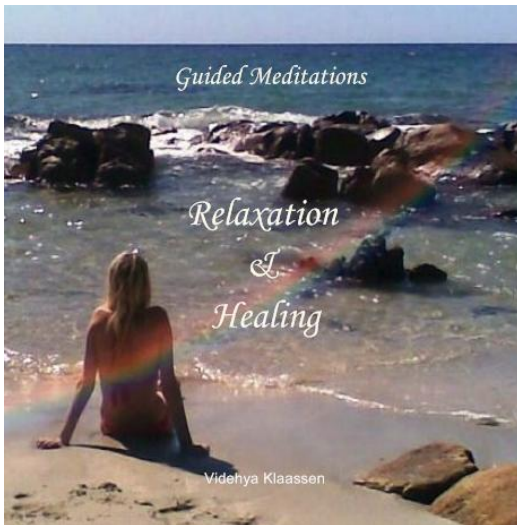
Videhya buys her Essential oils and herbs from Tinderbox –
Balingup, Western Australia www.cheekyherbs.com

Revised April 2017



Mp3

Each meditation takes you on its own unique journey. With this collection you'll listening to the waves and connecting with the dolphins in "The Beach" or take a walk through the forest and into a beautiful garden. In "Meeting your fears", you'll find yourself at the edge of a lake and come to see your true self. You can explore the "Crystal pyramid" and cleanse each chakra with light and in "Emotional freedom" you can transcend different emotions and climb the ladder and experience a sense of freedom.



The Alternative approach to Healing

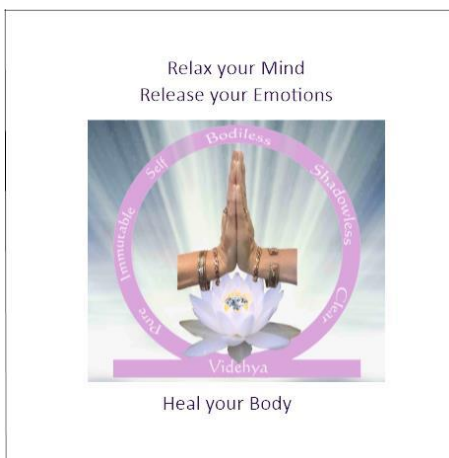
Change Your Life – Healing meditations

These meditations take you on a unique journey through your chakras transforming old patterns.



Relax your Mind, Release your Emotions - Heal your body

Each meditation is unique. After relaxing the mind and body, you'll send your consciousness out into the universe where you'll draw the 7th plane energy through your crown and through the chakra to parts of the body, organs and glands; rejuvenating, replenishing and filling your whole body with light.



The Alternative approach to Healing is a guide to different healing modalities and aimed at balancing your entire being.

In this book you'll find:

Simple relaxation techniques, easy meditations for the busy person, information on Reiki, Theta Belief Work, The psychic centres, tips for healthy living, using the power of words and imagination, understanding the Chakras and Endocrine system and how it affects your health, Herbs and Essential Oils for balance, 23 short meditations and lots more....

This book is also a reference guide to 14 guided healing meditations from the CD's "Change Your Life – Healing meditations and Relax your Mind, Release your Emotions – Heal your body.

Also 5 guided relaxation meditations from the CD "Relaxation and Healing" called, The beach, A walk in the forest, Meeting your fears, The crystal pyramid and Emotional freedom.

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Body, mind & Spirit

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