

HEAL with ENERGY

Free Energy Healing Course

Healing Journeys Energy
Elmarie Swartz



*“Look at your life as a patient
and a doctor!”*

~ Tae Yun Kim ~

A Practical FREE Self-Healing Course

BY ELMARIE SWARTZ

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Table of Contents

HEALING LEADS TO HEALTH	5
What is Energy?	7
Types of Energy Healing	8
THE CHAKRAS	10
Chakra Diagram	12
THE AURA	13
Anatomy of the Aura - Diagram	15
ANGEL HEALING	16
Angels and Chakra Healing	18
AROMATHERAPY	21
50 Ways to use Essential Oils	23
AFFIRMATIONS	27
How Affirmations Work	28
List of Affirmations	29
COLOR HEALING	30
Healing Exercises and Ideas	32
CRYSTAL HEALING	36
Crystal Healing Techniques	38
HOMEOPATHY	41
Home Remedies - Homeopathy	44

REIKI HEALING	46
Reiki Psychic Surgery	47
RESOURCES	50
FREE ENERGY HEALING TOOLS FOR YOU!	53
Stop! Upgrade your "Healers Toolkit" NOW!	53
PERSONAL NOTES	54

Your body's system is what cures. Everything else supports the process, but the body is the healing engine. Support this system: eat well, breathe well, sleep well, and exercise.

The human body has the ability to repair any damage that is not extensively injured beyond restoration.

When there is damage to your body tissues, healthy cells from other areas, will rush to the affected part, remove the dead cells, replace them with healthy cells and restore the part like new.

As long as the agent causing the damage is removed, the obstacles to healing will be removed.

When your body is in need of healing, it communicates to you with many signs which generally are in the form of pain and suffering.

These are nature's signals to you that you have to change your ways and remove the source of the dis-ease that is causing pain and suffering.

The right step to take is to remove yourself from the Cause of the Disease, and the law of Nature in your self-healing body, will bring about a miraculous recovery.

This law of healing has been set in place so that we can continue to exist, reproduce and replenish the earth.

Healing Leads to Health

Your body has an in-built desire to self-heal, because it wants to be in good health and remain healthy.

Self-healing takes time. Your body is improving itself, bit by bit, moment by moment, and day by day.

You need to be patient and have some degree of commitment and diligence.

When you change your lifestyle to possess emotional balance, good energy and healthful habits, you will attain health.

There is no shortcut to health; the whole process of self-healing is so that your body will achieve health.

In self-healing, your body is constantly working to repair its parts, regenerate, rebalance and optimize all the functions of your body systems and energy systems.

You may need emergency care or medical treatment to facilitate the natural healing process of your body from time to time. However these measures should never be done at the expense of interfering with your body's self-healing actions.

Sometimes treating the body with poisonous drugs only delays the healing and prolongs the suffering.

Occasionally the body heals not because of the drugs, but in spite of them as most drugs are toxic and have a poisoning effect on the body. This is where energy healing is an amazing tool.

It will help you to cooperate with your body by making it conducive for the work of healing to be achieved in the shortest time.

"Human Beings are natural creatures, requiring natural nourishment to live natural lives in perfect natural health."

You want to be healthy physically, mentally, emotionally and spiritually.

Being healthy is not just absence of dis-ease in your body.

You want to be well in your spirit, your soul, your mind, emotions and your body too.

Of course, this is not possible for everyone, at any one particular moment.

This is especially true for those with chronic or degenerative dis-eases.

When you are in such a predicament, it takes time to experience healing on all levels.

It takes time for the body to heal itself, and to repair and restore your natural healthy state.

Energy healing is not a modern concept or approach. Energy medicine or energy therapy, an emerging form of complementary and alternative medicine has origins throughout the ancient world.

Energy work was part of many early approaches to medicine. Early medical practitioners believed that when the energy within the body was out of balance, people became ill.

In Asian countries, medical people felt the only way to a healthy body lay in correcting this imbalance. China and Japan, for example, developed a medical system based upon energy levels within the body.

Yet, the belief in the role of energy is not restricted to the physical.

Traditional Chinese Medicine (TCM) practitioners have always perceived this energy (Chi), as having a holistic impact.

In other words, the quality and amount of energy found circulating within your body affects your emotional, psychological and spiritual well-being.

It is not restricted to your physical health.

The use of energy healing to restore health – physical, mental and spiritual, is a component of alternative and complementary medicine.

Practitioners can utilize many different approaches. Yet, the purpose is the same – to heal by channeling the energy from one individual into another or for yourself. This will reduce or increase the levels within to achieve a balance and therefore healing.

Scientific research still questions the ability of energy work to heal. Nevertheless, some methods, such as Reiki and Therapeutic Touch are accepted as viable in many modern medical practices.

Energy healing is defined as an aspect of alternative and complementary medicine.

It employs diverse methods such as Meditation, Visualization, Affirmations, Reiki, Quantum Touch, EFT, Qigong, Chakra Balancing, Aura Cleansing and Clearing, Crystal and Colour Therapy, Angel Healing and much more to modify and manipulate the flow of energy within the body.

The intent is to realign, replenish or stabilize the amount of energy within the human body.

Ted Andrews writes in The Healer's Manual, "The human body is an energy system ... imbalance on any level will ultimately manifest itself into the physical..."

What is Energy?

During my years in the energy healing field as an energy worker, teacher and healer I have often been asked this question. When we start our energy healing training, it is more often than not the one thing we battle to wrap our heads around... what is energy?

I want you to consider the following...

Everything on our planet is energy; well actually... to be more accurate... energy is in everything - the entire universe.

It heals us, helps us do things, gives us light, warms our bodies and our homes. It makes us grow and move and think.

Energy is the operating system of your body and just like a computer; this energy system which includes your chakras, aura, and meridians has different levels of power, speed and abilities.

Just imagine if your body was a perfect energy-efficient machine not only would your body be healthy but it would change all the energy you put in into useful energy enabling you to function at optimal levels of well-being in body, mind and spirit and if this ideal would be possible, energy healing would not be necessary.

However your body is less than 5% efficient most of the time.

When you do energy healing you change energy from "imbalanced to balanced" or allow the energy that is available to us to be "absorbed and used" more efficiently so to speak.

Energy is the power to change things; it is the ability to do work. It is neither created nor destroyed and when we use energy, it doesn't disappear.

We only change it from one form of energy into another as it has always existed in one form or another.

*Happiness, love, and health
are three legs that can
balance an exceptional life.*

The knowledge that our bodies are filled with life force energy - Chi / Prana / Ki - and that this is directly connected to the quality of our health, has been part of the wisdom of many cultures for thousands of years, and has resulted in the development of many different forms of energy medicine.

The amount of Ki or life force within you varies from day to day. There is a natural rhythmic ebb and flow in the energies within our bodies - but we absorb Ki in various ways in order to "top up" our supply of life force, as we naturally use some each day.

We absorb some in the form of food and drink - remember all animal and plant life and even water, is filled with Ki too. We also take in Ki from the air we breathe and absorb it through our auric fields. Ki energy is everywhere; it is the connective force of the Universe meaning there is a limitless supply.

Types of Energy Healing

There many types of energy healing -- I can't possibly list them all here. My goal here is to give very brief overviews of some of the more widely known kinds.

Angel Healing

Through the guidance and energy of Angels, Guides, and the Archangels, healing vibrations are increased. This energy stream helps to release old patterns and heal emotional wounds of the past. Purity, love, and light replace these patterns and allow us to fully "live" our journey.

Aromatherapy

Aromatherapy is an ancient therapeutic art of blending essential oils distilled or extracted from aromatic flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being.

Affirmations

Affirmations are powerful statements that are used to build a positive internal dialog that can change your life on many levels - physical - improving not only muscle strength as recent studies have found but also supercharges your energy levels, mental - bringing your capabilities, strengths, talents, and skills to life and emotional - ensuring a happy outlook on life as your happiness and your success in life is determined by the thoughts you hold in your unconscious mind.

Colour Healing

Colour Healing is a complementary therapy for which there is evidence dating back thousands of years to the ancient cultures of Egypt, China and India. It can induce healing and regeneration of the body, balances mental stress and turmoil, expands and stimulates the mind, energizes and rejuvenates the body's energies, calms and relaxes tensions and anxieties.

Although the world is full of suffering, it is also full of the overcoming of it.

~ Helen Keller

Eventually you will come to understand that love heals everything, and love is all there is.

~ Gary Zukav

Forgiving does not erase the bitter past. A healed memory is not a deleted memory. Instead, forgiving what we cannot forget creates a new way to remember. We change the memory of our past into a hope for our future.

~ Lewis B. Smedes

I've experienced several different healing methodologies over the years -counseling, self-help seminars, and I've read a lot but none of them will work unless you really want to heal.

~ Lindsay Wagner

Healing is a matter of time, but it is sometimes also a matter of opportunity.

~ Hippocrates

Crystal Healing

Crystal healing is an alternative medicine technique that employs stones and crystals as healing tools. Crystals are placed on different parts of the body, often corresponding to chakras, or crystals are placed around the body in an attempt to construct an "energy grid", which is intended to surround you with healing energy.

Homeopathy

Homeopathy is a system of medicine which involves treating the individual with highly diluted substances, given mainly in tablet form, with the aim of triggering the body's natural system of healing. Based on their specific symptoms, a homeopath will match the most appropriate medicine to each patient.

Reiki

Reiki is a Japanese holistic, light-touch, energy-based modality. Working as a support mechanism to the body, Reiki re-establishes a normal energy flow of ki (life force energy) throughout the system, which in turn can enhance and accelerate the body's innate healing ability. It allows for the unencumbered flow of energy through the body through a series of hand positions either directly on or just above the body. The body then draws off the amount of energy that is required.

In a few decades scientists have gone from a conviction that there is no such thing as an energy field around the human body, to an absolute certainty that it exists. Moreover, science is explaining the roles of energy fields in health and disease. The main reason for the recent change in outlook is the development of sensitive instruments that can detect the minute energy fields around the human body.

~James Oschman, PhD~

Live your life from your heart. Share from your heart. And your story will touch and heal people's souls.

~ Melody Beattie

All healing is first a healing of the heart.

~ Carl Townsend

Healing may not be so much about getting better, as about letting go of everything that isn't you all of the expectations, all of the beliefs and becoming who you are.

~ Rachel Naomi Remen

Healing yourself is connected with healing others.

~ Yoko Ono

The Chakras

Chakra is a Sanskrit word meaning wheel, or vortex, and it refers to each of the seven energy centers of which your consciousness, your energy system, is composed.

These chakras, or energy centers, function as pumps or valves, regulating the flow of energy through your energy system. The functioning of the chakras reflects decisions you make concerning how you choose to respond to conditions in your life. You open and close these valves when you decide what to think, and what to feel, and through which perceptual filter you choose to experience the world around you.

The chakras are not physical; they are aspects of consciousness in the same way that the aura is an aspect of consciousness. The chakras are more dense than the aura, but not as dense as the physical body.

They interact with the physical body through two major vehicles, the endocrine system and the nervous system. Each of the seven chakras is associated with one of the seven endocrine glands, and also with a group of nerves called a plexus. Thus, each chakra can be associated with particular parts of the body and particular functions within the body controlled by that plexus or that endocrine gland associated with that chakra.

All of your senses, all of your perceptions, all of your possible states of awareness, everything it is possible for you to experience, can be divided into seven categories. Each category can be associated with a particular chakra. Thus, the chakras represent not only particular parts of your physical body, but also particular parts of your consciousness.

When you feel tension in your consciousness, you feel it in the chakra associated with that part of your consciousness experiencing the stress, and in the parts of the physical body associated with that chakra. Where you feel the stress depends upon why you feel the stress. The tension in the chakra is detected by the nerves of the plexus associated with that chakra, and transmitted to the parts of the body controlled by that plexus. When the tension continues over a period of time, or to a

Root Chakra - Represents your foundation and feeling of being grounded. It is located at the base of the spine in tailbone area.

Emotional issues: Survival issues such as financial independence, money, and food.

Sacral Chakra - Your connection and ability to accept others and new experiences. It is located in the lower abdomen, about 2 inches below the navel and 2 inches in.

Emotional issues: Sense of abundance, well-being, pleasure, sexuality.

Solar Plexus Chakra - Your ability to be confident and in-control of your life. It is located in the upper abdomen in the stomach area.

Emotional issues: Self-worth, self-confidence, self-esteem.

Heart Chakra - Your ability to love. It is located at the center of chest just above heart.

Emotional issues: Love, joy, inner peace.

particular level of intensity, you create a symptom on the physical level.

The symptom speaks a language that reflects the idea that we each create our own reality, and the metaphoric significance of the symptom becomes apparent when the symptom is described from that point of view.

Thus, rather than saying, "I can't see," it would be described as a person keeping themselves from seeing something. "I can't walk," would mean the person has been keeping themselves from walking away from a situation in which they are unhappy. And so on.

The symptom serves to communicate to you through your body what you are doing to yourself in your consciousness. So when you change something about your way of being, getting the message communicated by the symptom, the symptom has no further reason for being, and it can be released, according to whatever you allow yourself to believe is possible.

Understanding the chakras allows you to understand the relationship between your consciousness and your body, and to thus see your body as a map of your consciousness. It gives you a better understanding of yourself and those around you.

Weaknesses in your Chakra System... Can Sabotage your Life!

The sheer scope of challenges you face in life can be jarring, which is why learning about your Chakra System is a priceless lifelong asset.

This comprehensive Chakra Course will give you a full understanding and background of this unique part of the human energy body and exactly how the chakras affect you!

10% Off The Chakra Course

Your Discount Code is ... healing4u4 ...

Learning to manage your chakras puts your life back in your hands by allowing you, at any given time, to know which area of your life needs improving, and most importantly to know exactly how to improve it.

Throat Chakra - Your ability to communicate. It is located at the throat.

Emotional issues: Communication, self-expression of feelings, the truth.

Third Eye Chakra - Your ability to focus on and see the big picture. It is located at the forehead between the eyes. (Also called the Brow Chakra)

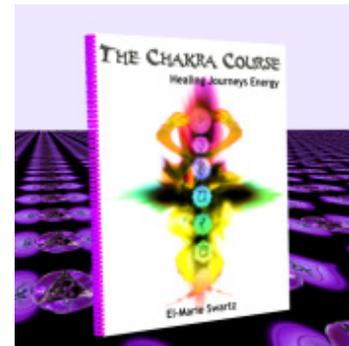
Emotional issues: Intuition, imagination, wisdom, ability to think and make decisions.

Crown Chakra - Represents your ability to be fully connected spiritually. It is located at the very top of the head.

Emotional issues: Inner and outer beauty, our connection to spirituality, pure bliss.

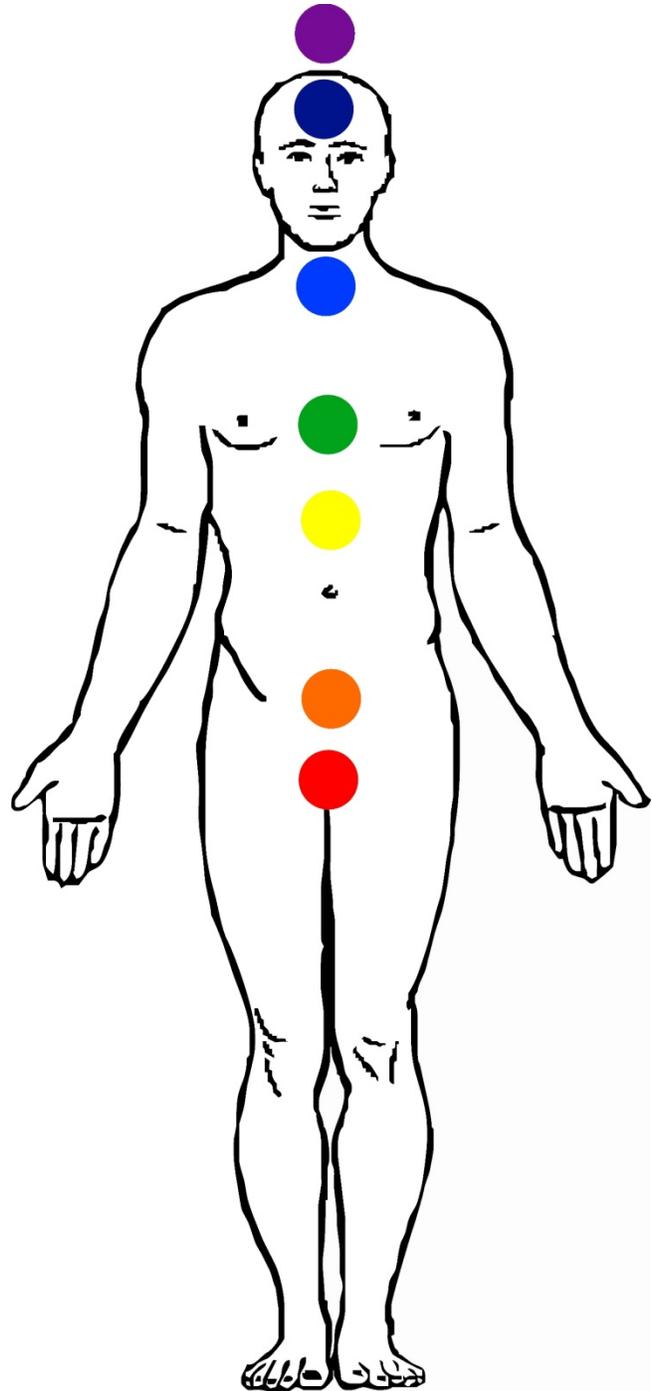
The Chakra Course

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Chakra Diagram

- CROWN
- BROW / 3RD EYE
- THROAT
- HEART
- SOLAR PLEXUS
- SACRAL
- ROOT / BASE



The Aura

The human aura is a field of subtle, luminous radiation surrounding you and extending outward from your physical form, it's a living energy body made up of invisible subtle matter or etheric matter. Auras are related to the electromagnetic field of the body and serve as a visual measure of your mental, emotional, physical and spiritual states.

Everything that you do or think affects your aura so it is usually in a state of flux, ever changing, based on your mental meanderings and physical health. Your aura is also affected by the energies of the environment, the force fields of the planet and the radio frequencies that interpenetrate all forms of matter. Your aura is an electronic signature of who you are.

Think of your aura as your own personal energy field that protects you from harmful outside influences.

Just like your visible physical body, it has a head, two eyes, two arms and so forth. In other words, the aura is a mirror image of your visible physical body and is also known as the etheric double or etheric body.

Your aura is also made up of different layers. Some of these layers follow the body's contours while others form the shape of an oval, which is commonly known as the auric egg. This "auric egg" emits out from the body approximately 60 centimeters (2 feet) to 90 centimeters (3 feet) on all sides. It extends above the head and below the feet into the ground.

These energies make you what and who you are and in turn, are affected by your surroundings and life style. It reflects your health, character, mental activity and emotional state. It also shows disease - often long before the onset of symptoms.

There is a misconception that your auric body/field is always the same and it is just that, a misconception. It changes with emotion, feelings, thoughts, spiritual awareness and even your health, but one colour may remain more prevalent than others. A special type of photography called Kirlian photography has even been able to capture the aura on film.

*The **Etheric Layer** or first layer of your Aura is associated with the physical aspects and awareness of your material body and is related to the First (Root) Chakra.*

*Your **Emotional Layer** or Second Layer of your Aura is associated with your vibrational level of inner feelings and related to the Second (Sacral Plexus) Chakra, the emotional aspects of your life and being.*

*The **Mental Layer** or Third Layer of your Aura is associated with the vibrational level of thoughts and mental processes of your ego and is related to the Third (Solar Plexus) Chakra as well as your personal power.*

*Your **Astral Layer** or Fourth Layer of your Aura is associated with areas of expression on a physical, emotional and mental level and is related to your Fourth (Heart) Chakra.*

Most people consider the material world and the physical body to be the only reality that exists, as only these things can be discerned with the physical senses and grasped by the rational mind.

However, physics states that everything is energy and energy is never lost in the universe, it is merely transformed. The power at work behind the body's material appearance with all its functions and capabilities consists of a complex energy system without which the physical body could not exist.

This system of energy consists of three basic components:

- ❖ The aura or the subtle or energy bodies.
- ❖ The chakras or energy centers.
- ❖ The meridians, nadis, or energy channels.

Dis-eases are caused by the depletion or congestion or blockage of chi, prana or life force energy in this energy system. These abnormalities can be seen and in a lot of instances they are distinguished by certain colors seen in the different layers of the energy body.

Aura Balancing is a good idea to do from time to time to clear out any negative thought patterns and emotional blocks as well as to set a shield of protection around yourself thereby assisting your body to retain much needed life force energy.

YOU already POSSESS the most PRECIOUS of GIFTS!

... A magnificently splendid SELF-HEALING BODY!

Enroll for the Energy Body Course today and take part in this powerful and exciting journey. The time is now... take control of your own life and well-being!

10% Off Energy Body Course

Your Discount Code is ... healing4u3 ...

There is more to the human body than the physical body, your energy body... and you can like hundreds of thousands of people before you learn about this most precious of gifts, take the self-healing route and actualize joyous, vibrant disease-free health.

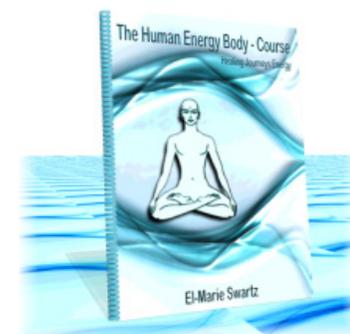
*The **Etheric Template** or Fifth Layer of your Aura is associated with aspects of your physical body and is related to the Fifth (Throat) Chakra.*

*The **Celestial Layer** or Sixth Layer of your Aura is associated with processes of enlightenment and related to your Sixth (Brow or Third Eye) Chakra.*

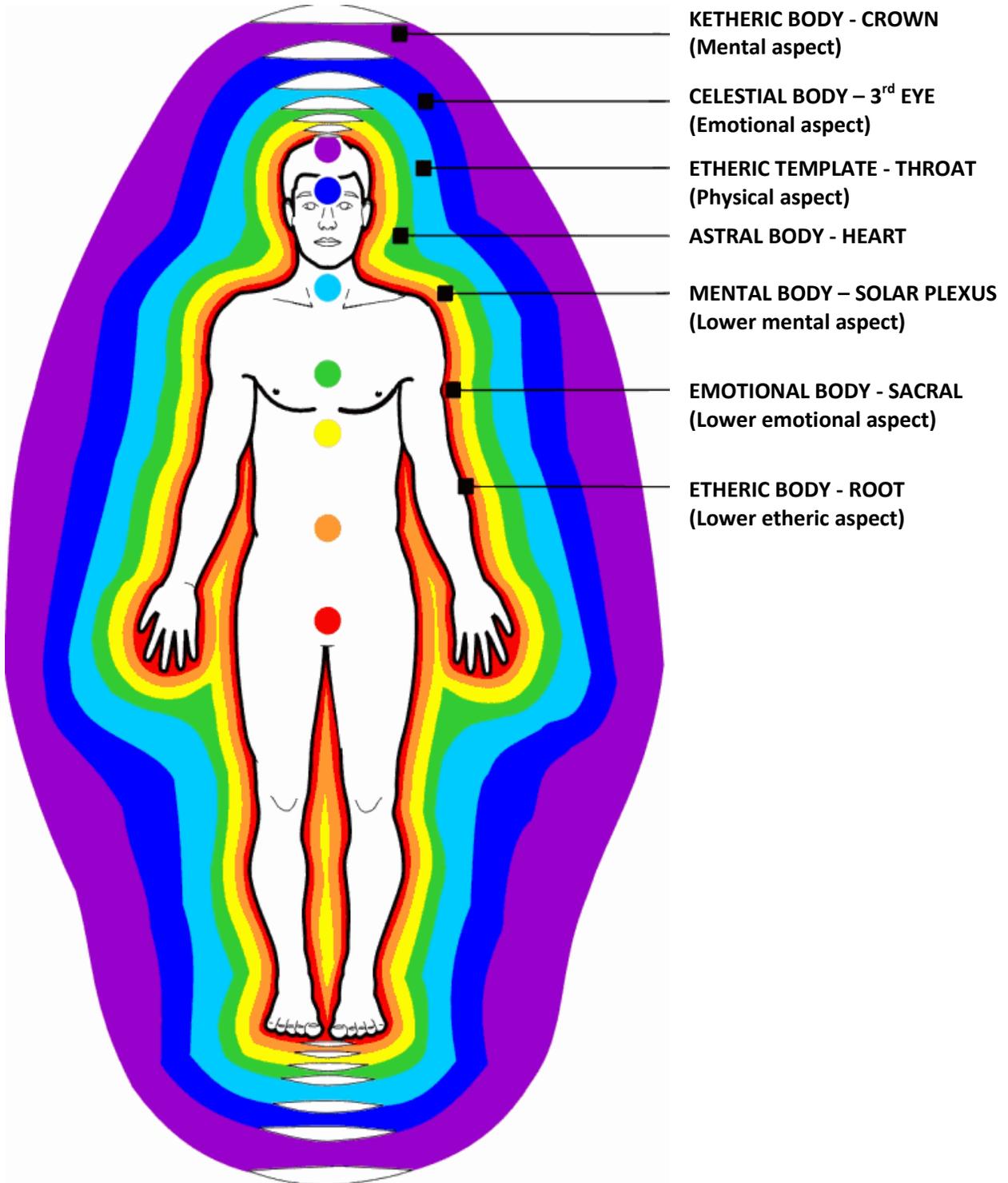
*The **Ketheric Template** or Seventh Level of your Aura is associated with the Divine or Universal Consciousness and is related to the Seventh (Crown) Chakra.*

Human Energy Body Course

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Anatomy of the Aura - Diagram



Angel Healing

The idea behind healing with angels is that by establishing this communication or connection with the angelic beings and their energy source, it becomes possible for you to identify, transform and treat a wide range of health ailments for yourself or others as angels and archangels have limitless healing capabilities and their desire to help you can free you from every issue, situation, physical or emotional pain, thought, pattern or program that underlie your ill health.

Healing through and with angels can be effective, instant and permanent. There are no restrictions of time and space. You do not have to be clairvoyant or psychic to experience angel healing as the veil that separates us from the angelic kingdom is very thin.

It is important to note that angel healing is not just about healing of your body, mind, or spirit. At times it has to do with receiving inspiration or obtaining guidance in making important decisions or choices that may alter the direction of your life.

Angel healing may also help you to become free of self-destructive habits, bring inspiration, solve problems, provide protection, improve your relationships or may even involve helping you learn how to forgive yourself or someone that has hurt you deeply.

There is no task too large or small for them to handle as they are omnipresent, which means that they are everywhere and can help everyone including you simultaneously.

Ask for their help...

All angels and archangels need from you is that you ask their help, give them permission and allow them to remove issues, cut through negative energy cords, shield you from psychic attacks, dissolve pain or release you from your past and your willingness to fully let go.

Because the "Law of Free Will" states that everyone is blessed by God with the right to make decisions based on their personal beliefs and although the angels always know what is best for you, they will not intervene on your behalf without your permission.

Not only have we all heard about the gentle angels and their healing angel energy but we've been completely fascinated by them for centuries.

I have no doubt that you have heard many incredible stories of people being whisked out of dreadful situations by angels; appearing from nowhere and helping people heal their lives.

At this momentous time in the history of humanity and the Earth, the angelic realm is making themselves and their healing angel energy available to you to be called upon for their divine help and guidance.

So much knowledge and information that has roots deep in the past is surfacing giving you the opportunity of understanding your unique and important role as the creator of your own reality and therefore the "All that Is".

So before they can come to your aid, you must ask the angels for their help, they are honored to help you in any way possible to bring peace into your life.

You can petition help from these divine beings by speaking, thinking, writing, visualizing or affirming your requests.

An important factor to keep in mind is that angel healing is mainly based in communicating with them, so you should be very clear in what you ask from them, do not be confusing, work with and allow them to respond under the "Law of Clarity".

And... when you ask help for someone else's healing you earn yourself "brownie points" or grace... isn't that cool!

When you ask help for someone else you allow the gentle angels to create a bridge of light where they can direct their high frequency light and love to where it is needed.

Remember if the other person does not allow or will not accept their help, they will wait until that person is ready to accept or they will pool it with other prayers of intercession which can be drawn on by higher forces when needed.

By knowing this information you, as a healer working hand in hand with the Angelic Kingdom of Light can not only positively influence the creative energy systems of the universe but also bring one of the highest forms of healing to individuals, groups and our planet.

The Archangels are here to Transform your Life!

Learn Angel Healing and discover the Archangels. Find out how they channel positive energy to you and help you to release any negative thoughts, emotions or issues you may have absorbed in your life.

10% Off [Way of the Archangels](#)

[Your Discount Code is ... healing4u5 ...](#)

We the Archangels want to assist & support you with energy healing on your life's journey - all you need do is ask for our help and welcome us in. Open your heart and mind to us and be healed dear one!

The Archangels are the most widely known hierarchies in the Hierarchy of Angels, since the only Angels that are mentioned by name in the Bible (Michael, Gabriel, and Raphael) come from this Order.

They carry God's messages to humans and are ultimately in command of God's Armies of Angels who are constantly in spiritual warfare with the forces of evil and the fallen angels.

The number of Archangels usually considered to be associated with our system of worlds is seven, as in the Seven Angels who stand before God in Revelation 8:2, which is often interpreted to mean the Seven Archangels, namely Michael, Raphael, Uriel, Gabriel, Chamuel, Jophiel and Zadkiel.

The Archangels are usually given tasks that are of great importance to men.

Angels and Chakra Healing

Chakra Healing can be done through a number of different practices including working with the angels.

Chakra Healing is very powerful when used:

- ❖ in addictions treatment,
- ❖ with grief and loss,
- ❖ in couples counseling,
- ❖ with depression and anxiety,
- ❖ and for individuals wanting to deepen their spiritual practice.

I have created a set of "Angel Altar Cards" that work extremely well with the following chakra healing exercise that has helped many and is one that I use regularly. - [Angel Altar Cards get yours today!](#)

Make sure that you will not be disturbed, choose an essential oil that resonates with you and your angels put one drop into the center of the palm of one hand and then rub your hands together to distribute the oil evenly.

You can also choose either one specific angel crystal or you can use the crystals associated with the 7 chakras. Allow your intuition to be your guide.

1. *Make yourself comfortable either adopting a seated position or you may feel more comfortable lying down.*
2. *Now focus on your root chakra and visualize roots extending deep down into the earth from this chakra, making sure you are firmly anchored.*
3. *Move your focus to you breathing... inhale and exhale slowly and deeply. Breathe in the healing light of the angels and as you exhale, feel all your tensions releasing through your "roots" into the earth.*
4. *Become aware of your Root Chakra and visualize it glowing with a translucent ruby-red light. Place your hands gently on this chakra and invite Archangel Sandalphon or the angels of the earth to gently cleanse and balance this chakra. Feel the angelic presence and ask that they help you feel safe, secure and fully grounded in the physical world. Thank the angels for their blessings and healing.*
5. *Gently place your hands on your Sacral Chakra, just below your navel and become aware of a translucent orange light glowing in your abdomen. Call on Archangel Chamuel (who helps heal relationships) and ask that all your relationships*

Dear One,

We the Archangels are with you, we are here and want to assist and support you on your life's journey. All you need do is ask for our help and welcome us in.

I, Archangel Raphael will assist with your healing in body, mind and spirit.

I, Archangel Michael will protect you on all levels of your being and help you with cutting negative cords that drain your life energy.

I, Archangel Gabriel will help you to find and achieve your Life Purpose giving you guidance and inspiration.

Open your heart and mind to us and be healed dear one.

Walk in love

THE ARCHANGELS

be healed in harmony and unconditional love. Should you have been sexually abused it is likely that this chakra will be heavy, closed or "murky", call on Archangel Gabriel to awaken the purification process and ask that this center be healed and cleansed so that you will be able to embrace your sexuality fully. If you wish to conceive call on the angels of birth and ask that you be blessed with a child. Thank your angels for their blessings and healing.

6. *Bring your focus to your Solar Plexus and gently place your hands on this center about 3 finger widths above your navel. Visualize it radiating energy like the warm, golden sun. Call on Archangel Uriel and the angels of peace if you feel full of tension and stress and ask them to release you from your inner turmoil and fears filling your solar plexus with peace and tranquility. If you need protection whether from physical, sexual or psychic attack call on Archangel Michael, the mighty protector and ask that he restores your confidence and self-esteem, giving you courage and strength to face all obstacles you may encounter and make changes. Thank your angels for their blessings and healing.*
7. *Gently move your hand to your Heart Chakra, in the middle of your chest and visualize a beautiful pink flower unfolding in the midst of translucent glowing green light. Invoke Archangel Chamuel asking that all negative emotions be cleansed and cleared and that your heart be filled with the joy of pure unconditional love. Call on Archangel Raphael and allow him into your heart to heal your deepest wounds. Thank the Archangels for their blessings and healing.*
8. *Bring your attention to your Throat Chakra by gently placing your fingertips around your throat and see a glowing blue light shining within. Imagine your throat opening up enabling you to speak your truth and to be who you really are. Call on Archangel Michael, the angel of truth to instill in you the strength and courage to face, express and live your truth. Thank Archangel Michael for his blessings and his healing.*
9. *Lightly place your fingertips on your Third Eye Chakra in the middle of your forehead and feel this area opening up with the pure translucent indigo light awakening your intuition. Call on Archangel Gabriel to give you guidance of your reason for being, your true calling. Ask the angel of illumination, Archangel Jophiel, to grant you enlightenment and bring you insight and clarity of mind. Thank the Archangels for their blessings and healing.*
10. *Lastly place your fingertips lightly on your Crown Chakra on top of your head and link to your higher self through the golden white light that radiates from this center. Merge with Archangel Zadkiel and his high frequency violet light*

Learning how to work with your chakras can and will balance and energize your body, mind and spirit enabling you to totally transform your life.

You will find courage where you knew only fear, confidence will replace low self-worth and you will rest in the joy of self-love.

Spiritually your energy centres are very significant for they form a ladder from the limitations of the earth plane and the physical realms to the freedom and liberation that awaits you beyond.

Working with and healing your energy centers will enable energy to flow more freely through your body. Because of this many ailments can therefore be released causing healing on a physical level because you are addressing the cause of your ailment at its root, on an energetic level.

and ask for the acceleration of your spiritual development.
Thank Archangel Zadkiel for his blessing.

11. Deeply breathe in the unconditional love and healing light energy of the angels and archangels, feel their love and healing filling your entire being with joy and compassion.
12. Bring your focus to your body where you are making contact with the earth, slowly retract your roots and thank the earth for her blessings, slowly move your fingers and toes, become aware of your surroundings and gently open your eyes.

Blessed are you for you are deeply loved!

The Archangels are here to Transform your Life!

Learn Angel Healing and discover the Archangels. Find out how they channel positive energy to you and help you to release any negative thoughts, emotions or issues you may have absorbed in your life.

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We the Archangels want to assist & support you with energy healing on your life's journey - all you need do is ask for our help and welcome us in. Open your heart and mind to us and be healed dear one!

There is but one temple in the universe, and that is the body of man.

~ Novalis

If your inner energy is misdirected, so will your whole life be.

~ C. Astrid Weber

Good for the body is the work of the body, good for the soul the work of the soul, and good for either the work of the other.

~ Henry David Thoreau

Way of the Archangels

10% Off code healing4u5



Aromatherapy

Aromatherapy is an ancient therapeutic art of blending essential oils distilled or extracted from aromatic flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being. Patricia Davis describes it as the art, and science, of using plant oils in treatment in her book.

The inhaled aroma from these Essential Oils is widely believed to stimulate brain function. Each oil projects its own unique colour vibrations; they all have their own properties, their own personalities and are all different, affording you a wide variety to choose from as everybody needs something different, even if it is just for the smell.

It's not just about smells...

However it is important to remember that Aromatherapy is a vast subject and is not just about the smells. Find out more about how Aromatherapy works here.

As a form of alternative medicine, the therapeutic use of aromatic plant extracts and essential oils is gaining momentum. It is used for a variety of applications, including pain relief, mood enhancement and increased cognitive function.

The word, aromatherapy, was first used in the 1920's by French chemist Ren Maurice Gattefosse. He devoted his life to researching the healing properties of essential oils after a lucky accident in his perfume laboratory. After setting his arm on fire, he thrust it into the nearest cold liquid, which happened to be a vat of "NOx Ph232" or more commonly known as lavender oil.

He immediately noticed surprising pain relief. His recovery from previous burns required an extended healing process, during which he suffered redness, heat, inflammation, blisters, and scarring. This time round the burn healed remarkably quickly, with minimal discomfort and no scarring.

The work of Gattefosse was continued by Jean Valnet who, during World War I, used essential oils to treat gangrene in wounded soldiers. Then in 1950 a biochemist named Marguerite Maury drew attention to the oils again by combining them with massage.

*Aromatherapy Oils are a key aspect to aromatherapy and can be used in three ways, through inhalation, topically and orally (only under experienced medical supervision, **SOME OILS CAN BE TOXIC**). It works on both physical and nonphysical levels, holistically, addressing the physical body, mind and soul by linking physical, mental, and emotional levels of concern. It actually works best when it is used by the mind and body at the same time. Aromatherapy works subtly, through the senses as you absorb impressions. It targets different neuro-chemicals in the brain, to lift up, stimulate, sedate or create euphoria.*

However the most well-known way it works is through smell, because of the influence of aroma on the brain, especially the limbic system, the part of the brain that controls our moods, emotions, memory and learning, through the olfactory system.

However here is an interesting fact for you... Aromatherapy is as old as Methuselah himself... imagine... it is said that its origins can be traced back 9000 years. In the Stone Age, for instance, different kinds of wood were burnt for the aromas. There is also evidence that the ancient Sumerians made use of scented herbs such as cypress and myrrh over 4000 years ago.

Natural forces within us are the true healers of disease.

~ Hippocrates

The Greek "father of medicine" Hippocrates recommended aromatic baths and scented massages to encourage healing and the Romans have for centuries used oils for their baths, healing, massages and skin.

In the 1870's George Ebers discovered a 70 foot long papyrus scroll that listed in excess of 850 ancient Egyptian botanical remedies dating back to about 1500 BC. There is even reference in the Bible by Moses (Exodus 30, 22-25) dating from around 1240 BC to making holy oils.

*"Nothing can cure the soul
but the senses, just as
nothing can cure the
senses but the soul."*

~Oscar Wilde~

Essential oils used in aromatherapy stimulate our powerful sense of smell which is a primordial link to our brains. We have the capability to distinguish 10,000 different smells and it is also well known that smells have a significant impact on how we feel.

As scents are inhaled, the smell travels across the olfactory nerves located inside the nose and then up into the part of the brain that controls our moods, our memories and our ability to learn. This area is called the limbic system and when stimulated it releases endorphins, neurotransmitters and other "feel-good" chemicals.

50 Ways to use Essential Oils

Introducing Aromatherapy Oils or Essential Oils into your lifestyle can be quite easy, fun, and therapeutically beneficial. Below are a few ways in which you can get started. These methods are intended as guidelines only, and you do need to pay special attention to all safety pre-cautions applicable for each oil that you choose. It is also important to remember that essential oils are flammable.

1. Use Aromatherapy oils for Scent-Sational smelling towels, sheets, clothes, etc. place a few drops of your favorite essential oil onto a small piece of terry cloth and toss into the clothes dryer while drying. Add 5 drops essential oil to 1/4 cup fabric softener or water and place in the center cup of the wash.
2. Potpourri which has lost its scent can be revived by adding a few drops of essential oil.
3. Add a few drops of oil to water in a spray bottle and use as an air freshener.
4. Add a few drops essential oil to a pan of water and simmer on stove or in potpourri pot.
5. To enjoy a scented candle, place a drop or two of oil into the hot melted wax as the candle burns.
6. To dispel household cooking odors, add a few drops of Clove oil to a simmering pan.
7. For tired aching muscles or arthritis aches, mix 1 part Cajuput, Sage, and Basil oil to 4 parts Jojoba or other vegetable oil and use as a massage oil.
8. Ease headache pain by rubbing a drop of Rosemary/Lavender oil onto the back of your neck.
9. To blend your own massage oil, add 3-5 drops of your favorite essential oil to 1 oz. Jojoba or other skin-nourishing vegetable oil. Don't make too much.
10. Add 10 drops of essential oil to a box of cornstarch or baking soda, mix very well, let set for a day or two and then sprinkle over the carpets in your home. Let set for an hour or more, then vacuum.
11. To make a natural flea collar, saturate a short piece of cord or soft rope with Pennyroyal or Tea Tree oil, roll up in a handkerchief and tie loosely around the animal's neck.
12. Aromatherapy oils can be used for smelly feet or shoes can be remedied by either dropping a few drops of Geranium essential oil directly into the shoes or by placing a cotton ball dabbed with a few drops of Lemon oil into the shoes. Athlete's foot? Tea tree is great!

Essential oils are odorous pure plant essences and each one is extracted from a single botanical source via a number of different methods. Almost all essential oils are antiseptic and antibacterial, antiviral or antifungal.

Aromatherapy or Essential Oils are categorized by their smell, into a class of notes, high, middle or low and should be mixed with the same note, so the aromas do not clash and overpower each other. Some oils will stimulate and regenerate while others will sedate and calm the mind and body. They shouldn't be used undiluted on the skin as they may cause irritation; I would recommend that you use cold pressed vegetable oils such as almond, sunflower and walnut as a carrier.

Essential oils are diverse and some have various healing properties.

13. Put a few drops of your favorite essential oil on a cotton ball and place it in your vacuum cleaner bag. Lemon and Pine are nice. Rose Geranium helps with doggy odor.
14. Aromatherapy oils can be used to fragrance your kitchen cabinets and drawers, place a food scent dabbed on a cotton ball in an inconspicuous corner.
15. Are mice a problem? Place several drops of Peppermint oil on cotton balls and place them at problem locations.
16. Use Aromatherapy oils in the bathroom as it is easily scented by placing oil-scented cotton balls in inconspicuous places or sprinkle oils directly onto silk or dried flower arrangements or wreaths.
17. Apply true Lavender oil and Tea tree oil directly to cuts, scrapes, or scratches. 1 or 2 drops will promote healing.
18. Homemade soaps are pleasant and offer therapeutic effects when scented with aromatherapy oils. Use Wood spirit's Soaps which contain pure essential oils.
19. Home-made sachets are more fragrant when essential or aromatherapy oils are blended with the flowers and herbs.
20. An essential oil dropped on a radiator, scent ring, or light bulb will not only fill the room with a wonderful fragrance, but also will set a mood such as calming or uplifting. Don't put essential oil in the socket.
21. A few drops of your favorite essential oil or blend of aromatherapy oils in the rinse water of your hand washables makes for pleasant results.
22. Anise oil has been used by fishermen for years. Use a drop or two the finger tips and hands before baiting up. Anise covers up the human scent that scares the fish away.
23. Aromatherapy oils or blends make wonderful perfumes. Create your own personal essence! 25 drops to 1 oz of perfume alcohol. Let age two weeks before using.
24. To dispel mosquitoes and other picnic or Bar-B-Q pests, drop a few drops of Citronella oil in the melted wax of candle or place a few drops on the Bar-B-Q hot coals.
25. 1 drop of Lemon essential oil applied directly to a wart is an effective means of elimination. Apply the essential oil daily until the wart is gone.
26. Rosemary promotes alertness and stimulates memory. Inhale occasionally during long car trips and while reading or studying.
27. Selling your home? Fragrance sells! Use Aromatherapy Oils! Fill the kitchen area with the aroma of spices such as Clove, Cinnamon, and Vanilla. Simmer a few drops of the essential oils of Cinnamon, Nutmeg, and other spices, Geranium oil sprinkled throughout the home creates a warm, cheerful, and inviting mood. Add Cinnamon oil to furniture polish and wipe down the wood.

The three Essential Oils you cannot do without . . .

Everybody should keep lavender, tea-tree and peppermint oil in their home, as you can use them for so many things.

Lavender - is an anti-bacterial, as well as a calmative, you can also put a drop of lavender oil on the back of your dog's neck, and brush it in to keep the fleas away..

Tea-tree - can be used as an anti-septic.

Peppermint - is good for clearing the passages when you have a cold or if you suffer from sinusitis. Peppermint is excellent for cuts, and drawing the heat out of a wound or sprain.

NB: Do not use homeopathic medication in conjunction with peppermint oil, as it takes away the effectiveness of the homeopathic medication.

28. Add aromatherapy oils to papier-mâché, the result is the creation of a lovely aromatic art piece.
29. Infuse bookmarks and stationary with essential or aromatherapy oils. Place drops of oil on paper and put them in a plastic bag. Seal it and leave overnight to infuse the aroma. Send only good news in perfumed letters.
30. Neck pillows, padded and decorative hangers make more memorable gifts simply by putting a couple of drops of essential oil on them before giving.
31. Overindulge last night? Essential oils of Juniper, Cedarwood, Grapefruit, Lavender, Carrot, Fennel, Rosemary, and Lemon help soften the effects of a hangover. Make your own blend of these oils and use a total of 6-8 drops in a bath.
32. Essential oils of Vetiver, Cypress, Atlas Cedar wood, Frankincense. and Myrrh all make wonderful firewood oils. Drop approximately 2-3 drops of oil or blend of your choice on a dried log and allow time for the oil to soak in before putting the log on the fire.
33. Flies and moths dislike Lavender oil. Sprinkle it on the outside of your window frames.
34. Place 1 or 2 drops of sleep enhancing oils such as Chamomile, Lavender, Neroli, Marjoram, or Hops, on your pillow before retiring for restful sleep.
35. When moving into a new home, first use a water spray containing your favorite essential or aromatherapy oils and change the odorous environment to your own. Do this for several days until it begins to feel like your space.
36. Ideal scents for the bedroom are Roman Chamomile, Geranium, Lavender, or Lemon.
37. One drop of Lemon essential oil on a soft cloth will polish copper with gentle buffing.
38. When washing out the fridge, freezer, or oven, add 1 drop of Lemon, Lime, Grapefruit, Bergamot, Mandarin, or Orange essential oil to the final rinse water.
39. For burns or scalds, drop Tea Tree or Lavender oil directly onto the affected area.
40. Place 1 drop of Peppermint oil in 1/2 glass of water, sip slowly to aid digestion and relieve upset stomach.
41. Use one drop Chamomile oil on a washcloth wrapped ice cube to relieve teething pain in children.
42. 6-8 drops of Eucalyptus oil in the bath cools the body in summer and protects it in winter.
43. Add 1 drop Geranium oil to your facial moisturizer to bring out a radiant glow in your skin.
44. Place 1 or 2 drops of Rosemary on your hair brush before brushing to promote growth and thickness.

Tips

Instead of using a roll-on deodorant, an oil mixture can be made up, so as not to clog pores and the lymph nodes, which clean the body.

Instead of a cream-based moisturizer, an oil blend of your favorite fragrances can be made up in a carrier oil for deep and natural moisturization.

Soak in the bath with lavender oil, as it has everything in it and with so many properties. For a woman, add sandalwood, for men, add ylang-ylang.

Benefits

Enhances current well-being and aids in improvement of health

Works with emotions (for balance and well-being)

Spiritual Guidance

Purification of Environment

Aid in boosting immune, respiratory, circulatory systems

45. *When the flu is going around add a few drops of Thyme to your diffuser or simmer in a pan on the stove.*
46. *To bring fever down, sponge the body with cool water to which 1 drop each of Eucalyptus, Peppermint, and Lavender oils have been added.*
47. *The blend of lavender and Grapefruit oil is good for the office. Lavender creates a calm tranquil atmosphere while Grapefruit stimulates the senses and clears up stale air.*
48. *A blend of Geranium, Lavender, and Bergamot alleviate anxiety and depression. Use in a room diffuser or 6-8 drops of this blend in the bath.*
49. *A wonderful massage blend for babies is 1 drop Roman Chamomile, 1 drop Lavender, 1 drop Geranium diluted in 2 Tablespoons Sweet Almond oil.*
50. *1 drop Peppermint oil diluted in 1 teaspoon vegetable oil rubbed on the back of the neck helps to relieve headaches.*

From, Newsletter Published by Janell Squires and Jeanne Rose.

Cautions...

Always seek professional help with serious health problems

Do NOT apply directly to skin (unless oil has been specified as safe or has been diluted in carrier oil)

Do NOT take internally

Do NOT use if pregnant, nursing, on children under age 2, or with serious health problems without consulting a professional

More is NOT Better

Affirmations

Affirmations are simple statements that we make, positive or negative. They may be made on purpose like when we do to change some aspect of our life.

Most of us grow up learning to put ourselves down for any real or imagined error. We grow up believing certain things about ourselves or comparing ourselves negatively to others. The use of positive affirmations is a technique to change that negative self-talk into something more positive.

They may also be made automatically like when we tell ourselves "Oh, this is frightening", when we see a roach in the kitchen. What is fascinating about them is that the more we use them, the more our behavior becomes like them!

If we make positive statements and repeat them over and over, they are going to affect our life positively. Similarly, negative statements will affect our life negatively.

The principle behind the working is similar to that of drops of water falling on a rock. A few drops will not make any difference to the rock but if the drops fall continuously, then, over a period of time, the rock will be worn out.

Since we've spent many years on the negative image I think it's unreasonable to expect an instant effect from affirmations, but if we stick to it for a few days, with honesty, trust, and belief, then results will start to happen.

Like anything else, to be able to use them we have to understand what they are?

To Affirm: Means to state something firmly and publicly.

The word Affirmation has a few meanings:

The act or an instance of affirming; state of being affirmed.

The assertion that something exists or is true.

Something that is affirmed; a statement or proposition that is declared to be true.

Confirmation or ratification of the truth or validity of a prior judgment, decision, etc.

How Affirmations Work

We go through our life according to our beliefs. For example, we know it and hence it is our belief that if we touch anything hot, it will cause burns. Therefore we don't touch hot things with our bare hands.

However, the belief system of small children is not yet formed; they do not know the difference between hot and cold and are likely to touch hot things with their bare hands.

If they get burns on their hand, or, alternately if they are told repeatedly that touching hot things are going to hurt, then their belief system forms and they will avoid touching hot things. This is an example of affirmations at work.

All our beliefs are stored in the subconscious mind. So, if you find that you are unable to make lots of money, or, you make money but are unable to hold on to it, it may be due to such beliefs held in the subconscious mind as "I do not deserve to be prosperous" or "Money is bad", etc.

In order to change your beliefs, you have to operate at the level of the subconscious mind.

The subconscious mind is like your computer.

- ❖ It takes an input, processes it and gives an output.
- ❖ It does not think by itself.
- ❖ It does not distinguish between good and bad.

If we put garbage in a computer we get garbage as output.

(That's where the acronym GIGO comes from which means Garbage In, Garbage Out).

That is more than likely why your parents taught you to keep good company and avoid bad company.

In good company you hear good and positive thoughts, see good actions being performed, good deeds being done. By constantly being in good company these good things get impressed on your subconscious mind and, in turn, your thoughts and actions also turn out to be good.

Mirror Method

Place a copy of your affirmation on your mirror. Each time you look in the mirror, read the affirmation.

Visual Cards

Place multiple copies of your affirmation in various rooms or places you spend your time at during the day. At home on the fridge, on your mirror, in your office at work, next to your bed, or even in your car.

Using Your PC

One of the most creative methods I've heard of is using your PC's screen saver to pop up a graphical image of your affirmation. I've seen people use from a simple text scroll for their affirmation, to a little more creative graphical image that has the affirmation with a supporting picture next to the words. Each time the screen saver pops up, the affirmation is read.

List of Affirmations

1. *Just for today I will respect my own and other's boundaries.*
2. *Just for today I will be vulnerable with someone I trust.*
3. *Just for today I will take one compliment and hold it in my heart for more than just a fleeting moment.*
4. *I will let it nurture me.*
5. *Just for today I will act in a way that I would admire in someone else.*
6. *I am a child of God.*
7. *I am a precious person.*
8. *I am a worthwhile person.*
9. *I am beautiful inside and outside.*
10. *I love myself unconditionally.*
11. *I (can and will) have ample leisure time without feeling guilty.*
12. *I deserve to be loved, by myself and others.*
13. *I am loved because I deserve love.*
14. *I deserve love, peace, prosperity, and serenity.*
15. *I forgive myself for hurting myself and others.*
16. *I forgive myself for accepting sex when I wanted love.*
17. *I am willing to accept love.*
18. *I am not alone; I am one with God and the Universe.*
19. *I am whole and good.*
20. *I am capable of changing.*
21. *The pain that I might feel by remembering can't be any worse than the pain I feel by knowing and not remembering.*

Always state your daily affirmations especially your personal growth affirmations in the comparative.

"I am becoming more and more confident" or "I choose to feel more and more confident" will be much more effective than "I am confident".

Because by doing this you are not limiting yourself as to how much more confident you can become otherwise your mind may think you are already confident enough, and it will not need to do any more work.

Color Healing

Healing with color is very powerful and effective because color is a living energy whose power affects us on all levels. It can be used to bring balance and harmony within the psyche and the body, it influences our moods, it affects our homes, our workplace, our schools, our hospitals, our very existence.

In healing with color it is known that certain colors definitely affect certain diseases, build new tissues, burn out (cellular) corruption, cure certain nervous troubles and eradicate certain nervous tendencies. We see this in our hospitals where we use blue light on newborn babies with jaundice. We also know that some prisons use pink rooms to calm the more violent criminal as this colour depletes energy and many police stations use blue rooms for their interrogations, as the suspect is more apt to tell the truth in a blue room. By becoming aware of the power of color and its effects on us, we can learn how to make positive changes in our lives. Go here for different ideas and exercises on how to heal with color.

Even though healing with color has been practiced throughout the Western world for decades the history of healing with color goes back over 5,000 years, most of the knowledge on which it is based has been passed down from one generation to another in cultures as diverse as Egyptian, Greek, Chinese, African, Indian, Tibetan, pre-Colombian American and Aboriginal Australian. Each of these ancient cultures have attached significance to specific colors, whether they be used for shamanic healing ceremonies, various art forms, war paint, scented oils or in social rituals. The ancient Egyptians wore amulets of colored stones. They wore red to treat disease and build strength, yellow to create happiness, and green to increase fertility.

In the book "Cosmic Fire" p.334 that was first published in 1925 the following was written about healing with color: "The effect of color on people, animals and units in the vegetable kingdom will be studied and the result of those studies will be the development of etheric vision or the power to see the next grade of matter with the strictly physical eye. Increasingly will people think and talk in terms of light, and the effect of the coming developments in this department of human thought will be triple."

The way color energy works in healing can be likened taking vitamins. Color is like vitamins, if you had a vitamin E deficiency for instance, you would increase your intake of vitamin E. On the other hand if you had an excess of vitamin E then you would decrease your intake of vitamin E. You would do the same with color energy.

For example, if you need to lose weight, you need more blue energy, increase the blue in your life or do you suffer migraine headaches? Not enough red or indigo energy, increase the red or indigo in your life. This can be very successfully done by visualization and meditation with color.

Studies have shown that when color is introduced to the human system it causes cellular and hormonal changes. This can bring the cells into synchronization or balance.

Today it is widely accepted that healing with color addresses the five functions of the human body - physical, metabolic, emotional, mental and spiritual. As researchers discover more about color and how it affects the psyche, the greater an understanding we have in recognizing the role that color plays in life and in healing. Being able to use colors consciously and harmoniously can help you create spectacular results on all levels. Visualizing and meditation with color is very powerful if it is worked with regularly.

Imagine what it would be like if...

... you knew everything about the AMAZING POWER of color...

Color is an experience . . . one that we on this planet, are privileged to enjoy. In this energy healing course you will discover that each and every color is imbued with its own individual and unique characteristics and effects.

10% Off Color Healing Course

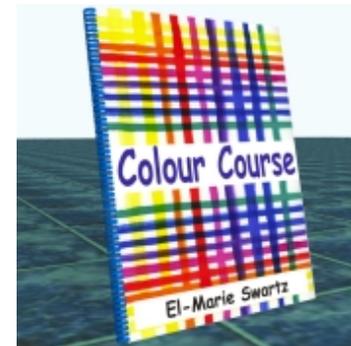
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Energy Healing with colour plays an important role in getting and staying healthy... astonishing as it might seem... we tend to think of colour as a purely physical phenomenon experienced by our sense of sight alone, but as a form of energy; colour is active on all levels of our being - mental, emotional, physical and spiritual.

Color is energy and the fact that it has a physical effect on us has been proved many times in experiments. You can positively affect many areas of your life and health, through color therapy.

Color Healing Course

10% Off code healing4u2



Healing Exercises and Ideas

You can experiment with using color healing to vitalize and magnetize the body with color. This involves direct action on the subtle etheric body or aura that interlaces the physical body. We are told that this knowledge is found hidden in the law of vibration and color. That certain colors have a definite effect is sure. Check each color to learn the possible effects it can have in healing. Improve the quality of life one COLOR at a time! You are a rainbow of color and your body needs certain vibrations in order to be healthy.

Following are a few ideas for using color to heal:

USING COLOR WITH COLORED LIGHTING

This can be simply constructed by using a bedside or standard lamp and a colored light bulb relevant to your need. Place the lamp so as to shine on the area of your body that requires healing for a few minutes at a time. Avoid heating the body so as not to spread the color to other areas.

USING COLOR WITH COLOURED SILKS

It is accepted that silk is the finest material for the transmission of color energies to the body which is why we as practitioners of color healing therapies choose silks specifically for healing and balancing the body's energies.

- ❖ Find a warm, sunny location in your home.
- ❖ Play your favorite relaxing music.
- ❖ While completely undressed drape a large piece of multi-colored silk over your body and lay down in the sunlight, allowing its rays to penetrate your body through the silk for fifteen to thirty minutes.
- ❖ Alternatively, for upper areas of the body, purchase a silk shirt colored to your need. Wear it while relaxing in the sunlight.

(Point of Interest: We all need 10 - 20 minutes of sunshine a day, without sunscreen, to absorb the natural vitamin D from the sun which is essential for calcium absorption by the body)

Primary Colors

Primary colors are sets of colors that can be combined to make a useful range of colors. For human applications, three primary colors are usually used and they cannot be made up from any other colors: Blue, Red and Yellow

Secondary Colors

Each secondary color is made from the two primary colors closest to it on the color wheel and are formed by mixing equal parts of the primary colours as follows: Red + Blue = Violet, Blue + Yellow = Green and Yellow + Red = Orange

Tertiary Colors

These are formed by mixing a primary colour with a secondary on a ratio of 2 to 1 and are: Blue-Green, Yellow-Green, Yellow Orange, Red-Orange, Red-Violet and Blue-Violet

USING COLOR WITH THE COLOR OF CLOTHING

Due to the interaction of the fabric's color with the physical layer of the human aura, it affects the way we feel. Use a mirror to see how different colors interact with you.

Wearing shades that flatter the color of your hair and give your skin a healthy glow are healing and empowering. Colors that make you look tired or older can deplete your energy. Pay special attention to the wearing of black as it absorbs light and should therefore not be worn every day, unless it is broken down with other colors. Colored underwear is a helpful aid to the healing process. Although underwear doesn't have the same surface area as a shirt or trousers, it nonetheless makes a worthwhile contribution.

USING COLOR WITH COLOR SHEETS

Using sheets is a simple and economical way of receiving the benefits of color healing vibrations as you rest. Specialty shops and large department stores have a wide variety from which to select, my selection include colors like pale blue, lilac, white and cream. I find that these colors facilitate the healing which is required by me and my husband. A mix of burgundy, pink and cream helps you sleep when you have a tendency to take your worries to bed. Mostly, we choose to sleep beneath the balancing effect of lilac to help us cope with our hectic work schedules.

USING COLOR WITH SOLARIZED WATER

Water becomes solarized when it has been charged with various colors in sunlight. It assists you in self-healing by activating energies within the body. The color is thought to affect the body at a molecular level. It also changes the taste of things. For example, blue solarized water makes things taste sweeter and has a relaxing effect. Red solarized water, on the other hand, gives things a bitter taste.

- ❖ Wrap a bottle of purified water with a piece of transparent colored paper relevant to your needs.
- ❖ Place it in the morning sunlight for a few hours so as to allow the water to absorb the color.
- ❖ Cool the water.
- ❖ Consume it regularly throughout the day and before the evening meal.

Complementary Colors

These are those which, when mixed together in the same proportion produces grey and are opposite one another e.g. as follows: Red - Green, Violet - Yellow, Blue – Orang, etc.

Warm Colors

Warm colors are vivid and energetic, and tend to advance in space. They tend to make you think of sunlight and warmth and are in the color range of Red, Orange and Yellow.

Cool Colors

Cool colors give an impression of calm, and create a soothing impression. They might make you think of cool and peaceful things, like winter skies and are in the color range Blue, Green and Violet.

NOTE: Only blue should be consumed at bedtime as it helps to facilitate a deep and soothing sleep. (If healing with water appeal to you, you will find another method of making essences and elixirs here.)

USING COLOR WITH COLOR BREATHING

Color breathing utilizes the focus of the mind combined with breathing to aid the healing process. The results are determined by your ability to concentrate, always REMEMBER it is practice that makes perfect, do not stress if it does not work the first time, take your time and keep trying.

- ❖ Sit comfortably and visualize the color relevant to your need.
- ❖ Breathe gently and deeply through your nose and exhale out through the mouth.
- ❖ Imagine that each breath you take is slowly and softly absorbing the color into your body.
- ❖ Allow your senses to feel the full effects of the breathing and use your mind to visualize its penetration of the body.
- ❖ Sense the fulfillment of the color breathing.
- ❖ After a few minutes of this breathing, return to your normal breathing pattern.
 - ✓ Red breathing is for increasing willpower, vitality and sexuality.
 - ✓ Orange breathing is for happiness, laughter and fun.
 - ✓ Yellow breathing is for expanding intellectual powers and concentration.
 - ✓ Green breathing is for gentle cleansing and balancing.
 - ✓ Blue breathing is for peace and inner harmony.
 - ✓ Violet breathing is for improving self-esteem and for deepening self-knowledge.
 - ✓ Magenta breathing is to release addictive patterns.
 - ✓ Pink breathing is for opening the ability to love and be loved.
 - ✓ Turquoise breathing is for strengthening the emotions and the immune system.

USING COLOR WITH COLORED SCENTS

Scents are absorbed quickly into the physical, etheric and vital layers of the human aura, activating the senses. The nose and therefore the human psyche is conditioned to tell the difference between good and bad odors, or healthy and unhealthy scents.

Just as we are affected by the colors we wear or surround ourselves with, so too are we affected by the energy of the food we eat. Foods color vibration not only appears to relate to various parts of the body but to the chakras as well. In other words, when we ingest the appropriate color vibrations of food, it serves to maintain health, to activate and heal, and to balance the chakras.

For example, plums have a red and yellow vibration but when dried into prunes they gain a purple vibration. Therefore prunes can be used to balance the third eye chakra and crown chakra and it can have a positive effect on the solar plexus area of the body, which relates to the elimination of body wastes.

A fig has both a yellow and purple vibration. The humble potato has a white and blue vibration. The white and brown vibration of mushrooms is good for balancing and grounding one's energy.

Whereas the wafting aroma of home-baked bread or a sizzling barbecue wets the appetite, the smell of burning rubber offends.

Freshly picked flowers project the color of their scent into the atmosphere, helping the mind to focus. Potpourri can fill a dull room with the ambience of a garden. The different Aromatherapy oils, each project their own color vibration.

USING COLOR WITH AURA SOMA

Aura Soma is a unique form of color therapy using transparent colored oils. The oils contain plant extracts and their essences are used to activate non-invasive, gentle, holistic self-healing of the mind, body and spirit. These small and powerful healing bottles can be carried on you, placed under your pillow at night or meditated upon.

USING COLOR WITH COLORED FOOD

Trust your intuition and take in the colors of food that you choose naturally. If you follow your own guidance, and are not beguiled by outside influences such as advertising, you will choose food colors that your body need.

USING COLOR WITH COLORED CANDLES

Lighting a candle, the correct choice of color combined with the ritual of cleansing and lighting will enhance any healing experience.

USING COLOR WITH COLORED GEMSTONES OR CRYSTALS

Bring the beauty of Colored Gemstones into your Life. Qualities like; the chemical makeup, the structure, shape, hardness and luster focus the energies of crystals in certain ways, but color is one of the keys as to how a crystal heals, hence the flexibility of colored gemstones.

USING COLOR FOR CLEARING AND CLEANSING YOUR SPACE

Each atmosphere is impregnated with the thoughts, feelings and expressions of the people who have spent time there. Emotions can linger well after a physical presence has gone. Color can be used to clear and cleanse the space from unwanted energy and vibrations.

More often than not, the more colorful the ingredients of a meal, the greater the nutritional value. Therefore it would be beneficial to you if you developed "Rainbow" eating which is very simple when you follow a few simple rules.

When you prepare a meal, note the ingredients and if necessary add more colors. Red meat can be included in the red color range of food and fish in general in the white and blue range, salmon in the red and blue range if you are not a vegetarian.

According to Dr. Bernard Jenson, an internationally acclaimed nutritionist, author and lecturer, whereas a vegetarian diet is healthy, it doesn't usually work for people in demanding, stressful jobs. That could include every busy housewife and mother as well as those who commute to work in hectic cities.

Crystal Healing

Crystal Healing is an alternative or complementary energy healing medicine technique or modality that employs gemstones and crystals as healing tools. The crystals supply and enhance energy. They have no ill or side effects. They give the cells the necessary energy, which is vital for repairing and maintaining health of an individual.

A medical doctor treats the physical body; a psychologist counsels the mind and emotions; and the spiritual leaders and priests attend to the soul. The practitioner of crystal healing must work to balance everything... the mind, body, emotions and soul or spirit.

Anything, which blocks or deprives a cell of energy, will weaken it. When a cell is weakened, the cell sends out a pain signal to the brain requesting energy to alleviate the problem. If the brain has enough bio-energy in reserve, and it hears the signal clearly, it will send the appropriate amount of energy to the cell, which it will use to operate the automatic repair, maintenance, rejuvenation, and replacement process. When the process reaches a certain level of automatic repair, the pain signal is no longer needed and begins to reduce itself or turn off.

However, certain conditions can alter the brain's ability to respond to this call i.e. drugs, alcohol, or other influences can cause an altered state where the signals are received poorly or sometimes not at all.

The practitioner of crystal healing places gemstones or crystals on or around the body. When crystals are placed on the body it is often done in such a manner as to correspond with the chakras and when they are placed around the body it is called either a crystal lay-out, crystal net or crystal grid which is done in an attempt to construct an energy field that surrounds the client enhancing healing energy. The healing is said to remove blockages in the aura or the body's electromagnetic field.

Crystal Healing can be used to improve your life physically, mentally, emotionally and spiritually. Most all crystals are healing stones and they are incredibly versatile each exerting its energy at a different level and frequency.

Ancient peoples believed that crystals had fallen from the heavens as gifts from their ancestors.

This notion is not so far from the truth. All the particles that make up matter once originated within the hearts of old stars. When these stars exploded, their particles were scattered throughout the universe and re-formed as new stars and planets.

The idea that every stone has special magical healing properties for crystal healing can be traced back through the European literature of the early Middle Ages right back to their sources in Greek, Roman and Arabic philosophy, which in turn owe much to the Ayurvedic traditions of India.

For many centuries, because the origin of disease was unknown; healing and in particular crystal healing as part of the healers' toolkit was linked with magick and superstition.

The correct healing properties of crystals are chosen for crystal healing either by the gemstones' color or the composition of the stone defining its appropriateness for a specific disease. Your intuition, your love, your connectedness to the energies will guide you to make the right choices in every situation.

Nothing on Earth compares with their fascinating forms and enchanting colors.

The key to all healing is energy and healing is a balancing energy. Therefore if we can balance the energies of all the bodies with crystal healing, we can have health, harmony and joy.

The forms of healing with crystals that are in use today arose in the alternative cultures of the 1970's and 1980's, but like many complementary systems, they have developed out of ancient cultural traditions.

Learn Crystal Healing

Having spent more than 20 years actively practicing crystal healing I have created two home study courses for anyone, whether you just want to enhance your knowledge of crystals and their uses for self-healing or whether you want to become a crystal healer.

10% Off Know & Heal Yourself

A COURSE IN CRYSTAL HEALING

Your Discount Code is ... healing4u6 ...

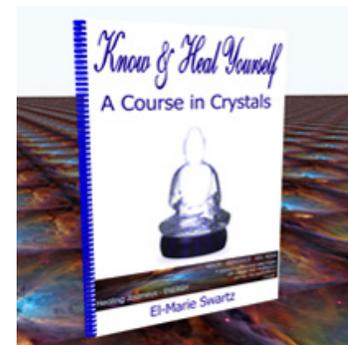
This certificated home study course as presented by the HJE Energy Healing School will give you the formula to open to your latent powers to heal, yourself, and others! Complete this crystal healing course by the HJE Energy Healing School and you will have the ability to manage and consciously affect your energy body!

Crystals have always been considered special, extraordinary, and even supernatural.

The people who carried, wore or used crystals believed that they would be imbued with some of the power belonging to these spiritual realms which of course is viewed as a form of ethereal crystal healing. In ancient Egypt ethereal crystal healing was practiced by the pharaoh and his priesthood who prized turquoise as a symbol of fertility, life and joy.

Know & Heal Yourself

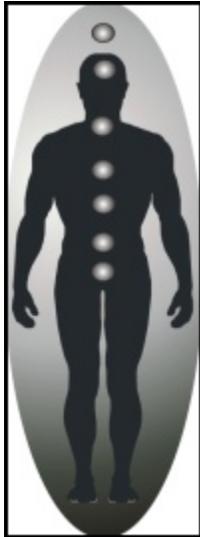
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Crystal Healing Techniques

The following crystal healing techniques are very simple and easy to use. I would suggest that you drink lots of water after doing a self-treatment as these techniques also has a detox effect on the body.

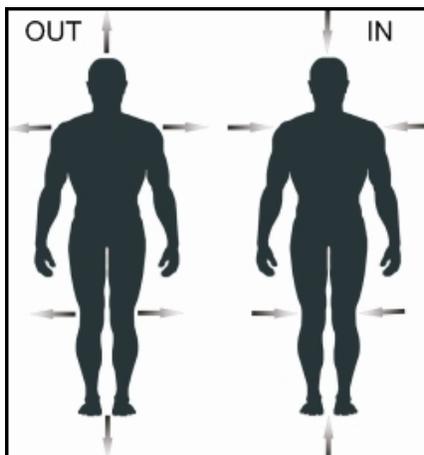
Balancing the Body with Crystals



This is one of the crystal healing techniques I use very often and you will require seven clear quartz crystals about the same size and weight, either natural or tumbled. Lie down and place a crystal on each of the seven major chakra centres. If a crystal rolls to a different position three times, leave it where it is. It is likely the body is moving it where it needs to be. You will find that some of the crystals will feel very heavy, like they are sinking into your skin. Others will be so light that you aren't sure they are still there. Some crystals will feel very cold, others extremely warm or even electric. You may also feel like you are floating or receive inner visions of colour or patterns. Each individual is different. Leave the stones in place

for at least three or four minutes. The body will find its own balance.

When using any one of the crystal healing techniques, always trust your intuition as far as which gemstones to use whether you are attracted to them because of shape, size, color, etc.



Stress Release and Energizing the Body with Crystals

This is an excellent layout to use for stress release in our fast paced society. I have used this layout with success on people from all walks of life starting from the executive to the stay at home mom with the pressures of raising a family. I have found

Healing Properties of CLEAR QUARTZ

Amplifies the energies of other stones. It helps to reveal the truth and brings clarity of thought / mind. Clear Quartz amplifies and strengthens the whole aura. It cleanses and shifts energy. Clear Quartz is by far the most versatile and multidimensional stone in the mineral kingdom as far as its healing properties are concerned. It facilitates your personal growth source and is ideal for meditation and contemplation. Clear Quartz gives strong psychic protection and causes awakening.

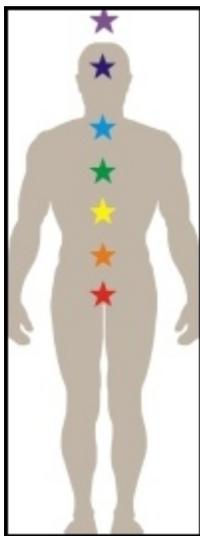
Keywords

*~Clear Quartz~
Brightening, organizing, amplifying, magnification of ambient energies, clearing, cleansing, healing and highly programmable.*

it to be one of the best crystal healing techniques for stress release.

You will need seven clear quartz crystal points. This time do not place them on the body, rather place them on the floor or mat around your body pointing outward, one above your head, one below your feet, at your shoulders on either side and at your knees on either side. Lie still for three or four minutes. This will release stress. Then turn the points inwards to recharge and energize the chakra centres. Lie still for another three or four minutes.

Aligning and Balancing the Chakras with Crystals



Many healers agree that one of the most popular crystal healing techniques is the chakra layout. For this healing technique you will need one red stone, one orange, one yellow, one green or pink, one light blue, one dark blue, one white, clear or violet, and one dark stone. All stones should be approximately the same size and weight. This method is the same as the first, except that colored stones are used instead of clear quartz crystals. The dark stone or smoky quartz should be placed at the feet for grounding. The remaining stones should be placed at chakra centres according to colour: red on the root chakra centre, orange on the sacral, yellow on the solar plexus, green on the heart centre, light blue on the throat, dark blue on the third eye and white, golden or violet on the crown centre.

- [Red](#) Stone - Most Popular stone Red Jasper.
- [Orange](#) Stone - Most Popular stone Carnelian.
- [Yellow](#) Stone - Yellow Jasper or Citrine are most often used.
- [Green](#) Stone - Green Aventurine or Rose Quartz you can also try a Watermelon Tourmaline which is a mix of green and pink.
- [Light Blue](#) Stone - Blue Lace Agate or you can use Turquoise.
- [Dark Blue](#) Stone - Lapis Lazuli works well and so does Sodalite.
- Clear or [Violet](#) Stone - Amethyst or Clear Quartz.

The above crystal healing techniques are also referred to as the laying on of stones. It is a very powerful way to perform crystal healing on yourself or others and the purpose of the laying on of

Chakras are the linkage points between the physical and the subtle energy bodies.

If the Chakras are healthy and turning in their correct position and not jammed then the communication between the different energy bodies, which exist, function well.

If they are not turning as they should or are blocked then they will be open for the invasion of negativity that which makes us sick or underperforming or even unable to heal.

The blocking or jamming of these Chakras can come through a trauma, physical, mental or emotional, through a shock, an accident, an addiction or an action beyond our control.

The importance of Chakra Balancing is the difference between being sick and being well. Plain and simple!

stones is to release etheric, emotional, mental or spiritual blocks to well-being.

Tracing the Meridians

I use a clear quartz point in this technique but trust your intuition and choose a crystal to use. Trace the chosen crystal over your meridian lines and press the acupuncture points with it. It is a long and tedious procedure and requires some basic acupuncture knowledge, but it is extremely effective since it combines the benefits of both crystal healing therapy as well as acupuncture.

Figure Eight Looping

This very effective crystal healing technique involves making the figure eight with the crystal by looping all the chakras together and works very well for aligning and balancing the chakras.

With Crystal Energy Healing you CAN heal your Life!

Receive the formula to AWAKEN your "TRUE SELF" with the Astonishing Power of Crystals... AND... open yourself up to a whole new life experience TODAY!

10% Off Power of Quartz

A COURSE IN CRYSTAL HEALING

Your Discount Code is ... healing4u ...

This certificated home study course as presented by the HJE Energy Healing School will give you the formula to open to your latent powers to heal, yourself, and others! Complete this crystal healing course by the HJE Energy Healing School and you will have the ability to manage and consciously affect your energy body!

Like a network of rivers nourishing a landscape, the meridians are the channels through which qi flows, to nourish and energize the human body.

These channels exist within the subtle body – you won't find them on the operating table!

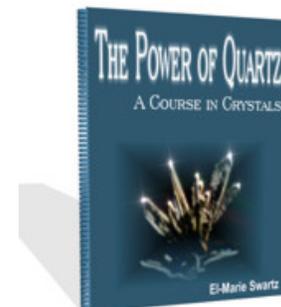
Collectively, they form the matrix within which the physical body functions.

They also act as a network of communication between the physical and the more subtle energetic bodies.

There are twelve main meridians in the body, each associated with a particular element and organ system.

The Power of Quartz

10% Off code healing4u



Homeopathy

Homeopathy is defined as a scientific, reliable and natural system of medicinal therapy. It used to be shrouded in mystery, considered an alternative or complementary form of medicine, or even holistic. Much has changed with new training.

The basis of homeopathy is to treat the person, and not just make a diagnosis. In a diagnosis, it is important to be accurate, and not just to medicate the symptoms, but to treat who you are.

How does homeopathy work?

Homeopathic medicines work to stimulate the body's natural mechanisms of recovery, where a homeopath will treat the patient, and not the disease. The entire body needs to be considered as a single organism. Homeopaths treat you the individual.

It is a process of treatment, and you as a patient bear some responsibility, when it comes to taking medicines correctly, and making any lifestyle changes that need to be made. A homeopath's number one responsibility is to do what is right for the patient, and to refer to specialists if needed.

Where it began...

Homeopathy was founded as a system of medicine, based on science and medicine, in the late eighteenth century by Samuel Hahnemann, a German chemist and physician.

According to Wikipedia he was born Christian Friedrich Samuel Hahnemann in Meissen, Saxony, a town famous for its porcelain. His father, uncles and grandfathers were all painters and designers of porcelain. Hahnemann showed "a marked proficiency in languages, of which he spoke at least nine;" By the age of twenty he had mastered English, French, Italian, Greek and Latin, and was making a living as a translator and teacher of languages. He later gained proficiency in "Arabic, Syriac, Chaldaic and Hebrew.

Hahnemann studied medicine for two years at Leipzig and ten months at Vienna. While studying at Leipzig, it was the "lack of clinical facilities that soon led him to move to Vienna. He graduated MD at the University of Erlangen on 10 August 1779, after only one terms further study, he qualified with honors with a thesis on the

Homeopathy is not just about symptoms, it is a move to treat the cause. Homeopaths' goals for their patients are health, not just an absence of symptoms. Consultations usually include things like dietetics, psychology and counseling. Your lifestyle as well as pathology is looked at.

Conventional medicines do have their place, and there is medication that may be necessary. It is not that medication is bad, but that medication is badly used.

The natural route is about you taking responsibility for yourselves and your children, and to educate yourself on your health and your families' health.

Most of us have a lot of vegetables and herbs on hand at home. Home Remedies - Start experimenting with what you have on hand and keep yourself in good health with the results!

treatment of cramps, titled "Conspectus Adfectuum Spasmodicorum Aetiologicus et Therapeuticus". It is said that poverty forced him to choose Erlangen only because he had learned that the fees there would be less. In 1781, he took a village doctors position in the copper-mining area of Mansfeld, Saxony. Shortly thereafter he married Johanna Henriette Kuchler and they had eleven children. While there are no known living descendants today of Hahnemann himself, there are a few of his older sister Charlotte's (1752-1812).

Hahnemann claimed that the medicine of his time did as much harm as good:

"My sense of duty would not easily allow me to treat the unknown pathological state of my suffering brethren with these unknown medicines. The thought of becoming in this way a murderer or malefactor towards the life of my fellow human beings was most terrible to me, so terrible and disturbing that I wholly gave up my practice in the first years of my married life and occupied myself solely with chemistry and writing."

Homeopathy Hahnemann Memorial - Scott Circle

After giving up his practice (c.1784) he made his living chiefly as a writer and translator, while resolving also to investigate the causes of medicine's alleged errors. While translating William Cullen's A Treatise on the Materia Medica, Hahnemann encountered the claim that Cinchona, the bark of a Peruvian tree, was effective in treating malaria because of its astringency. Hahnemann claimed that other astringent substances are not effective against malaria and began to research cinchona's effect on the human organism by self-application. He claimed that the drug evoked malaria-like symptoms in himself, and concluded that it would do so in any healthy individual. This led him to postulate a healing principle:

"that which can produce a set of symptoms in a healthy individual, can treat a sick individual who is manifesting a similar set of symptoms."

This principle, like cures like, became the basis for an approach to medicine which he gave the name homeopathy.

Homeopathy has always been popular, but in the last 15 years, there have been changes in training and it has now become quite

If you're looking for a little skin help, look no further than the beauty salon in your kitchen! Homemade face masks are a fun and cheap way to relax and feed your skin.

Using these natural ingredients in homemade face masks provide natural oil and moisture to the skin.

One of the best and simplest moisturizing homemade face masks is honey. Use warm cloth to open pores, smear on honey, leave on 15 to 30 minutes, rinse off with warm water, and then use cold water to close pores. Use for 3 days in a row and then once a week. You will be surprised at the level of improvement of your skin.

The best advantage of opting for natural homemade face masks is that you can always be sure to find one that will suit your skin type.

mainstream. Like other medication, homeopathic medication is also controlled. Going to see your homeopath is just like going to see your doctor, where your blood pressure is checked, and blood tests can be taken.

A lot has changed in Homeopathy; some people still have misconceptions, but find out for yourself. If you see a qualified and registered homeopath, get the right prescription, take the medicines correctly, you will feel the difference.

Safety?

The first rule of homeopathy is "first do no harm." So often, the medicines we take have various side-effects, or are addictive. Homeopathic medicines, however, have no side effects, are not addictive, have no allergic reactions, one cannot overdose, and homeopathic medicines are completely natural.

Homeopathy works well on babies and animals. Chronic illnesses can be treated, and medicines can be taken on an ongoing basis. Homeopathic medication can be used with other medication, under supervision.

Homeopathic medication is controlled by pharmaceutical companies, and undergoes controlled clinical trials. Medication made from herbal plants is very carefully controlled.

Homeopathic remedies are made up of various natural sources, which include plants, minerals, elements and animals. By law, homeopathic medication does have to list the ingredients, in the same way as a conventional prescription, and people must demand to know what they are swallowing, and what to expect from it.

Everything is covered in an hour long consultation from your physical and emotional health, to your nutrition. To be healthy, you must have a balance in all these aspects, and your life. Therefore you should walk away from a consultation with a clearer understanding of not only how you are, but who you are.

Beauty Mask a la Marlene Dietrich - 1 egg yolk, 1 tsp honey, 1 tsp sweet cream, 1 splash lemon juice. Mix ingredients very well and put it on the face, wash off after 20 minutes, rinse with cool water.

Honey, Egg and Milk Mask - Tone and tighten

Beat together 1 egg, 1 tablespoon milk and 1 tbl honey. Apply to the face and neck. Leave to harden. Remove with tepid water.

The above mask can be varied slightly to give the skin a natural healthy glow by excl the egg and increasing the milk and honey to 2 tbsl each. Leave on for 10 minutes and rise off with tepid water.

Tomato Pulp Mask - Tightens up your skin, and closes the pores. When you make the tomato pulp mask squash some tomatoes, drink up the juice and extend the pulp all over your face. The tomato juice is for refining your skin from inside.

Banana Mask - Moisturizing your skin. Squash 1/4 banana until very creamy, apply to face and leave for 15-20 min. Rinse with lukewarm water, and then use cold water to close the pores.

Home Remedies - Homeopathy

Your Kitchen + Your Pantry = Your Health Bar

Your kitchen and your pantry hold a tremendous amount of home remedies for natural healing power. See this list of home remedies that you can start experimenting with as most of us have many of these vegetables or herbs at hand and, knowledge empowers us!

Juices

Juices made from fresh fruit and vegetables are quick and easy home remedies, they have specific healing properties and can prevent and help heal many conditions. They can also provide us with the nutrients needed to sustain a healthy and happy life as juices provide the body with new energy without depleting the energy needed for digestion.

Fruit Juices

Fruit juices are known for their cleansing abilities during fasting. They purify the blood and eliminate toxins from the cells.

Vegetable Juices

Vegetable juices help to regenerate and rebuild the body. They help in the production of new cells.

Raw Juices

Raw juices are usually easily absorbed into the bloodstream. They should be taken on an empty stomach and take roughly 15 minutes to be absorbed. Two glasses of raw juice a day is all that is necessary as a good preventative measure.

NOTE: Fruit and vegetable juices should always be made and drunk immediately. Storage changes the frequencies of the ingredients, which then lose their therapeutic effects.

Ensure a space for your own home remedies in the kitchen. Turn your kitchen or part of your garden into a productive health bar!

Beauty Tip:

BARLEY is rich in phosphorus, magnesium and B vitamins and also contains calcium and iron. It has a soothing effect on the intestines and is a body building food. Here is an old recipe for a smooth complexion using barley. Try this drink at least once a week.

Place cup pearl barley in 10 cups of boiling water and simmer for about 1 hour. Keep the lid on.

Squeeze the juice of 2 lemons and 4 oranges keep the skins. (Organic fruit is preferable).

Strain the water from the barley into a bowl, add honey to taste as well as the rinds of the oranges and lemons. Allow to get quite cold.

Remove the rinds and add the orange and lemon juice.

Store in the refrigerator.

Honey

Honey is both a food and a medicine used in many home remedies. Honey contains potassium, magnesium, iron, calcium, sodium and manganese as well as various vitamins and enzymes. A good rule to honey is that the darker and stronger the honey is, the richer it is in iron and other minerals. When adding honey to your herb teas it is best to allow the tea to cool as heat destroys much of the goodness present in honey. Honey is good for invalids as it is easily digestible. Mix honey with Apple Cider vinegar and water to improve digestive troubles and boost the system to cope with winter chills.

One of the best Home Remedies and Immune System Boosters - Chicken Soup!

- ❖ A few organic chicken pieces, washed, do not remove fat.
- ❖ 1 large onion, sliced
- ❖ 3 or 4 cloves of garlic, whole but pricked with a knife
- ❖ A thumb length piece of ginger, peeled and well pierced through
- ❖ 2 carrots, grated
- ❖ 2 to 3 full leaves of celery
- ❖ 2 little heads of parsley
- ❖ 2 to 3 outer lettuce leaves, sliced thinly
- ❖ 1 to 2 chilies (remove seeds to minimize heat, but do leave a few)
- ❖ Water to cover
- ❖ Salt and pepper to taste

Add all the ingredients together in a pot and simmer this broth slowly for at least 1 hours. Leave to cool before straining. Have once to twice a week, especially throughout winter. Any left-over soup (if there is any!) can be frozen for the following week.

Supplementary Daily Cuppa!

This daily cuppa is one of my favorite home remedies and is made by combining alfalfa, nettles, chamomile, dandelion and parsley which creates a wonderful nutrient filled supplement for yourself. Make a little daily pot of this brew and be sure to add a teaspoon of freshly grated ginger. This mix not only gives you the nutrients you require for the day, it also ensures a good balance of all the tissue salts needed for the system to perform at optimum.

Alfalfa is rich in beta-carotene and contains many vitamins and minerals essential in maintaining basic good health.

Hops are rich in vitamin C and help to ease stress and nervousness.

Catnip contains selenium, an anti-oxidant and Vitamin B5 which is known as the stress vitamin.

Ginger reduces intestinal gases and prevents nausea. It also relaxes the muscles of the intestines.

Peppermint calms the muscles of the digestive tract.

Garlic promotes digestive acidity.

Parsley is a gentle detoxifier that helps speed up the healing process.

Start experimenting with what you have on hand and keep yourself in good health with the results!

Reiki Healing

Reiki energy is within all of us, all of the time... it is as it says *universal life force energy*. Because of this, anyone can transfer magnetic energy (life force energy) to another to one degree or another and help speed the healing process.

A person who has received the Reiki Attunements has simply had this natural ability very greatly enhanced. The person's physical and etheric bodies have been tuned to a higher vibratory level and certain energy centres, chakras, have been opened to "channel" higher amounts of universal life force energy. This focused and concentrated life force energy will flow through his or her hands of its own accord and this ability will be retained for the rest of his or her life.

When doing Reiki, use is made of a neutral but concentrated form of cosmic energy also referred to as universal life force energy. You therefore do not need a special kind of faith or belief to practice Reiki.

People from all walks of life and of many diverse faiths and religions, free thinkers as well as the followers of widely differing philosophies and ideologies use it with the same success. It is important to remember that the Reiki practitioner is only a "channel" for this universal energy.

The reason is that this energy makes its own way to the area of the body in need of treatment since it is evidently empowered with a greater wisdom than our own, for this universal life force energy seems to know where and how and to what extent a patient needs it without our being able to add to or subtract from the effect it produces.

Reiki is a completely self-contained natural healing system. It is complete and whole in and of itself, yet acts synergistically with other healing modalities which can be used for self-healing as well as healing others.

It is a safe, gentle, non-intrusive hands-on healing technique for use on yourself or with others, which uses spiritual energy (universal life force energy) to treat physical ailments without using pressure, manipulation or massage.

Reiki is a holistic, natural healing modality for balancing, healing and harmonizing all aspects of the person - body, mind, emotions and spirit - and it can also be used to encourage personal and spiritual awareness and growth.

As everything in the universe is composed of energy, it means that you can use Reiki on absolutely everything i.e. on what we can see and touch as well as what we cannot see and touch like the past, the present and the future because Reiki energy is pure energy.

It is no happenstance that a method of healing such as Reiki has been rediscovered by Dr. Usui, based in 5 principals and brought back to life in our day and age; for the deeper wisdoms of life counteract the one-sided development of science and technology beautifully.

Reiki Psychic Surgery

Reiki Psychic Surgery is completely non-invasive. Even so psychic surgery is a phrase with many meanings. To some it refers to drawing negative energy out of the energy field and/or the body, to others it means the removal of thought forms, and to still others it refers to processes such as the removal of memory imprints or soul retrieval.

However, Reiki Psychic Surgery as discussed here is a technique to remove deep-rooted blocks of negative or stagnant energy from the energy body. These blockages are often the root-cause of disease and if not dealt with effectively can cause great anguish and instability. Negativity can collect around individual organs and chakras, effectively strangulating their growth and functioning.

Reiki Psychic Surgery is a very effective way of dealing with these negative aspects of life, as well as alleviating and/or healing physical and emotional health problems. You should know that Reiki Psychic Surgery differs from the kind practiced in areas such as the Philippines, where psychic surgery means the literal physical removal of cysts or tumors from inside the body by use of the bare hands, with no cutting instruments, scars or healing time.

Reiki Psychic Surgery is:

- ❖ totally non-invasive
- ❖ safe when done by an accredited Reiki Practitioner

The technique that I will be discussing has been tested for centuries in eastern and shamanic traditions and is designed to remove negative energy or energetic clusters (such as thought forms) from the client's energetic bodies. This technique was taught to me by my Karuna Reiki Master Roenel Evans and I always use the Johre' symbol to cleanse and protect my healing room before a treatment.

During a "RPS" Reiki Psychic Surgery session the client lies still, fully dressed exactly the same as during a standard Reiki treatment, the client is also free to ask questions about what is happening or to observe the process (which wouldn't seem all that impressive unless one is clairvoyant) if they choose.

Reiki Principles

Just for today, I will not be angry.

Anger at others or oneself or at the whole world, creates serious blockages in one's energy. It is the most complex inner enemy. Reiki is an excellent tool to remove anger blockages which have accumulated in the body over years, but it cannot remove the residue of current anger which occurs daily.

Just for today, I will not worry.

While anger deals with past and present events, worry deals with future ones. Although worry is not always a negative phenomenon, endless worries may fill one's head, and each one bores a small hole in one's body and soul. While anger requires a focused Reiki treatment to remove obstacles, worry requires the energy to be spread throughout the entire body.

The Reiki Psychic Surgery Technique

On occasion when working on someone, a healer will feel a sticky, almost honey-like substance, form on the skin surface of the client. To Parapsychologists this is a form of Ectoplasm, to healers it is a form of negative energy being released by the body. It is best to remove it by drawing it out with action and visualization rather than just wiping it off.

1. *Move behind the client, draw the Usui Master symbol on both of your hands and clap them together 3 times repeating its name to yourself 3 times. Do the same with the Power Symbol. Now draw the Power Symbol down the front of your body for protection and then draw it over your Heart and Crown chakras to open them.*
2. *Your next step is to create "Reiki Fingers" which you do by "extending" your physical fingers through intention and visualization in the air about 15 - 20 centimetres (6 to 8 inches).*
3. *While you create your "Reiki Fingers", breathe in through partly closed lips so you can hear the air flowing. Do this 3 times.*
4. *Then pat the ends of your imaginary extended fingers and if you cannot feel them, imagine you can actually feel them. Draw the Power Symbol on the ends of the fingers on both hands. Move your hands around feeling or imagining that you can feel the extended fingers and the power they contain.*
5. *Say a prayer, or affirmation, either out loud, or to yourself. Ask your Reiki Guides, the angels, archangels, all healing beings of light and the Source to work with you to create the most powerful healing possible and that the healing take place within Divine Love and wisdom so that the highest good is created for all concerned.*
6. *Locate or visualize darkened energy in the area where the ectoplasm has appeared and the block is located and draw the Power Symbol over this area.*
7. *Using your hands, imagine that you are "reaching in" and "grabbing" the negative energy with your "extended" Reiki fingers, pulling it out and sending it into the Universe to be transmuted. This is done with physical, emotional, mental and spiritual intention in other words with the full strength of your being.*
8. *When you pull the negative energy out, breathe in vigorously through partly closed lips, making an audible sound. When you release the energy to the Universe, breathe out vigorously.*

Just for today, I will be grateful.

Be grateful from your hart inward. Inner intention is the important element in this principle. Simple things as thanks, forgiveness, smile, good words, gratitude can improve others life and make them happy.

Being thankful brings Joy into the Spirit.

Just for today, I will do my work honestly.

Support yourself and your family respectably, without harming others. Earn a respectable living, live a life of honor.

Working honestly brings Abundance into the Soul.

Just for today, I will be kind to every living thing.

Honor your parents, honor your teachers, and honor your elders.

Being Kind brings Love into the Will.

NB: When using your breath in this way imagine you are breathing through your hands which will prevent you from pulling the negative energy into yourself.

9. Each time that you grab some negative energy and pull it out, shake your hands off just as you would do if you were shaking water off of them. This will shake the negative energy off your hands.
10. Once flung off the hands, the energy simply dissipates into the ethers. It does not collect in the space. In fact, shaking your hands and/or crystals in the manner described above is one of the most effective cleansing techniques available, and the leading one used by many clairvoyants.
11. It is important that you actually visualize yourself pulling the energy out of the person and you may actually "see" the negative shape, or you may be aware of it in some way. Use your perception to guide you in the way you pull it out until no blackened energy remains in your visualization.

Once you have cleared the person's field of the negative energy and shaken the energy off your hands for the final time you have completed the Reiki Psychic Surgery. Be certain to resume healing in the spot you drew the energy out from. It will most likely need to be filled in with a significant amount of healing energy.

The above technique is one of the simplest and most powerful techniques that I have found for drawing negative energy out of the body.

12. After the finishing the Reiki Psychic Surgery and the Reiki healing use a "Karate Chop" in the air between you and the client to break the connection.
13. Retract your "Reiki fingers" by pushing them back as you blow out of your mouth.
14. Continue with standard Reiki treatment using all the hand positions.

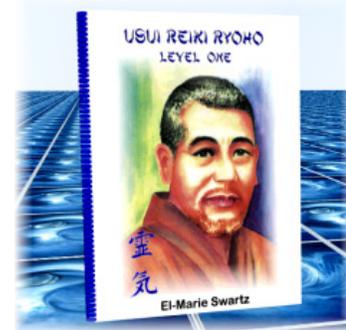
As with any Reiki treatment, it is unnecessary to believe in Reiki psychic surgery in order for it to be effective.

The above technique is very easily learned and is very successful in healing others. After many years of practice and having taught many practitioners to become proficient in the healing art of Reiki, I have developed the following Reiki Courses which are fully accredited:

[Reiki Level 1 or First Degree; Reiki Level 2 or Second Degree and Reiki Advanced or Third Degree](#)

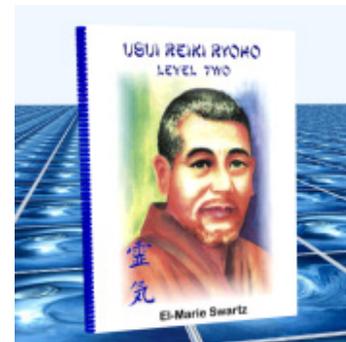
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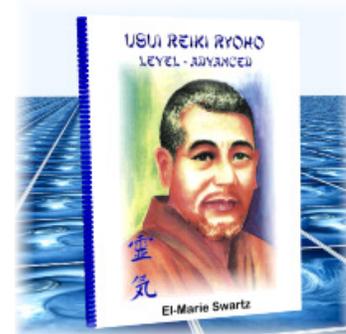
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Reiki Level III

10% Off your code – reiki3



Resources

"No duty is more urgent than that of returning thanks."

~ Unknown ~

To my husband, Leslie for all your patience and all the "YES DEAR'S", for your help, support and your priceless encouragement and most of all in gratitude to YOU my soul mate I say:

Thank you,

For realising our destiny when I was blind

Thank you,

For caring enough to be my friend

Thank you,

For pursuing me when I was unwilling

Thank you,

For giving me time to catch up

Thank you,

For teaching me about passion

Thank you,

For putting a smile on my face and a twinkle in my eye

Thank you,

For having had the courage to take the whole package

Thank you,

For your gentle touch when I need it most

Thank you,

For understanding my confusion

Thank you,

For giving me space to find myself

And most of all . . . Thank you for your love! *(Thank you to the author of these words, I could not have said it better.)*

Spiritual Beings - angels, guides and fairies

I wish to express my heartfelt gratitude to all the guides, angels and fairies for the amazing synchronicities I have experienced not only during the writing of this course but throughout my lives.

Special People

So often in inexplicable ways, someone will come, offering a key to a door which must be unlocked and opened. There are many halls of learning and knowledge and there are many who come with keys to these doors. When the time is right, and when we are ready, we are shown and we are taught that which we need to know. Thank you wherever you are!

To the brilliant and awe-inspiring authors - Thank you for sharing your knowledge with humanity.

Angels

- ❖ Working with Archangels – Theolyn Cortens
- ❖ Angel Therapy – Denise Whichello Brown
- ❖ How to work with Angels – Elizabeth Clare Prophet
- ❖ Archangels and Ascended Masters – Doreen Virtue
- ❖ The Angel Bible – Hazel Raven

General

- ❖ Deepak Chopra and Gary Zukav for your many inspirational books.
- ❖ Louise L. Hay, thank you for being such an inspiration and for the innumerable books and opportunities you've created through Hay House.
- ❖ Brandon Bays, thank you for sharing your journey with us.
 - ❖ [The Journey - Brandon Bays](#)
 - ❖ [Freedom Is - Brandon Bays](#)
 - ❖ [Living Magically - Gill Edwards](#)

Colour Energy

- ❖ [Colour Healing Manual - Pauline Wills](#)
- ❖ [Colour Healing - Pauline Wills](#)
- ❖ [Color Power - Philippa Merivale](#)
- ❖ [The Colour of Life - Judith Collins](#)
- ❖ [Healing Colour - Theo Gimbel](#)
- ❖ [Know Yourself through Color - Marie Louise Lacy](#)
- ❖ [Heal with Color - Ted Andrews](#)
- ❖ [How to Light a Candle - Lou Bognon](#)
- ❖ [Space Clearing - Denise Lynn](#)

Chakras & Auras

- ❖ [Way of Chakras - Caroline Shola Arewa](#)
- ❖ [The Chakras Handbook - Sharamon Baginski](#)
- ❖ [Chakra Therapy - Keith Sherwood](#)

- ❖ Chakras - Naomi Ozaniec
- ❖ Working with Auras - Jane Struthers
- ❖ [Aura Energy - Joe H Slate](#)
- ❖ The Book of Chakras - Ambika Wauters
- ❖ Eastern Body, Western Mind - Anodea Judith

Crystals - The Rock People of the Mineral World

- ❖ [The Illustrated Guide to Crystals - Judy Hall](#)
- ❖ [The Crystal Bible - Judy Hall](#)
- ❖ [Crystal Healing - Judy Hall](#)
- ❖ New Crystal and Healing Gemstones - Judy Hall
- ❖ The Book of Crystal Healing - Liz Simpson
- ❖ The Book of Stones - Robert Simmons & Natasha Ahsian
- ❖ [The Illustrated Directory of Healing Crystals - Cassandra Eason](#)
- ❖ Crystals and Crystal Healing - Simon Lilly
- ❖ The essential Crystal Handbook - Simon and Sue Lilly
- ❖ Crystals, Colour and Chakras - Sue & Simon Lilly, Stella Martin, Josephine de Winter & Gill Hale
- ❖ A Guide to Crystals - Jenny Harding
- ❖ The Crystal Heart - Ra Bonewitz
- ❖ Crystal Therapy - Stephanie & Tim Harrison
- ❖ [Crystal Awareness - Catherine Bowman](#)
- ❖ Crystals, Messengers of Light - Swami Gopala & Swami Padma
- ❖ [Gems and Crystals - Kristyna Arcarti](#)
- ❖ Crystal Healing - Phyllis Galde
- ❖ Crystal Therapy - Doreen Virtue & Judith Lukomski
- ❖ [Healing Crystals - Michael Gienger](#)
- ❖ Crystals Pocket Guide Series - Maryann George
- ❖ [The Hidden Messages in Water - Masaru Emoto](#)

Internet

To all the wondrous people out there taking part in this magnificent tool we call the Internet, thank you that, at this momentous time in the history of Humanity and the Earth, you are sharing so much knowledge and information, that had roots deep in the past, giving humankind the opportunity of understanding our unique and important role as creators of our own realities and therefore the All That Is.

For more Energy Healing Courses, Healing Charts and Books visit:

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Personal Notes

NB: When making your own personal notes in the space provided below DO NO FORGET to SAVE your document!

