

*A hundred torrents rise
From the surge my soul within;
The heavens in glad surprise
Stand still to behold me spin.*

Jelaluddin Rumi, 13th Century Anatolia

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FOREWORD

I have written this book in response to my experience of searching through the maze of health care options to heal an emotional upset in my own life. I hope the information will shed light on the healing journey. I knew there was ‘something’ out there to help me but it all seemed illusive and unclear.

My healing journey has led me through a maze of learning opportunities. After many experiences, some painful and some funny, but all enlightening, I finally discovered how to heal myself. I received help from many wonderful friends and healthcare professionals. Most of these wonderful people worked with energy fields to assist the healing process. I found along the way, by talking to friends, colleagues and fellow travellers that although there are many healers and healing methods available, the process of healing is a mystery to many. People seemed to be looking for help but were unsure about where to go or even what there is out there to go to, just as I was. I stumbled along and followed my instinct. Chance seemed to play a big part in finding the right people to help me when I most needed it. I hope that the information that I offer in this text will help others to find their way through the maze.

I learned that there is a process to healing, a pathway that has a beginning and an end. I discovered that healing is a very spiritual experience with many possibilities to choose from in order to find the end point of healing – inner peace and a sense of connection with the Divine essence within. Finding the end point is to find peace and to touch the soul. I learned that chance doesn’t come into it – it’s synchronicity that brings the teacher to us. The energy we give out in our thoughts is like a magnet. So, what we give out attracts back to us what we have sent out. Synchronicity is the result of the magnetic field. So if our thoughts are about readiness to learn, a teacher will appear for us. When we are ready the teacher appears.

This is a book about the process of healing. It is a guide with information and suggestions at each step in the process that you can choose if you wish to explore your own healing. This is not a ‘how to’ of Yoga or any of the other healing suggestions I have made. Health and healing are defined and the process of healing is outlined and supported by suggested readings, activities, CDs and music.

A brief overview of the Chakra System (Eastern energy medicine wisdom) is also included in this guide. (Appendix A). Please refer to it as you read the references to it in the suggestions for healing, which are at the end of each chapter.

I have provided a book list; see Appendix B at the end for suggested reading on the subject of quantum physics, soul, psychology and the Chakra System.

The information in this book can show you how to access your hidden beliefs and how you can heal yourself in the process and re-connect with your soul. I hope that this guide will shed some light on the process of healing so that you too may make the exciting journey back to yourself!

INTRODUCTION

Who are we? Why are we here? What is our role on the planet?

Our health state is intimately connected with these questions and healing is the process of seeking the answers.

There are many causes of illness. There are accidents, genetic errors, environmental factors and opportunistic bugs that sometimes create disease in our bodies. The perspective of healing that is covered in this course is inclusive of all these possible causes and it also includes the belief that healing may be required for emotional, mental and spiritual problems.

My approach is from the perspective of New Science – the Quantum world of particles and frequency. This is a perspective which acknowledges a spiritual base to the understanding of the nature of our universe.

This work does not ignore the validity of western medicine. I recommend that you seek help from your local doctor when you have a physical or emotional ailment. There are times when surgery or drugs or expensive technologies will help restore our health.

There are also times when a healing of the spirit is required and western medicine on it's own may not be enough.

This material is not a text that attempts to tell you how to remedy all your physical ailments or to suggest that we can eliminate all illness from our experience.

Neither is it an attempt to reproduce knowledge of the various methods of healing there are. That information is already out there in the myriad of published work on the subject.

This text outlines a process of healing that is relevant to all illness. It is a process that can illuminate the path to healing and guide you through the maze of health care that is available.

It is a text that springs from my own knowledge and experience of both western and eastern health beliefs as well as knowledge gained from my own healing journey.

We are human beings with a soul, a spirit, a body and an energy field that is our consciousness, our thoughts and our feelings. In short, we are not our physical body. We

are not our emotions or our minds either. We are spirit energy with a vibration and frequency field of our own.

A key idea that underpins my beliefs about health and healing lies in the notion that we are a spirit with a physical body. More importantly, our physical self has been carefully chosen by us in order to help us learn how to know ourselves better. Our physical body is a vehicle for our soul and as such it is a reflection of our consciousness. Our inner spirit self relies on our ability to learn who we really are through our interactions in our physical world. When we can recognize that our starting point is that of a spirit self, it is easier to accept that our physical experiences are fantastic opportunities that can show us what we need to learn so that we can recover the inner spirit self. Our inner self is a reflection of our outer self and vice versa. Our outer world is a reflection of our inner self. So if our outer world is in turmoil, this is a reflection of our own inner turbulence.

We can recognize inner turbulence through our feelings and emotions. My emphasis is on the exploration, releasing and rebalancing of suppressed emotions. It is via our emotions that we are able to witness our 'inner being' – that part of ourselves that is often kept suppressed or ignored. Suppressed emotion over a long period of time has the capacity to set up an environment in our bodies that allows disease to occur. E.g. Long standing suppressed resentments have the potential to set up a suitable environment in our cells in which a cancer might grow. Resentment eats away at us, just as does a cancer cell. As we uncover these suppressed emotions and release them we become more aware of 'who' we truly are. As we come to know ourselves we will feel more at peace. As this occurs our consciousness expands and not only do we feel more at peace within ourselves we will feel more at peace with each other and with the world at large. This gives us a feeling of connection to the divine spirit within. When we feel this divine spirit within, we are experiencing real harmony and true rhythm. Our soul is happy.

In the world of New Science, new beliefs about health and healing are emerging. Many physicists working with quantum research are now telling us that at the heart of this science there is an indefinable yet undeniable divine essence. As a healer working with energy to heal, I believe this essence is the spirit which is always present and which feels our pain and our joy. It is our pain and our joy. This divine essence is our guidance system, an inner knowing, that has messages and information for us. I believe it is the telepathic wisdom that we can experience when we get a message that might tell us not to get on that plane or to ring a relative and you discover they are ill and need you. Everyone has this inner guidance system. By following a healing journey you will gain greater access this inner wisdom.

Just as there is a world of material matter and also of a non-material matter, we as humans, are quantum beings, in a particular combination of particles that gives us a sense of solid matter, a quantum particle body within which we create our own energy fields in the greater universal energy field. The energy of the quantum world recognises that the energies of everything in our world resonate to a frequency. This includes, music, sound and colour. As quantum beings we too have a vibrational frequency that we can feel and change at our will. We have our own energy fields.

Staying healthy involves discovery and mastery of these energy fields. These energy fields are the very essence and substance of our lives. If we set up a negative energy field with our negative thoughts, we will have a negative reality. Our thoughts are a form of energy and they reflect our inner feelings. Thoughts are transmitted as a vibration in the energy field. Probability theory tells us that positive thoughts attract positive outcomes. Negative thoughts attract negative outcomes. We are what we think! Our beliefs are formed by our thoughts. Our thoughts create our reality. This is quantum physics at work. As we become masters of our own energy fields we will heal. We will raise our consciousness and become enlightened.

I hope that by reading information provided in this guide to healing you will find something that can help you work through your life lessons and heal with more ease and that in so doing you will restore your soul rhythm.

There is a reading list at the end of the text. This is by no means an exhaustive list. There are dozens of books out there that you may feel drawn too. Please be guided by your instincts and choose whatever feels right for you.

I hope that I have presented this material in a way that is simple and logical. For a topic that at first, to me, seemed so complex, it is really surprisingly simple and straightforward. What is most difficult is the reluctance we have as humans to let go of 'old familiar ways' as Simon & Garfunkel said.

Suggested Reading: A Little Light on the Spiritual Laws. Diana Cooper. Hodder and Stoughton. 2000

Plus any of the Science books listed in Appendix B.