



# What is Healing?

HEALING is a vast subject, and toms of information have been written about it.

HEALING implies a need for change; this could be on a physical, mental, emotional or energetic level. Often where there is an energy block, it is because something from the past still needs to be released or an emotional wound or trauma still needs to be HEALED.

HEALING can take place on many levels in whatever way is needed. Deep wounds may need a HEALING balm and the greatest balm is love.

Listen to what you feel, don't suppress or ignore it, where there is discomfort look for the right sort of support that will nourish you in the way that you need.

HEALING unwinds, unlocks and transforms and it brings release that sets you free from the past. What in you still needs healing or attention? At times we all need assistance, guidance and support. When you feel there is a need for deeper healing, find someone to work with who will help you clear the cobwebs of the past so as to fully embrace the present and welcome the future. Only the past holds you back. Ask for the right person to come into your life and someone will appear.

Wild animals retreat, fast and sleep when they need to HEAL; most humans have forgotten how to do this, how to turn inward when HEALING is needed and the importance of relaxing, resting and being quiet. Times of solitude and meditation are essential for any type of HEALING.

Time can also be a great HEALER, time helps you to see things differently, to forgive, have compassion and to let go. HEALING starts in the mind, by the way you see things and by changing your perception. Ask to see things differently, to gain a new perspective, which will give you more clarity so as to help you move on.

Sometimes there are still lessons to be learnt, which take time, then HEALING cannot be achieved until this has been accomplished or until a shift in consciousness occurs or a deeper understanding is acquired.

## Reflections on HEALING

HEALING takes you to a new level where you can embrace love, warmth, kindness, tenderness, sweetness and joy. HEALING replaces all fear and asks you to trust in the ultimate support of the Divine. HEALING calls upon humility, forgiveness and compassion to play an active role in the process of letting go.

HEALING acknowledges a higher power, the magnitude of which is difficult to imagine. HEALING calls upon the Violet Flame to purify and heal all karma and the Crystalline Christ energy to HEAL through opening the door to love.

The HEALING spiral waves can cleanse and purify and remove the dross, including personal limitations and lower vibrations. HEALING waves can touch the soul and awaken the sleeping consciousness and lift one up to the transcendental realm, where purity and unity prevail.

Bring yourself back to balance, nurture yourself well, HEAL your mind, heart and body all the way down to the cellular level. Clear out the remnants from the past, shed the skeins that have bound you so tight and set yourself free to take a new path, which will lead you in the direction of enlightenment.

Come to know who you are and appreciate your own personal journey of HEALING and everything you have encountered and learnt along the way, which has brought to this amazing moment in time. Then as you move forward, you will feel free to explore the path that lies before you with gratitude and without fear. Then as a greater sense of self emerges, you can move from individual HEALING and begin to explore a whole other level of global HEALING wherein you can be of service to humanity.