

LIFE TIMES

A Quarterly New Age Spiritual Magazine

January 2011

Rs. 50/-

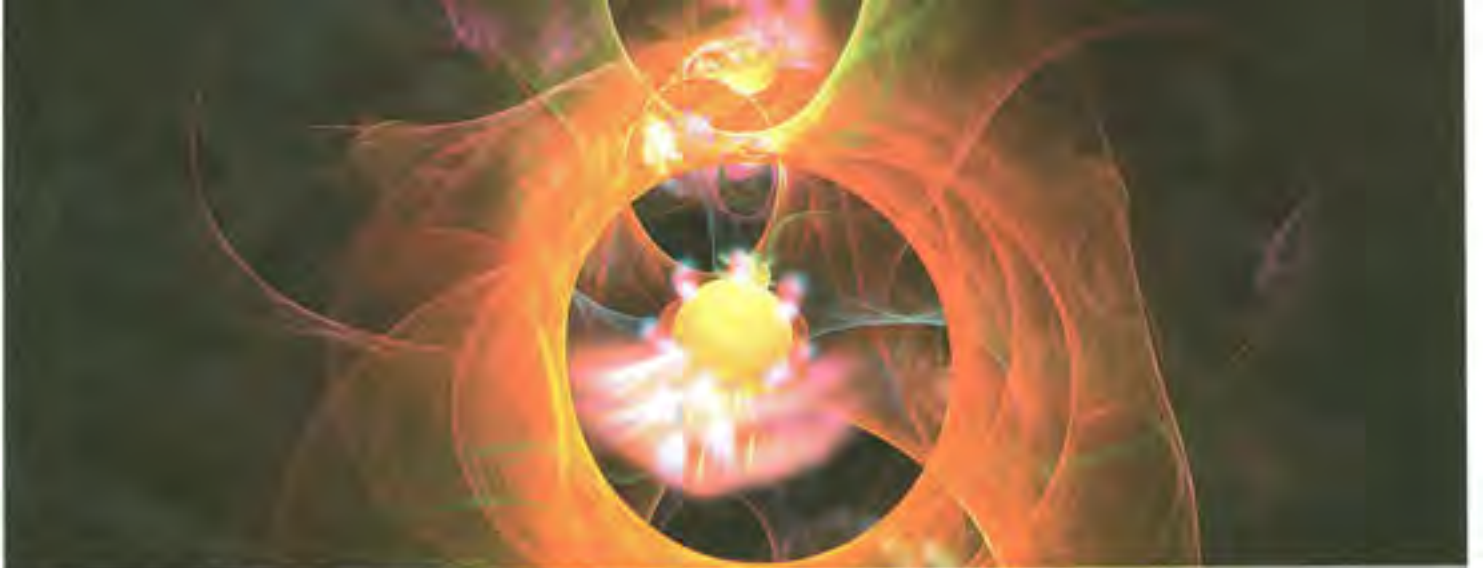


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Essentials To Sustainable Healing

All healing is first a healing of the heart.

- Carl Townsend



Gurpreet Singh

Every once in a while every healer in every form of healing comes across someone who just does not heal. No matter what you do, the person is back with the same, different and/or generally bigger problem. This is neither surprising nor unexpected because

occasionally the healer and the client miss the blocks to healing and more usually ignore the extreme importance of the way the suffering person must live his or her life post healing.

No matter what the healing practice you follow, there is a certain mystery to healing and how it works. Can every illness be healed? Of course YES. Will every illness be healed? Obviously, NO. Sometimes a person must go through suffering and confront his fears and negativity through illness for the evolution of his soul...and sometimes death is the only way that healing can take place. In such cases death is not the problem but a part of the solution.

That said; let's look deeper into what prevents healing and what can make it sustainable. Let us start with the obvious that may have been missed out like

- Were there any contraindications that were glossed over?
- Does the client have an ulterior motive to remain in therapy? Is there some secondary benefit that the client derives from his state of discomfort that will go away should he heal?
- Do the words that you use build hope, and are they compatible with the energy of the client?
- Would a different method suit the disposition of the client?
- Is the energy of the client and the healer compatible? If not, the healer must have the grace to recommend the person to someone else.

Unlike conventional medicine which will more often than not work in any case, alternate healing require the participation, belief and faith of the person seeking help. As a healer you must always make this clear to your clients so that they step into the therapy knowing that 100% of the work is theirs, and that they have to take complete responsibility for their healing. Whenever an organism invades a body only one will live, either the invader or the defender. The one who survives the encounter is the one who has a greater passion for life. The client must want to heal / live, not just on the

surface but even in the deeper unstated motivation. Those who wish to die can rarely be helped. The topic of passion leads us to the issue of energy, as passion is to do with the energy that you commit to a certain task. All health, healing and well being requires energy. This would mean that healing is to do with handling energy, removing energy blocks, moving energy to the right place and utilizing energy for the passions of our life. It thus becomes imperative that we understand how to get energy, preserve energy and prevent energy leaks so that abundant energy is available for health and well being.

Holding an illness in our bodies requires a lot of energy. It is like holding a ball under water. Once the healing has taken place this energy is released and is available. This energy has no "work experience" but that of creating a state of illness. So if it is not utilized it comes back over a period of time and the next time around it creates a disease that's bigger and creates it much faster than the last time. Have you not seen how some people stay in therapy all their lives, coming again and again with bigger complications?

The importance of "Life after Healing" now begins to fall into place. The work of healing done, the healer must explain to the client the concept and the importance of utilizing the released energy. This brings us to the question of a "passion" in life for only a passion can effectively utilize energy. I generally instruct my clients, post healing, to start doing something "That they always wanted to do but never had the time to do" This need not be something big and physically exhausting - it can be anything like painting, music, dancing, walking in nature etc., anything that they really love doing.

Passion for life or a passion for something in life leads us to the next concept of "Being on the path with a heart". If you are on the path with a heart, then there is joy and your spirit is uplifted. If however, you are not on a path with a heart then, the journey of life offers no peace, no joy, no sense of wonder and mystery but instead only a desolate, bleak, stark, uninteresting and a thoroughly depressing journey. A path that has no heart makes the traveler look upon life with anger and bitterness. No one path is any better or worse than the other...they are all the same...or none of them are going anywhere. If there

is no predetermined agreement regarding the destination that we need to be at, after a certain number of life times, then the only thing left is the journey. If the journey is all that we have, we had better be on a path that has a heart and enjoy the journey or leave the path that we are on, to be on the one that has a heart.

When occasionally, I come across people who would not be able to grasp this concept, I merely put them into a ritual. A ritual is as good a way as any other to utilize energy. I devise these rituals intuitively depending on their education and belief systems. Rituals are very powerful with a certain class of people, for they foster faith as well as utilize energy. (A ritual is powerful when done consistently over a period of time, preferably 40 days, and preferably at the same time every day). We will come to more of this later.

As beings of energy, any state of illness (mental, emotional, physical or spiritual) is an indication of body being in a condition of "energy deficit". This energy deficit can be corrected by completely reordering the dynamics of the energy interaction that we have with the world of everyday life, the ordinary middle world reality if I may say so. Everything that we do and we don't is a component of our interaction with the world. Clients, post healing, must be encouraged to look at every component of their life (their relationships, jobs, activities, hobbies etc) and determine with clarity on which of the following three things happens to them energetically when they are involved in any component of their life:

- Does it give them energy?
- Does it take energy away from them?
- Is it energy neutral?

Having done that, they need to take conscious decisions and act with awareness to reorder their energy interactions and dynamics with their world. Things that take away energy must be either converted to energy positive or energy neutral state, failing which they must be discarded from their lives. An attempt must be made to convert the energy neutral components to energy givers. This is important if energy leakages are to be

plugged.

Our lives are so full that we are often hard-pressed for time and space to introduce something new into them. We seem to have no spare time and that is the reason that this ordering or reordering of energy is required, for only if something will go out of your lives will you have the space to put something else in.

As healers we must consciously look for the regrets, anger, guilt and fear that the client may carry. (Fear creates a gap in the energy body from which vital energy goes gushing out. It leaves the person weak and powerless.) These are all contributing blocks to healing. I am personally inclined to think that the biggest block to healing comes from lack of forgiveness. Forgiveness is a spiritual act of perfection that releases the psyche from a need for vengeance and thereby leads to powerful healing. Shamanic rituals are very powerful tools in removing these blocks to healing. When Shamans use talismans to remove blocks, the talisman does not represent the block - it is the block. These shamanic rituals may be simple or complex, they may be organized individually or be a part of group ceremony but are in either case equally effective and powerful. The power of rituals comes from the fact that they engage the total being - in mind, body and spirit. However, all rituals are only mere crutches that may be used to assist in the case of extreme weakness. They need to be discarded as soon as the person finds the inner strength.

Finally once healing is done, clients must be explained that in keeping with the law "As Above So Below, As

Within So Without" their new found wholeness must reflect in their surroundings to make the healing sustainable. Homes and places of work need to be redone to reflect this new state of being. The body, the container of our spirit, too must be taken care off so that it is healthy and strong to support the spirit in its work. Every individual must work with the rhythm of nature that energises them. Your performance may peak in the morning, afternoon, evening or night. Maybe the cycles of the moon help you in some things and hinder in others. Maybe you are more active in winters and more contemplative in summers. Discover how the rhythms of nature affect your life and then rearrange your life accordingly. The purpose is to be in harmony with the cycles of nature and to be able to flow effortlessly in the river of life.

Lets us not forget that though pain can be meaningless, suffering is always with a purpose - the evolution of our soul.

Gurpreet Singh

Gurpreet is a Practitioner and Teacher of Shamanism

& a Past Life Regression Therapist.

E mail:soaringspirit39@gmail.com

Mobile: +91 9818791853

Our sorrows and wounds are healed only when we touch them with compassion.

- Buddha