

## **Spirit & Energy Healing by Laurie Wheeler**

**What is healing?** Healing by nature, is a movement through and transformation of energy, an alchemical process. Alchemy is the process by which each of us moves from our primal state of unconsciousness, through the various alchemical stages, to the realization of full awakening, or enlightenment. It is an interactive experience through which we are constantly weaving spirit and matter into the multidimensional tapestry of life. These cycles repeat as required to transform and change us through the experiences of our body, psyche, and soul. The higher state of consciousness and self-understanding that results – recognition of our connection to the spirit world and awareness of the interconnectedness both of the self and all beings in life.

**How does it work?** Energy and Spirit healing is based in ancient wisdom and traditions of indigenous people from around the world, who are unified by simple principles. In healing, it is the disease or imbalance that forces us to learn how to transform in order to heal. The mind, body and spirit are interwoven (a matrix), acting in their own individual energy forces as a “whole person”. The facilitator, of the healing process, may travel to various realms or work with a particular helper, guide, master, etc...acting as an intercessor to bring power and healing for the person ailing.

### **What are the benefits of these methods of healing?**

- >Subtly helps us change what we know as our foundation and belief systems, in search of something that feels more solid and true to our nature.
- >Medical intuition is reading the symbology of what is happening physically and connecting people, situations, places, that allow it to remain in a pattern.
- >An extraction employs the work of a team of helpers to remove a foreign body, not in alignment with the bodily function.
- >Dissolving the parts of ego to more of our essence. A dying off experience “phoenix rising” of the old artificial persona that is not worth resurrecting.
- >The essence begins to emerge and separate out of what remains from the previous experiences. We are then nudged to develop new ways of perceiving reality in order to function.
- >There merger happens by moving into a higher state with a new perspective. A merging of the essence of our self with our soul.

For an appointment or further info call 508-581-8911 or 207-251-1802.

[www.journeywithdrumming.com](http://www.journeywithdrumming.com)

[www.Wellnesswithin.net](http://www.Wellnesswithin.net)

[www.homeopathy2.com](http://www.homeopathy2.com)

## **Steps to enhance healing**

Preparing yourself psychologically in order to get the maximum benefit from your healing is essential. In many respects, doing your visualizations is like painting a house. The first half is all preparation work. We have all experienced what happens if we skip these meticulous preparation steps: the end result is not satisfactory because the improvement is flawed and doesn't last.

Likewise, to achieve long-lasting benefits from energy healing, we must realize that the groundwork before this journey is just as essential and time-consuming as the journey itself.

We can use our dreams or meditation most effectively by doing visualizations at bedtime or quiet time. Our most imaginative state of mind is during our dream state. This is also our least judgmental phase, so visualizations will more easily become real to us and be processed as actual events at this time. Actively embed into your dream state is a visualization that is most helpful to you and your well-being. You can accomplish this by thinking about a particular visualization as you drift off to sleep, so that it is rooted in your subconscious thoughts.

## **Breathing Exercise**

Breathing effectively during your visualizations is important for providing oxygen and hence energy to all your cells. You can do this by paying attention to your breathing in and out. Breathe in vital life energy and the mental picture will become more realistic.

1. Inhale energy deeply and imagine you are providing your body, mind and soul with everything you need to achieve your goal of wellness.
2. Strongly exhale the air from your lungs and abdominal cavity, releasing what you do not need or want in your body. In this way, you rid your body of any emotional blockages and problems.