

## DECEMBER NEWS

For those of you who receive my course information, you will already know that I have a new and exciting course available to students in the new year.

The course named ADVANCING INTUITION has been prompted by the amount of people who ask, "How does one do this?" Of course I am referring to intuitive healing and animal communication.

I am at present working on a two day course to assist people to connect with their intuition in an effortless manner. Now I say "effortless" as this is the way it should be but for many it often is not. The subject and ability continues to both amaze and excite me, despite having practiced it for many years.

So here is a little more on the subject ...

Intuitive healing is also called high sense perception or X-ray vision as that is exactly what it is. One does this by creating a strong connection to the person or animal that you are working with. This is either done through the sense of love or the intention to assist or serve the being, being treated. In order to do good work, one's intent needs to be absolutely clear. One's mind then needs to be quiet and focused on the body in front of you. Messages are received via one or more of our 5 senses of touch, taste, hearing, smell and sight. The dominant sense is the one where the brain has received the most "exercise / practice".

The stronger senses are different in all of us. For myself, I am more clairsentient than anything else. In other words, I feel things. This is often referred to as a "gut feel". So when I connect, I feel some sensation in my own body. This is often a feeling of nausea or a cold veil of energy over my shoulders and arms. This alerts me to look deeper into the body. This process is usually automatic and has gradually become stronger over the years. I personally feel that by touching people physically, having knowledge regarding anatomy and physiology and being prepared to practice "seeing" the energy field, has strengthened my perception in a powerful way.

I receive my messages in either a symbolic manner or in literal images. For those of you that do receive symbolic messages, I ask you to spend time to understand the meaning of the symbol. I have a comprehensive healing symbol dictionary which I periodically need to update. An example is my symbol for cancer being a circle with dark patches in it. A few years ago, I was asked to see an ill cat. He had been my animal communication client for a few years. When I looked into his body, I saw a picture of tiny squiggly things, just like tiny little worms. Once I understood this symbology, I understood that this is my symbol for feline leukaemia. This diagnosis was later confirmed on blood tests. You can thus see that receiving a symbolic message is one thing but it is most important to be able to decipher the symbol.

If you can imagine your 3rd Eye or Brow Chakra acting as an X-ray machine, looking right through the body beyond that which the normal eye sees, then you are using high sense perception.

Being able to meditate and being prepared to practice will improve your high sense perception rapidly. A useful way of practicing this skill is to sit or lie in a comfortable position. Focus on the inside of your body. Depending on your predominant sense, feel the body. If hearing is your

strongest sense, focus on hearing your breath. Then look deeply into each organ of your own body. It also helps to place ones hand in the region of that organ or body part.

To increase ones clairvoyant skill, extend your closed eye, focus into the room around you. Experience different sensations as you “look at” plants, furniture, art work etc. If you are fortunate to share your life with a pet, do the same high sense perception on it and just see what you find.

If you wish to strengthen your sense of hearing, start listening to sounds properly. Listen to the sounds of nature, a creaking door etc. Listen intently to all sounds behind the sounds. You will be amazed at what you hear. Just be prepared to practice and trust your messages.

Lastly I ask that you be hundred percent responsible when sharing your findings with people. Advise clients to seek medical help and do so without alarming them.

My mission is to assist people and animals to remain healthy and well, thereby enabling all beings to live long healthy lives. Intuitive healing can do this.

Should you be interested in attending any of my courses, please fill in the registration form on this website.

Best of luck on your journey into the New Year. May the Festive Season be filled with love, light and laughter

Please email [info@zeropointhealing.co.za](mailto:info@zeropointhealing.co.za) with suggestions about topics you'd like me to cover in future newsletters.

LOVE AND LIGHT

Debbie