

SEPTEMBER - OCTOBER 2013 NEWSLETTER

An indication of the speed of time and hectic pace of life is (for me) when I get to write my September - October Newsletter whilst on holiday in November.

I have for ever so long needed some time off and being away from home has made me realize exactly how important time off is. When I reflect on the past few months, I realise that it is essential to keep the "tank" full at all times so as not to become energetically depleted. When I say energetically, I refer to our energy being which is made up of the physical, emotional, mental and spiritual bodies.

You may wish to ask yourself where in these bodies you are not maintaining balance. For most, I realise, that we focus on a certain area in times of crisis and often at the expense of the other.

My belief, which I share with many, leans towards the understanding that an imbalance in emotions leads to physical dis-ease. To this, I wish to add that, often I see how an imbalance in the spiritual leads to mental disease. We can no longer operate on one or two levels and expect to live balanced lives.

We can also not expect allopathic (Western) medication to create the balance we need. The quick fix, "let's remove the signs" often leads us to a space of being complacent and not being prepared to delve into the reason for the dis-eases existence.

Some may argue and say that because of the natural law of Randomness, illness or injury can come upon someone for "no reason". I would agree that bad things happen to good people or visa versa but never in my many years of experience as an energy healer, have I not been able to find the blocked emotion, fear and/or belief system, that has caused dis-ease on some level.

Having an understanding of why we attract certain conditions and then how to address it, is in my opinion of great value when wanting to live healthily.

This then brings me to what I call "putting out fire" treatments. I have two types of patients/clients in my practice. The ones that I only see in times of crisis and then those that I once saw in a time of crisis and now see monthly as they work towards keeping balance, not to mention keeping the tank full.

I do not personally believe that a human, or an animal for that matter, necessarily needs one modality of healing in order to achieve this. Rather, I believe that a variety of factors assist us to remain dis-ease free. Examples would be Reiki, Kinesiology, Quantum Touch, Crystal Healing and Spiritual mentoring to name a few.

I realise, for those patients that I see purely as a matter of crisis intervention, that they will never know what a "full tank" feels like. They almost always say the same thing, "I never feel totally well/happy/relaxed ..." or, "One moment all is well and the next all hell breaks loose." The other category of people has forgotten what it feels like to be well on all and sometimes any of the four levels.

Guys and girls, if you fall into the crisis intervention category, please re-look your belief system regarding health and healing and recognise that your body is the temple of your Soul and deserves optimal care.

The following signs are indicators that your body is not in homeostasis. Pain, lack of energy, injury, skin conditions, muscle weakness, high or low blood pressure, sugar imbalance, stress, depression, negativity and feelings of anger, resentment and guilt to name a few.

What do we need to do to keep balance and recognise imbalance in the physical ... eat moderately and eat food that is as pure as you can possibly get, exercise moderately and frequently, have energy balancing treatments and pay attention to minor and acute ailments. (They become major and chronic if not attended to.) On the emotional level ... recognise emotions and recurring patterns, have an emotions barometer e.g. how many lows versus highs are you experiencing, do you often feel uptight? Mentally ... ask yourself if your mind is always busy, do you over-analyse everything, do you suffer from insomnia, have constant negative thoughts or thoughts of suicide? Spiritually ... do you have feelings of loneliness; are you unable to be quiet on your own or always wanting to be alone, resisting or not making time to meditate?

It is my wish that we all live happy, healthy lives and that when life lessons come our way, we learn to recognise them, make changes and grow into awareness and homeostasis on all four levels.

Love and Light
Debbie