

~SELF HEALING~

Go into the quiet time, allow your mind to be free; if you wish to place your hand on any spot, please do, but you have to feel and see the energy reaching the troubled spot. You need to do it on a regular basis. If you have pain in your arm, then you focus on that one place; you feel the energy go to that particular spot. Would you like to try it now?

Let us use the forearm: Place your other one upon it, quieten your mind if you can—and that is the part that people find difficult; you ask for God’s help, or whatever you wish to call God or Great Spirit—whatever is your desire. You should after some time begin to feel perhaps a little warmth, a comfortable feeling within and you have to focus the energy to that spot. I am being very quick, but with practice you will feel heat.

...but if you listen to me about energy, you should after a while feel that energy in the spot that you have asked about.

Serena: What about if the pain is emotional or mental?

That may be a little more difficult, but not impossible. The emotional pain is still pain and I would suggest self healing plus the help of the healers in the world—yes.

Serena: But where would you put your hands, because you can’t always identify where it hurts—

You do not always have to place the hand, if you are more comfortable just with the visualisation of the energy. So whatever would feel comfortable for emotional healing—perhaps around the heart area; the top of the head is an important healing point, but would perhaps not be too comfortable to maintain. But I would suggest that you just focus on energy rather than placing your hand anywhere.

Sarah: What happens in the case of Sally/terminal cancer?

Yes, we go into different situations when disease has captured the body to that degree, then it becomes a little longer, a little more difficult, but possible. Nothing is impossible when it comes to spirit. The time to start self healing, if there is any condition, is when it is first noticed.

Paul: If you’ve got more than one issue, would it be best to just focus on one thing for say a week or so and then—

I would suggest you give all of yourself the opportunity to heal (right). Yes, they are not separate issues. Dis-ease of the spirit, of the body is a combination of all things.

Paul: So you bring—

You place yourself

Paul: —healing to the whole body—

Yes, yes.

Paul: That’s a lovely thought to go away and practice on—