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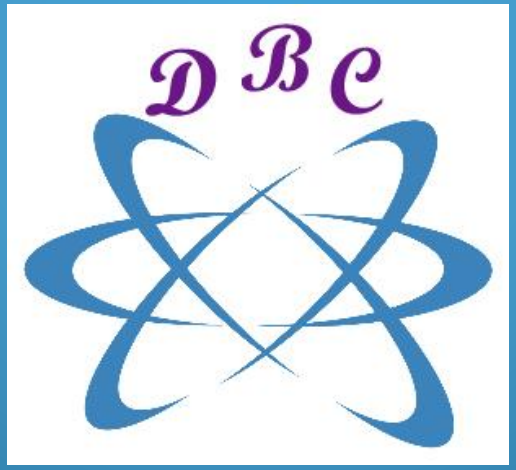
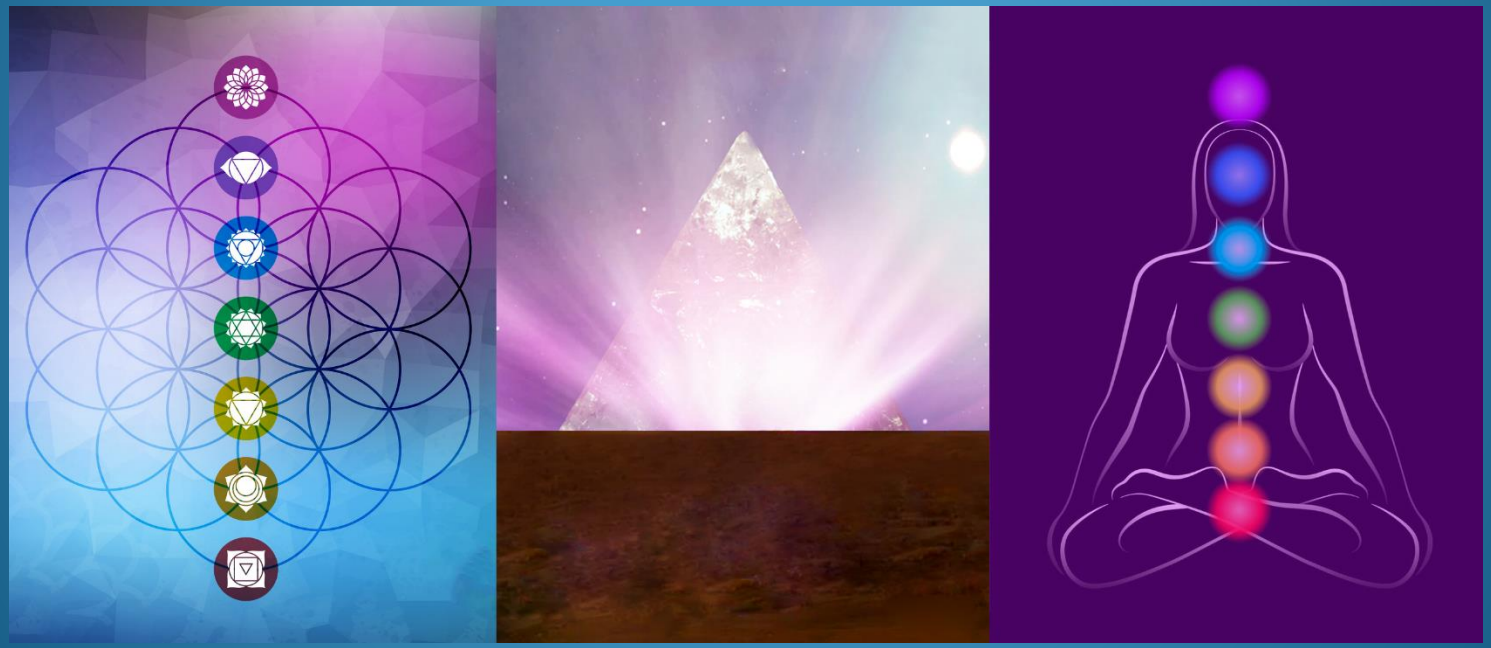


PRESENTS

ENERGY HEALING PRINCIPLES



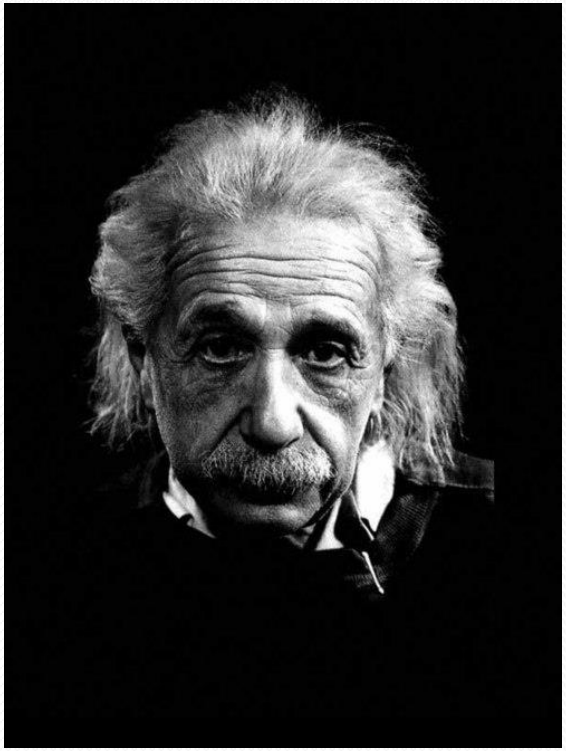
Quantum Body Balance

Everything is energy

- Einstein discovered that everything is energy: $E=MC^2$
- Matter is energy vibrating at a slower rate

"The deepest and most sublime feeling we are capable of is the experience of the mystical. From it alone true science arises. Those who are unfamiliar with this feeling, those who cannot wonder about it and cannot lose themselves in reverence, they are already spiritually dead."

Albert Einstein



Matter is not as solid as we may think

- Atoms are 99.9% empty space.
- The ratio of the space between electrons and the nucleus in atoms that comprise matter is akin to the ratio of stars to space in the Universe. As above so below.



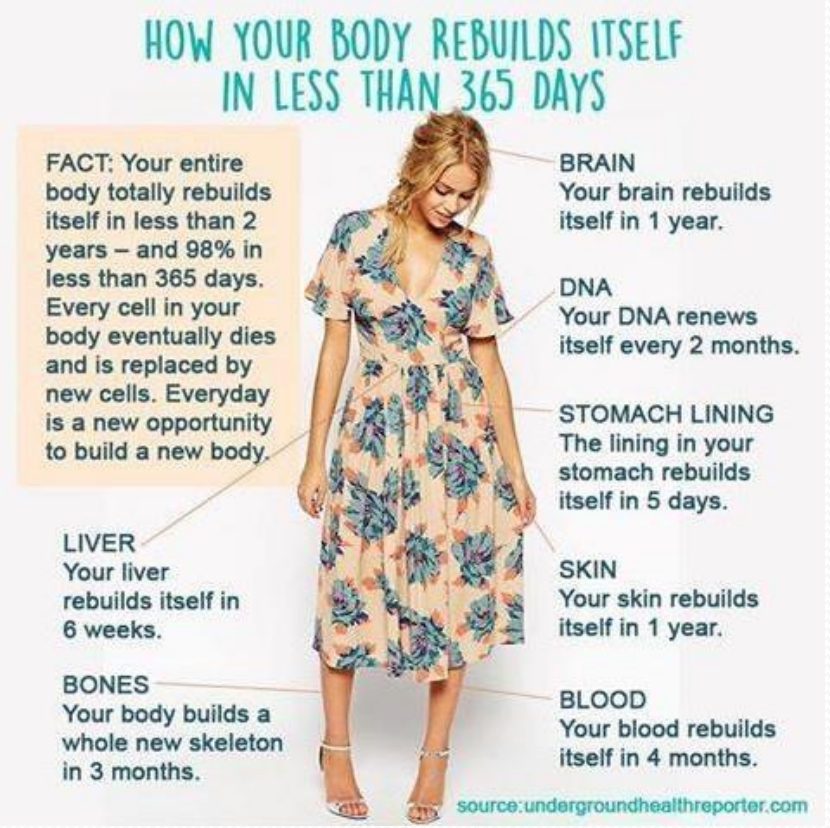
Nor is the human body intractable

- The human body is much more malleable than we are led to believe.
- What we think and the quality of our thoughts, manifest in our bodies for better or for worse.
- The human body is highly responsive to energy.



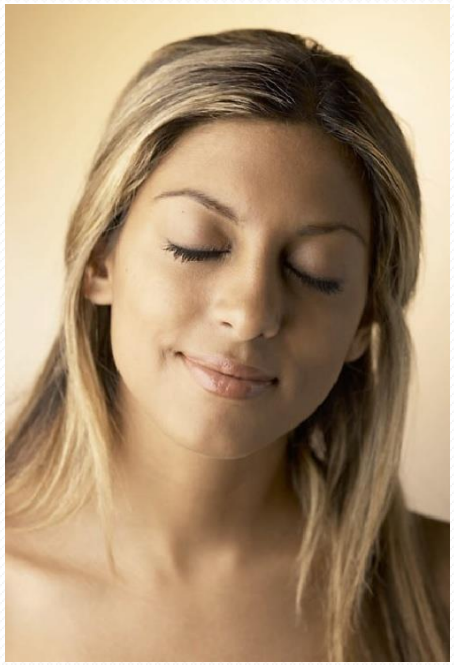
Your body renews itself

- Since our bodies totally renew themselves in less than 2 years why are we not walking around in perpetually new bodies?
- I would suggest that it is our habitual toxic thinking and disharmonious emotions that are partially responsible for physical deterioration.



To heal the body we must heal the mind

- Thoughts that are out of accord with who we are (negative thinking) have a detrimental effect on the body.
- When we are ill at ease the physical body reflects that dis-ease. Think beautiful thoughts.



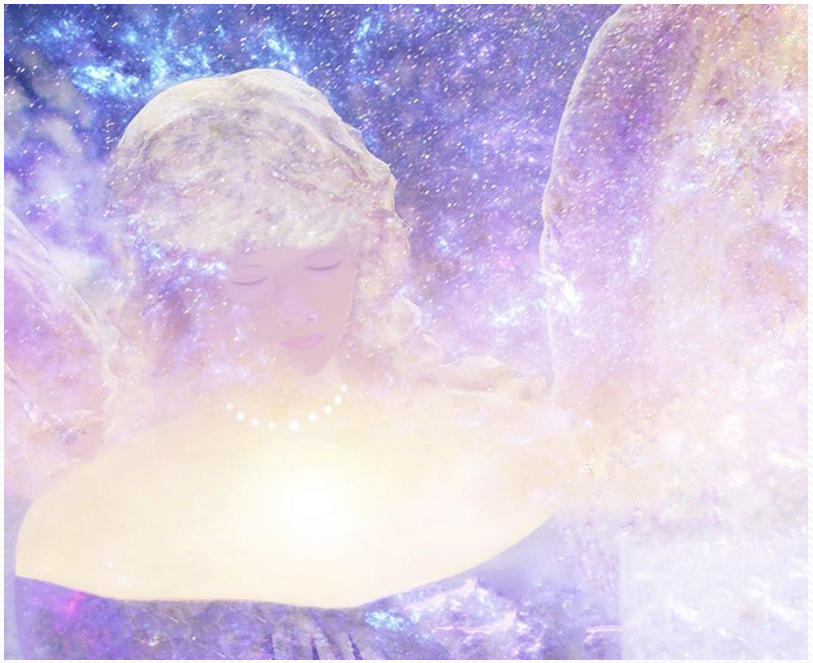
Our nature is love

- We are radiant beings of love.
- That's why when we have thoughts and emotions that are contrary to love, we feel bad.
- All negative emotions are produced by fear at some level. They are all fear based.
- Fear is the absence of love.



Divine Love is the greatest power in the universe

- Divine love heals all because it transmutes all, being the highest vibration.
- Divine love heals the physical body by bringing our thoughts and feelings back into accord with our true nature which is love.
- When unobstructed it will transmute anything that is not in alignment with itself.



Divine Love – the master healer

- My task as a healer is to be a clear channel for Divine Love, to be surrendered and centered in my heart.
- Basically to get out of the way.
- The vibration of the recipient is raised by Divine love which transmutes all manner of negative thinking and the accompanying negative emotions.
- In this high vibration of peace and love the body comes back into harmony and is healed.



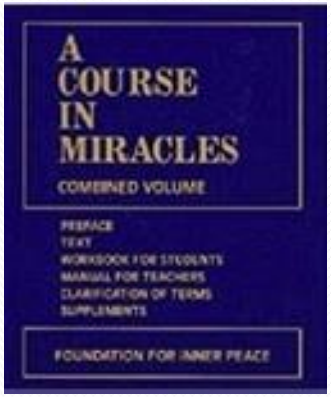
Quantum Body Balance

- Quantum Body Balance involves transmission of potent healing energies.
- All the internal organs are stimulated and the energy centers (chakras) are aligned.
- It is especially effective for pain reduction or complete elimination of pain.
- The body becomes relaxed, balanced, and revitalized which greatly increases the ability of the body to heal itself.



Something To Ponder

- "It is when judgement ceases that healing occurs because only then it can be understood that there is no order of difficulty in healing…it is no harder to wake a brother from one dream than from another."*
- "Only forgiveness heals an un-forgiveness, and only an un-forgiveness can possibly give rise to sickness of any kind."*
- "One wholly egoless therapist could heal the world without a word, merely by being there. No one need see him or talk to him or even know of his existence. His simple Presence is enough to heal."*



*From ACIM
"Psychotherapy: Purpose, Process And Practice"

Notes - 1

- How you can tell that your true nature is love? - because we feel terrible when we think, speak or act in an unloving or negative way.
- To discover your life purpose, get in touch with what you are passionate about. What do you care about? There have been clues along the way - look for them.
- Meditation is communing with your true self and God and since you are love (an extension of God) and God is love, in essence you are communing with love. Whatever gets you into that state of loving communion is a valid meditation.

  It may be a walk in the woods or by the water. It may be through dance. It may be playing with your children or a pet. It may be listening to inspiring music. It may be appreciating beauty whether it is found in art, nature, another person, or yourself. You do not necessarily have to sit in typical meditation posture to be heart-centered.

2

- Develop a rich spiritual life. Find ways to center in your heart and when you get agitated throughout the day, gently bring yourself back to that center.
- The more you do this, the easier it will get, and the more you will tend to live from that place, getting to know yourself intimately as a being of love.
- When you know yourself, your purpose will be obvious. Your purpose is an expression of who you are and it is your way of bringing more love and light into the world. It's an expansion of your love and light so anything that is not loving, within you, will be transmuted. You have a unique gift to give that no other can provide.

3

- The key to effective energy healing whether on yourself or others is to learn to be deeply centered in your heart and then surrender to the ever present healing power of Divine love to flow through you to heal yourself and help to heal others.
- The key is sincerity and intention. Prayer for Divine love and asking to know the truth is especially helpful.
- Divine love is the highest vibration and most powerful force in the Universe. It can and does transmute all lesser vibrations into higher ones.

4

- We tend to think of our bodies as solid and unchangeable, whereas our bodies are mostly space with relatively very little matter and they are changing all the time. The cells are constantly being renewed. Our bodies are not as fixed as we tend to believe. Nor are we victims of our bodies, which we also tend to believe when we get sick.
- It is our unchanging and fixed thoughts that we should look to rather than our bodies.
- We greatly underestimate the power of our thoughts not only as determinants of our sickness or health but also in determining our lives. By our thoughts, backed by our heart's conviction, we create our life.
- If we would create the life that we want, our thoughts must be kept in alignment with our hearts' desire and we must maintain a burning desire, in our heart, for that outcome.

5

- How much do you want to know the truth?
- And if that truth were to shatter some of your most cherished beliefs would you still want it?
- Distracting thoughts are bound to arise, as the egoic mind resists the true self and the hearts' love. It knows only fear and survival. Love and creativity it cannot comprehend.
- You must be open to receive the truth as truth cannot enter a closed mind?
- All healing is healing of the mind. When the mind is sufficiently healed and open, the truth will enter and you will know who you are and what you are here to do.