

Wellbeing guides
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Practical relaxation

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Purpose of guide

Modern life, for many, is hectic, and even those living comfortably with adequate financial security, may still find juggling family, career, and wellbeing practices not easily achievable; but, regardless of one's unique situation, who has the time to relax, who is in want of relaxing; who sees the benefit at all in 'slowing down'? I, myself, still need to learn the value of this, but I have learnt, even a second of relaxation is better than nothing! The purpose of this guide is not to suggest anyone do anything, I cannot know what is right for another individual, but for those who have an inkling of what relaxation could be, and want to look at the practice in a realistic, not idealistic, way, hopefully some of this information is useful.

If anything in this guide inspires *one* relaxing action, this is still more beneficial than no action! Please note as well *nothing is this guide suggests one should change, stop, or withdraw from any current medical approaches one employs for health*. Please see *Essential notes*. This guide is designed specifically to give a range of options for how to approach relaxation, which can enhance wellbeing, and be practiced as separate from, *or*, to compliment and support, one's current medical regime.

Please seek professional medical advice if you have any concerns about how any of these practices could interact with your current health conditions, or medications, and health approaches.

Affirmations

*"I allow myself to be open to relaxation which restores
harmony to my entire being"*

"I allow for the possibility of deep relaxation"

Actions

Action 1 – Listen to relaxation music, anytime you remember, and/or while you're reading this guide.¹ This keeps the healing process humming along in the background even if it doesn't seem there is a specific time to relax.² Listening to classical music has been proven to improve brain function, health and stress levels.³ For most people, listening to pleasant music absolutely elicits enjoyment.⁴ Any music which brings you feelings of peace, is worth playing whenever you remember! (It's worth noting music which makes us feel emotional may be better used in practicing *Personal alchemy*, for emotional venting, which defuses stress in its own way!) There is a huge range of relaxation music online, designed to help with sleep problems, pain relief, concentration, emotional balance, and almost any aspect for self-improvement and

¹ For those with hearing barriers, I believe sound vibrational healing using specific healing frequencies could still elicit positive effects, even if only to create harmonious energy in the space it is played in.

² Some relaxation music with specific relaxation inducing frequencies are best played when one doesn't need to concentrate! Driving for example, or working in an office, nature or instrumental music is probably best.

³ <https://www.health.harvard.edu/staying-healthy/music-and-health> Accessed September 10th, 2020.

⁴ Ibid. On the benefits of listening to pleasant music generally.

self-healing one can imagine! Here are a couple of links, but I advise trusting your intuition as only you uniquely know what works best for you.

<https://www.youtube.com/watch?v=RCOSoX2YLbw> (aura cleansing, and power of self-expression)

<https://www.youtube.com/watch?v=YeMAzOqN7jY> (positive healing music, and healing frequencies)

Such music could be playing quietly on your phone, even whilst working. Listening to music with binaural beats brings a range of benefits, including reducing anxiety⁵ and audio with subliminal affirmations, combined with specific frequencies for positive reprogramming, can stimulate healing at the subconscious level.⁶ I highly recommend the *Inner Alchemy* CDs.⁷ A huge range of healing audio can be sourced here: <https://www.soundstrue.com/collections/smart-collection-for-cd>

Action 2 – Another simple action is to gently move your body, gently shake hands and feet, lift your shoulders up to your ears (without straining), and lower them as far as they can go comfortably, straighten the spine, recognising the spine's need to straighten and lengthen the neck, as if we are held upright with a strong energetic pole of light, from the base of our spine, straight up to the top of our head. Lift shoulders again and lower. Gently turn the head from side to side. Squeeze the face muscles and relax. Lower the jaw, relax the chin, mouth and jaw. Relax the forehead. Soften the face. Breathe comfortably, noticing your stomach gently filling with air, and breathe out any anxious feelings or thoughts. Tense and relax any part of you where you may hold tension. It may help to think: "I allow myself to relax, I allow myself to relax, I *am* relaxed!"⁸ Or refer to specific areas: "I relax the feet, I relax the feet, the feet *are* relaxed."⁹

A similar exercise, which can be practiced lying down for a few minutes on any flat surface, is to fully stretch which supports energetic alignment for the body. Lie with arms gently at each side, palms facing upward. Lay with feet around 1 foot apart or whatever is comfortable, gently falling outwards. With heels stationary, gently move feet from side to side, then same for hands, and head, gently turning from left to right. Then stretch knees away from feet, hips from legs; torso from hips, stretch the neck (straight) so your spine is fully stretched; stretch head away from shoulders. Tense hands and feet, tense face and relax, lift shoulders and lower.¹⁰ Allow your breathing to relax. Take 3 deep breaths, in through the nose, and out through the mouth. These exercises take a while to write but can take less than a minute to do; it all helps! With body fully stretched, continue the breathing with focused intention. Breathe in wonderful healing energy, and on the out breath imagine this healthy energy permeating every cell and fibre of your being. Or imagine on the out breath you are blowing out all unwanted energy and tension.

Philosophy

*Although the study of relaxation can be sought externally, it only exists within;
All one needs to do is to be open to, and in allowance of, the possibility of relaxation.*

⁵ <https://www.healthline.com/health/binaural-beats#potential-benefits> Accessed November 1st, 2020.

⁶ Lipton, Bruce H., *The honeymoon effect*, Hay House Inc., USA, 2013, pp. 96-98.

⁷ The *Inner Alchemy* range of CDs can be purchased here <http://www.newmindrecords.com/> and at healing focused shops.

⁸ Lidell, L., with Narayani and Rabinovitch, *Giris, The book of Yoga*, Ebury Press, UK, 1983, p. 27. This phrase and exercise is adapted from the instructions for the closing relaxation of a yoga session. See pp. 26-27.

⁹ *Ibid.*, p.27.

¹⁰ *Ibid.*, pp. 26-27.

If you research the subject it's near impossible to find information which states 'practicing relaxation has zero health benefits'. Even mainstream medical science tells us 'stress causes ill health'. Relaxation is the opposite of – and the antidote to – stress. Hopefully then, the most practical person could see the benefits of relaxation. But what about the people whose stress is a common and ongoing personal experience? People who may be physiologically addicted to stress hormones, and low on energy unless stressed? It would be pretty hard to interrupt this person and say, "Hey, why don't you try relaxing?" If there's one thing which infuriates stressed people, usually, it is being told to "relax". It's like trying to put a band-aid on an alligator. I certainly hated this approach when I was what I call a 'stresshead'. It is possibly more helpful to ask or commiserate with others about their stress, than simply expecting them to change it. Again, it comes down to personal belief. If you understand logically 'stress is bad and unhealthy as an ongoing state' but feel emotionally 'nothing is going to help and I still have to deal with this, this and this', or 'I don't have the time to slow down', then you may not see any value in practicing relaxation. The only way to demonstrate its value is to integrate the belief:

"Relaxation can help me feel calm, nurtured, and peaceful, increase my lifespan, slow down time, improve my health, and soothe my emotions. Yes, these are things I truly want for myself and deserve to experience"

There are often many small things we can do which make a positive difference overall, if we incorporate them. Stopping for a moment and gently moving the body, and doing the actions described above, all can help elicit relaxation, even if only for a few minutes! We often underestimate the power of music, as an example, as something which could help improve our state, but we could be playing calming music in the car and many places otherwise filled with the silence (or noise) of our stress. We could certainly be playing healing music while we sleep, and even at a low volume, the frequencies themselves could assist with healing the subconscious of entrenched negative beliefs.

There is a misconception which may prevent some people from even considering relaxation: that allowing oneself to relax somehow means one is in denial of one's emotions or reality. No. *It is about making a choice to relax based on a self-respecting principle which operates in spite of the external circumstances, or even because one feels negative.* But, it must be said, you cannot force it! If one feels glum, one may well need to bum around feeling glum for a good while before one is tired of glumness and wants to feel something different or better. So, to stay 'practical' as the heading in this guide states, one may often *not* feel relaxation is very practical, physically or emotionally, but this doesn't mean it is not worthwhile.

This guide is for use when the choice has been made:

Relaxation is good and to be practiced wherever possible.

Personal example

I was 'against' the principle of relaxation for quite a long time ('til the age of 28). I found the idea to be self-indulgent, who has time for it, et cetera. Of course, once I got to experience what relaxation is, I realised, it can slow down time, as opposed to making things more stressful! The day my attitude changed

I was very hungover, and very underweight, and figured I may as well look at this Yoga book I had ignored for years. When I started doing just the one relaxation exercise, although it took some time to fully grasp it, I remember clearly the first moment I felt ‘the everything’, infinite silence, the void, the source, All that is, the freedom and flexibility of infinite time and space, fulfilment, harmony, and unlimited energy, all from within! I couldn’t believe I could feel all that simply from deepening into relaxation. I felt complete healing in every single cell of my being, simply from my openness to allow for relaxation, and from this state, allowing for regeneration of mind, body and spirit.

Self-respect

Many lead hassled lives, feel hassled by others (see *Healthy Assertiveness; Healing relationships*), and may experience many ongoing bothersome and frustrating situations. Sometimes, the only control people feel they have is the stress/resentment/outrage, or whatever it is, as it is fuelling all the energy to keep things going, as well as concurrently causing physical and emotional exhaustion (which requires stress energy to get through). But does it really, *always*, have to be this way? It is very easy for us, once stress has a firm hold, to become blindsided to the calmer moments, and the moments where love or support could be received. Perhaps some other things need to shift before relaxation can be considered. Perhaps delegating chores to others in order to manage stress is needed (yes, even if it seems weak, makes one feel they lose control or power, and seems very out of character). Perhaps assertiveness must be expressed for adequate boundary setting, or a runaway helper needs to restore balance in learning to also receive and value what others have to give. Perhaps a receiver from a runaway giver needs to ‘take their power back and become more independent’. Relationships can cause people quite a bit of stress!

If other people cause you stress, please self-examine: *how much time do you spend thinking on these people in your private time?* When we have made commitments to others, and feel unavoidably entangled in others’ lives, it’s very important to monitor ourselves, and make sure every precious moment we have to ourselves, *is gifted to ourselves to do with as we want*. For those who feel especially stressed, burdened, and obligated because of others, it may be imperative to practice this ‘switching off’, as a specific choice to focus on anything which doesn’t involve the external situation during one’s personal time. I understand some problems need to be considered during our personal time, but when we know we’ve done all we can, it’s preferable we make it mandatory to give ourselves a break! And to do so for our own sakes, not to ‘recoup’ so we can better help others, but as an active choice, as an act of self-respect.

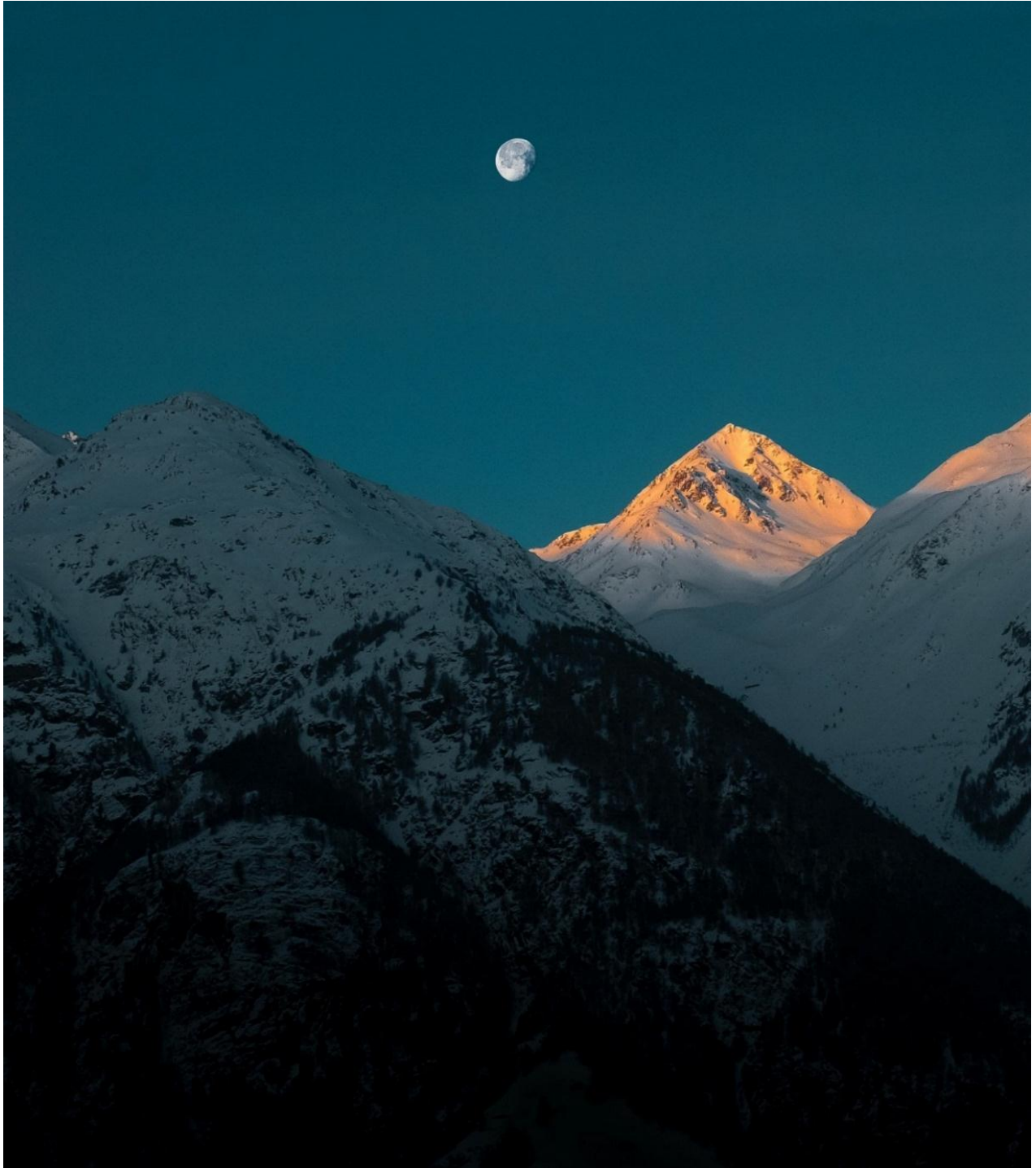
This is in the *Self-respect* section because when we allow disrespect in our relationships, it’s likely we’re disrespecting ourselves in other ways which may be less obvious. Some may not be ready to be assertive, but could they enact self-respect in one other area? In practicing relaxation to improve one’s health, and allowing time to experience peaceful and self-nourishing states, one can be reassured one is acting with the greatest self-respect; in acknowledging one’s fundamental need for inner peace and wellbeing.

Mindset

It is a common experience for people first dabbling in any relaxation practice, to say to friends or practitioners, “I keep trying to meditate/relax, but I just end up worrying the entire time. I cannot stop my thoughts, so it’s not working”. Perhaps they give up. But the common response from anyone who

practices meditation and relaxation is, “Sure, that’s completely normal. The goal is to be the neutral observer of your own experience, thoughts, worries, fears and tensions. Allow it, but continue to breathe deeply and keep returning your focus to the meditation/relaxation”.

*You cannot chase something you already are; something which
already exists within you.*



All you can do is be open to experiencing life at a much deeper level of awareness.

I am a qualified Reiki Master and teacher, and in my personal experience, people respond best in simply being open to the possibility of something happening. Being open is the key. Regardless of your thoughts, be open to relaxing, focus on breathing steadily, and on the specific exercise or meditation, and if you begin to feel or sense a stillness from deep within, be open to the possibility of experiencing more of what that could be. *You cannot 'chase' anything.* It is about setting the mind free so consciousness can experience itself beyond the constant ego control setting as expressed through the inner dialogue the busy mind creates.

Relaxation in practice

Allowing time

For those who feel “there is no point relaxing because it won’t last. I may as well stay stressed as it gives me the energy to keep going”. I completely understand this, and I often do this myself. When one gets home from a long day at work, before one sits down, one may think, “No, I better do this/I have to do this, this, and this, before I can relax”. And it makes sense. Why get all comfy and drowsy just to have to muster up the energy to do chores again? The amazing thing is, and what the game-changer is, is attitude. Instead of feeling all hassled while one puts the recycling bin out, one could decide, “You know what? I am going to be really cruisy about this”, and instead of ‘rushing to do it so it’s done’, one could take the time to look at the sky, or admire the gardens, or take a bit of time for a ‘mental break’ where one keeps the focus on the simple activity and ‘turning down the volume’ on any form of stressful thinking. In this way, the few minutes or so to take the bin out, could be a few minutes where one exerted no mental pressure on oneself. This same attitude can be adapted to many otherwise boring or annoying tasks.

Likewise, when one is doing a work task, or helping someone, if those 1-2 minutes become free and *one can take a mental break*, even if this means staring blankly at a wall, or daydreaming, one could do the small movement/stretching of the body (relax the shoulders, arms and jaws), and again, *make an active choice*, to put any stressful thinking on mute for a couple of minutes. Perhaps a phrase or mantra on repeat could help, or stated 3 times and concluded with “So it is!”

“All I have to do is not worry in the present moment”

“I allow myself this time to relax”

“Om Shanti Om”¹¹

Actively taking those small moments throughout the day, and taking a different approach attitude-wise to the tasks one needs to do, helps one build experience and connection with relaxation.

Then the greater questions can be asked: *“What tasks in the day do I ‘need’ to stress about?”*

¹¹ Ashley-Farrand, Thomas, *Mantra meditation for creating abundance*, Sounds True Inc., USA, Track 4, 2003.
See <https://www.soundstrue.com/> and <https://www.sanskritmantra.com/>

“What activities can I choose to do without stress?”

As one strengthens the relationship with relaxation, one may find more and more ‘moments’ in the day to practice it.

“It is safe for me to relax in this moment”

“There is time for me to relax”

Allowing truth

What if you take a few deep breaths to relax and then realise you’re feeling really upset or angry about something? Perhaps you want to cry or yell. I don’t think relaxation can be achieved in denial of feelings. Often, strong emotions may not come up, and you can go straight into the relaxation. But if emotions do arise, what is wrong with feeling them? Nothing. They are presenting to you another truth, another thing you could learn about yourself. I have heard meditation practitioners advising the self-talk, “Oh that’s interesting I think/feel that, now I am returning my focus to the meditation/breathing”, and return attention again to being the neutral observer of your emotions. This can be achieved; usually it requires practice. Many of us, understandably, have allowed the mind, and negative feelings, to tell us all sorts of things which seem to spin us around in circles. Allowing both whatever comes up for us, *and* the possibility of relaxation being achieved, is much closer to ‘releasing control’ than us trying to enforce how, and when, and for how long, we should be ‘properly’ relaxed for.

When I have started a yoga session and strong emotions come up, I may simply allow tears to stream down my face. If I become too upset, or angry, and not able to overcome it, I may get up and push the yoga mat away in frustration, thinking, “I can’t even relax today!” And I allow the feelings of frustration as being something else for me to explore, and reassure myself, “It’s okay. The relaxation is always there for me. Right now I need to work through these feelings”.

Being open

Who knows what could happen if you allowed yourself to deeply relax? I felt genuinely stressed for the first 28 years of my life, and did not believe relaxing was going to help or change anything. I had no idea how to do it anyway. So what did I do? What all stressed out people do when they stumble across relaxation practices, I stressed out about it! It took me a long while to be able to, in practice, ‘be the neutral observer of my feelings and thoughts’ and more importantly, to be the ‘compassionate listener’ of what I do feel.

Before I do any relaxation practice, I always set my intention to be open to relaxation and allow for the ability to self-heal, and this is as applicable now as when I began these practices:

I only achieve relaxation when I genuinely welcome, without expectation, the possibility of deep relaxation.

Conscious choice

Choose, and encourage the belief, that allowing time to relax, even if only for a few seconds, is the right choice for your physical, mental, emotional and spiritual health.

Create space

Whether you sit in a chair in a small room, in a car, or on a bus sitting right beside someone, it is worth noting, conceptualising and understanding: no one can occupy *your* space, *i.e., unless you swap bodies and consciousness, no one else can be where you are as an irrefutable fact of each living being's unique spatiality.* So even if you cannot create the external space physically, you can use all of your own inner space, and up to several feet around you in all directions, as your energy space (see *Heart focus*). You can imagine this space is filled with pure white light; or golden love and light. You could imagine a beautiful glowing ball of light within your heart, pink, white or gold, imagine it growing until it encompasses you a few feet all round. This is *your* space.

When you can find the physical space, warm blankets are nice (body temperature cools when one is deeply relaxed), soft lights, essential oils, gentle healing music, and comfortable clothing, can all enhance the sensory experiences conducive to relaxation.

There are always, usually, some pockets in the day where the busiest person could take a deep breath and blow out all the overcomplicated thoughts on the out breath (it is particularly powerful to blow out through the mouth, not nose). Wearing essential oils on clothes, and dabbing on skin, is hugely beneficial for calming and helps calm those around you. Lavender, chamomile, rose, jasmine, patchouli, rose geranium, ylang ylang, all gentle oils most of which do not irritate even sensitive skin. But it could be dabbed onto a handkerchief or cloth as well, which you can breathe in at points of high stress. Granted, and as mentioned, some may feel they need the high-end 'up' stress energy to get through it all. But one may always have these opportunities, to direct one's mind and slow down within, or to observe a deeper feeling within where the possibility of relaxation exists.

One can allow this personal space within without anyone else noticing.

Heart focus

We often use our minds when we try to relax. Sometimes heart focus may be all which is needed to elicit relaxation. Focusing on the heart centre, and gently encouraging feelings of appreciation and love, can improve our entire physiological state.¹²

The HeartMath Institute has done a great deal of research on the effects of heart focused states. In measuring *heart rate variability* when the subject is experiencing negative emotional states, such as frustration and anger, the graph shows wavering, chaotic lines, states which indicate disharmony in the

¹² Childre, Doc, and Martin, Howard, *The HeartMath solution*, Harper Collins Publishers Inc., USA, 1999, pp. 38-39.
See <https://www.heartmath.com/>

body.¹³ This greatly contrasts with the smooth, coherent, ordered graph lines observed when measuring *heart rate variability* when one is experiencing positive emotional states, such as love and appreciation. “Such a pattern is generally associated with autonomic nervous system balance and cardiovascular efficiency.”¹⁴

Our heart energy is much more powerful than we may think!

The heart’s electromagnetic field is by far the most powerful produced by the body; it’s approximately five thousand times greater in strength than the field produced by the brain, for example. The heart’s field not only permeates every cell in the body but also radiates outside of us; it can be measured up to eight to ten feet away with sensitive detectors called *magnetometers*.¹⁵

When practicing relaxation, it elicits healing to imagine being held, and nurtured within this loving energy, which our own heart’s electromagnetic field creates. When we set our heart’s intention to the energy of gratitude and love, on its own heals us without having to do any deep breathing or yoga; the effect is the same!



When we feel great love for pets and people, it is worth, when sitting with this being, and for each one, to really feel this love within our hearts, all the joy, privilege, and appreciation to be with this wondrous being, and allow this feeling to expand and emanate, encompassing our own being, and then imagine it radiating to encompass the beings we love. *Each living being’s heart is the source of love.*

¹³ Ibid., Figure 2.4., p. 37.

¹⁴ Ibid., Figure 2.5.

¹⁵ Childre, et al., p. 33. Figure 2.3. Shows the reach of the heart’s electromagnetic field, p. 34.

Relaxation practices

A relaxation exercise to do at any time possible

Breathe in through the nose, out through the mouth, 3 times.

On the in breath imagine pure white/gold shining light, cleansing literally any negative energy stored in your body and being, imagine breathing it in, or it pouring in through your crown chakra (top of your head); and on the out breath literally 'blow out' any and all pent up unwanted energy.

Intention is powerful and literally communicates with our cells to help them detoxify and release stress.

Variations: You could imagine the light pouring in through the top of your head (crown chakra), all the way through the body, with any unwanted, negative energy pouring out through the cores of the feet, safely dissolving into the earth.

You could imagine tiny energetic roots stemming from the cores of your feet into the earth and wrapping around root, rock, or stone, or even the Earth's core, and drawing up the strong, supportive, earthly energy, or the fiery power of the core which burns away all unwanted energy, replacing it with vibrant, healing energy.

Following these 3 focused breaths, and the visualisation which connects you to healing energy, gently move each main area of your body, scrunch up your face, then relax it. Soften/relax/lower the jaw, raise the shoulders up to the ears and down as far as they can go comfortably. Sit/stand up straighter, or if lying down, stretch your feet away from ankles; ankles away from knees; knees from thighs; thighs from hips; torso from stomach; neck from back; head from neck, as if a golden string of light was pulling from the top of your head, and from the cores of your feet, so your body is fully and comfortably stretched. Tense feet and hands and release. Continue the breathing, a belly full of air is strengthening, and continue trusting the set intention (to be neutral/open) is in place. One can add the words/thoughts, "I relax the toes. I relax the toes. The toes *are* relaxed."¹⁶ And repeat for all major areas of the body.¹⁷ This could include areas you want to focus on specifically relevant to you, such as, "'I relax the heart, I relax the heart. The heart *is* relaxed. The heart is healthy, functioning, and relaxed", or, "I relax the brain and mind, I relax the brain and mind. The brain and mind *are* relaxed. The brain and mind are healthy, functioning, and relaxed". It is not called 'self-directed' healing for nothing! I believe our approach to any healing activity can be adapted to suit our specific needs, and practiced how we uniquely feel is best. Sometimes following instructions more precisely may work better for us.

For example, affirmations probably do work best when they are practiced with right intention; using phrasing which respect all parties; stated in the present tense; and when one's mindset is open to opportunity, and one 'holds space' within to carry new wonderful energy, and where one has cleared

¹⁶ Lidell, et al., p. 27.

¹⁷ Ibid., pp. 26-27. This exercise is loosely adapted from the relaxation exercise to do when closing a yoga session.

away inner dissonances which could prevent one from experiencing the benefits of affirmations; et cetera. In any health and healing practice, I believe it is well worth listening to our own intuition! There is infinite peace deeply within all of us. The more one meditates, relaxes, or practices any form of working with Universal Chi, our life-force energy, the more one can quickly 'tap in', being aware of the existence of such energy, at any point one chooses.

Attitude to stress

The relaxation exercise above is great to do if you can find 3-5 minutes spare time, or longer, where you stay in the fully stretched position and really sink into the relaxation. But to be practical, we are often going about our day getting more and more tense, and it seems silly to stop for a few minutes to 'slow down' when there's still so much to do. The ironic thing is, slowing down and allowing for relaxation is actually strengthening in ways which are better experienced than described. *I cannot tell you how to feel the benefits of relaxation, because the benefit comes from the experience itself!* I have found, for me personally, the energy of stress is like a snowball. It starts with one small thing, then another, and if there is any deeper rage, frustration and angst within me, it is all there ready to jump onto the snowball; the energy of stress continues to build, and then requires venting stations. "Get out of the way!" says the snowball as it hurtles onwards! But since I have recognised this within myself, it has been a long and hard road learning how to let that snowball diminish, in realising at my core, *I don't actually want to create more stress.*

Stress snowballs can be defused when you take the wind out of the source; from releasing or even just acknowledging the existence of denied or pent up emotions.

I respect my need to express my feelings, if this is what the stress triggers are calling for. I don't want to choose more stress if I can at all make a different choice. Being able to acknowledge, "I am really angry about this, or at this person for this reason" even if this is yelled out loud in a private space, having the hypothetical argument or hurling the insults at the person we are mad at, may feel better than screaming at some random inanimate object for getting in the way! "I am feeling really sad" and allowing for some self-comfort, a hand on the heart, and a gentle "I am sorry you are hurting" word with ourselves can bring relief in the acknowledgement. "Hang in there, we'll get through this. Stay strong" all are messages we can say and think which at least *acknowledges* our feelings. This can offset attachment to the external mirroring of our feelings, manifested in more frustrating experiences.

I am not saying it's a fool-proof system, but for me, realising my stress precedes even more stressful situations, and monitoring my honest feelings, has helped me many times prevent more stress.

As an example, if I am worried I have left a tap on and it could be flooding a bathroom, I 'check myself' before entering the room to make sure my mind is not 'flooded' with worry, so that my stress is not preceding, and 'colouring negatively' the situation. This may seem a weird analogy but it has worked for me. (Data being, bathroom flooding in a 10 year span before practicing this technique: at least 12 times; bathroom flooding in 5 years since practicing technique: 0!) This may seem a silly, pointless, 'unscientific'

example, but anyone who has read on the ‘double slit experiment’ may better understand the validity of the example.¹⁸ (This is the proof our observation of matter, *actually influences the way matter behaves.*) A classic example, is when I am stressed and just about to enter a shop where the staff have annoyed me before. I acknowledge this, and choose to be open to a better possibility. “I allow this transaction to easily work in my favour”, “I am choosing to bypass my stress knowing I am primed to be annoyed”. It can get to the point when I can almost laugh inwardly when the person or thing annoys me, because it is ‘predictable’, I literally ‘walked right into it!’ The new mind-set, often allows for those same annoying staff in the past, to be unexpectedly pleasant. *When one is open to the possibility for ease during transactions, one can see much more than one’s stress can see.* It allows us to be more tolerant, and even patient, when we own our stress, knowing it’s not some stranger’s fault that we’re feeling stressed and under stress. Amazingly, treating ourselves better, in openly accepting our stress, and hopefully meeting it with some compassion, saves us from blaming other people unnecessarily, and then having to blame ourselves later for taking our stress out on others.

Of course, being human, I am not immune to stress, and still react irately when I am so annoyed it is hard to see things calmly. Because of this, and as a self-respecting principle, when I am at these points, I do believe in the cursing, or yelling, or hitting a pillow (safely). I like the one where I yell in the car and say all the things I am so mad at about the person. And sometimes this person could be me, but with long, consistent, and adamant practice, I refuse to talk badly and think badly of myself. If there are behaviours in my life I feel affect me and others’ negatively, damn straight, I am going to analyse and work on what these are, and seek others’ honesty, and seek balance, clarity, reassurance (for all parties) and understanding. But I am not going to be mean to myself if I just had a mini meltdown at the shops. I am not going to tell myself “I am a stupid idiot” because I lost my temper in a way I didn’t like. If I think such thoughts, I immediately follow with, “I’m sorry Jess”, and look to how I can amend the issue itself, than use it as a reason to feel bad about myself. *This practice has saved me huge amounts of stress!* A key aspect when working to assimilate this self-respect was healing my runaway helper, as this behaviour can cause one to feel much guilt even when they’re giving tons for other people! Guilt, at its core, could be seen as not feeling good enough. Not giving enough, stable enough, strong enough, capable enough, rich enough, smart enough, helpful enough, and definitely where one is not getting the rewards for all one is giving outwards, and with external pressures and expectations, contradictorily, it is the over-giver who often feels guilty for not being good enough! Wanting this recognition from others, and not getting it, creates an imbalance where others words and actions can be all interested as very hurtful to the giver.

*When stress is attached to specific people, a great practice is to focus on releasing the need to please others, and, releasing the need to feel responsible for others.*¹⁹

I have a propensity for tension for my own reasons, and have trained myself to allow the belief itself to heal annoyances which may come up. In *adopting a neutral attitude* I can see the positive. For example, as a day to day thing when travelling, I take advantage of the time if waiting for the lights to change,

¹⁸ Yakir Aharonov, et al., *Finally making sense of the double-slit experiment*, Proceedings of the National Academy of Sciences of the United States of America (PNAS), USA, 2017. See <https://www.pnas.org/content/114/25/6480> Accessed October 16th, 2021. Also see Vicente, Mark, et al., *What the bleep do we know?* MMI Lord of the Wind Films, LLC., USA, 2004.

¹⁹ Hay, Louise L., *You can heal your life*, Hay House Inc., USA, 2004, First published, 1984. The phrasing ‘releasing the need for’ is inspired by Hay’s book. As one example, “I am willing to release the ‘need’ for uncomfortable relationships.” p. 64.

sometimes especially if I am frustrated. I make sure to realise, “Yes, this is a good time to adjust my body and relax a bit”. As often happens, the self-adjustment seems all that is required for the stress to melt away. Then the lights change sooner than I think, or, I feel more relaxed and enjoy the time waiting! If still annoyed, I recognise there is a deeper frustration, and sit with it. I then remind myself to recognise, even deeper than the frustration, is inner peace in the vibrant stillness of the inner sanctuary. Even if I still feel awful, the very act of recognising and knowing (from my own practice) that this deeper peace exists, helps calm me.

Breathing exercises

When people experience frustrating, stressful situations, it can be hard to remember the effect our state of breathing has on us. It makes logical sense; our breathing provides essential oxygen, and our exhaling removes necessary toxins (carbon monoxide), the deeper we breathe in and the more fully we exhale, the healthier our functioning is. If one can breathe deeply in the midst of a stressful situation, one is at least keeping one’s own body functioning optimally. This can help one consider solutions with greater clarity.

Ironically, when we feel under stress, our breathing may become more erratic and shallow. This sets off panic in the nervous system and the body generally, because *it is not receiving its usual amount of oxygen!* This only breeds more stressful, anxious feelings, understandably.

To understand how the breathing system works, it is often advised to lie on your back and place your hands on your stomach. When you breathe in, as your lungs expand, they push forward your diaphragm which creates more space in your stomach area, therefore, explained most simply, *the stomach rises*.

On the exhale, for singers and woodwind players, they are advised to keep the stomach expanded even as they breathe out, creating space for more air intake overall and strengthening control of release. But holding an expanded stomach on the out breath can be specifically practiced to help one maintain calm in stressful situations. Essentially, the more the in breath expands your stomach, indicates how deeply you can fill your lungs with life-nurturing oxygen.

There are a huge range of specific breathing exercises, such as counting 3 on the inhale, 4 on the exhale; then 4 on the inhale, 5 on the exhale; then 5 on the inhale, 6 on the exhale; and then maintaining it at the deeper breathing level, which may be on a count of 6, or 10, or to what level ‘comfortable’ deep breathing is for you. I find the simplest one is breathing in healing white light, and breathing out any and all tension.

You can breathe in healing colours, and blow out any dark, unwanted energy, allowing the healing colour to cleanse and clear away all negatively stored energy. There are specific breathing exercises practiced in yoga, each bringing huge benefit to mind and body. Practicing focused muscle tension and releasing whilst doing breathing exercises is a great way to elicit body and mind relaxation.

A note that in saying all this work is healing, doesn’t mean our feelings simply dissolve and we don’t feel bothered by anything! It does mean, in the times between, we have a way to heal and restore our life-force in some capacity.

De-stressing

It is worth noting *every tiny thing in your life which causes stress, or could cause stress*, and taking action to remove it, creates assimilation for genuine, and lasting, wellbeing. The practice can start with doing regular 'self-checks', even on what seem trivial annoyances, as it all adds up, as examples: *Is my belt too tight? Are my shoelaces too tight? Is any clothing too tight or restrictive?* If there's any appliances on the fritz which drive you batty, even if it's as simple as a pen you use which doesn't work well, replace it. And then there's all the items which could enhance, as opposed to work against, your wellbeing. It could be a pillow for your computer chair, or cotton as opposed to polyester for clothing or bedding, or a new doona for greater comfort, *replace the appliance, buy the cushion, and get the cotton made items.*

Every time you make these small adjustments, to save yourself from current or future stress, it's a great act of self-care. When you start to navigate your life in this way, you may find instead of finding things to stress about, you find things you actively choose to not stress about, and where your focus is on how to remove the smaller stresses which you can remove.

Essential oils

Wearing essential oils can be very therapeutic, and bring ongoing stress relief. Some oils can be safely dabbed onto skin; rose, ylang ylang, and jasmine oils, are safe for most people. When I started wearing oils everywhere all the time, I found the reminder to breathe, and de-stress, accompanies wearing the oil, and, *also brings calm to those in the surrounding area*, as many wonder where 'that beautiful scent is coming from'. When I share it is essential oils, it's possible some may have started the practice themselves! I am not saying wearing essential oils eliminates stress, but anything which is calming and brings *any* relaxation, is useful!²⁰

Herbal tonics

Drinking herbal teas is beneficial on a range of levels. It's hydrating, and brings healthy liquid into the body. Many herbs contain properties which enhance physical, mental, and emotional wellbeing. I advise teas made by herbal experts and health practitioners.²¹ There are many herbal supplements, and Chinese medicine, which when ingested can bring a range of calming and holistic healing benefits.

Massage

Many people with a lot of back tension ascribe to hard massages, which they believe unlock the muscle problems even though it is agonising. In terms of using massage for relaxation, it can be worth getting only a 'relaxation' massage where it is not painful, but you breathe deeply and allow yourself to use the time, and gentle touch, to practice relaxing, as opposed to the massage being done for the utilitarian 'fix my muscles' purpose. I am sure both ways are good depending on the person! But I am suggesting a massage done without intense pain, is a great time to work on 'finding the calm expanse within'. It is

²⁰ You can purchase ethically sourced, vegan oils here <https://northcotenaturaltherapies.com/product-category/essential-oils/>




²¹ See <https://northcotenaturaltherapies.com/product-category/one-leaf-at-a-time-organic-tea/>

ironic, because the act of relaxation in itself, allows the muscles space to work on healing themselves, just as they do when we sleep!

Meditation

I have found, as with my experience with Yoga, meditation does not need to be complicated. A simple meditation is to sit comfortably, breathe calmly, and keep focus on an inner light, a blue flame, which one imagines behind the third eye area. Meditations can be guided by practitioners at classes, or on CDs, or you can invent your own.

Creating your own meditation/visualisation requires very little effort. All you need is to:

-  create relaxing space
-  lie or sit comfortably
-  stretch very briefly and connect in with a sense of inner stillness, or imagine the stillness of space (stars)

Then imagine a story for yourself, either decide beforehand or invent it as you go along, choosing a theme that you feel is warm and welcoming...

You're lying on a beach, you allow the sea air to cleanse you. Breathe it in. Feel the air, and its depth, coolness and richness. You walk towards some rocks and sit comfortably, looking out to the ocean. Perhaps it's a lake; clear blue water reflecting pure sky. You may want to fly over the water. You may want to swim, or simply sit beside the water and imagine the most gorgeous crimson, orange, and gold sunrise or sunset.²² Imagine each of the colours, as the light lands upon you, heals different aspects of self. Imagine any negative energy is gently blown away with the sea air, or rinsed away, safely dissolving in the water, leaving you feeling refreshed and renewed.

Imagine laying on the bright, warm sand, just close enough to the waves for them to lap at your feet. The water is refreshing, and with the ebb and flow of each wave, comes the rise and fall of each breath, and each ebbing wave takes with it all unwanted, unhealthy energy, with each new wave in bringing calm, peaceful, powerful, cleansing, purifying, and rejuvenating energy to your entire system, programing it to good health.²³

Before the meditation, practice relaxation if possible, and before completing the meditation, set some powerful intentions and affirmations in the clear, relaxed state, then gently move your fingers and toes,

²² As with moon healing, where you release what is no longer needed or wanted on the waning moon, and set the intention to bring in what is wanted for the waxing moon, in this meditation, to be specific, you could imagine the sunset for things you want to let go of, leaving them forever in the darkness of night; and use the sunrise for energy and aspects you want to bring in, to shine in the full brightness of day.

²³ I use the *Inner Alchemy* range of CDs, these self-meditations are inspired by and loosely adapted from the CDs 'Detox' (lake, water cleansing), and 'Chakra Activator' (healing with colours, ocean cleansing).

and stretching, bring your full awareness back into the physical body, integrating the feelings of spiritual renewal.

Meditation CDs

All you need is a nice comfy chair or place to lie down and access to audio. And setting the intention to being open to the possibility of healing is helpful! There is a huge range of relaxation music available as audio online, or music as sold in stores, containing nature sounds, forests, ocean, and bird sounds, all gentle and beautiful music to engage with depending on one's unique audio palate.²⁴

There is a huge range of audio specifically designed as guided relaxation and meditations for specific uses. I use the *Inner Alchemy* range, which contains specific frequencies within the audio for subconscious reprogramming in a deeply relaxed state. They say when one is in a deeply relaxed state, at those brain frequency levels, setting new positive beliefs has the most potent effect. This is because as children, when most of us learnt negative beliefs, our brain frequencies were vibrating slower; to heal these and re-integrate healthier beliefs, we need to do so at the same brain frequency. There are audios which encourage healing on a variety of issues, such as: relationships, support for sleep problems/pain/fatigue, and so many subjects to suit people's unique needs. A web search of relaxation music and music with healing frequencies shows the range available. Please note there is an eco-version of Google, see <https://www.ecosia.org/>

Inner Alchemy CD's, audio with mantras, and audio designed for relaxation, can be purchased here: <http://www.newmindrecords.com/> and <https://www.soundstrue.com/>

Sensory healing

The senses allow us to navigate our world; sight, sound, taste, touch, and smell, but these senses are also direct avenues to pleasure, if we create pleasure for them to experience. When we please our senses, it elicits health and healing benefits beyond what we may imagine. There has been an extensive amount of research done on these benefits, much of which is probably not accessed or given much attention in mainstream media, but which people may learn themselves if they begin to engage with sensory healing.

A virtual reality forest including sound was found to improve stress recovery more than the same forest without sound, implying that the sympathetic nervous system shows increased recovery with nature sounds.²⁵

It is possible healing with the senses is something we radically underestimate as an option for self-healing and relaxation. If one has access to the internet, one can listen to nature sounds; if one lives close to a park, or has a backyard, one can spend time with the flowers, enjoy the breeze, observe the bugs and

²⁴ Again, for those with hearing difficulties, I hope can in some way experience sound with the power of imagination. Technically, one does not have to hear sound vibrations for sound vibrational healing to work. I hope imagination can fill in those senses; inner sight for the blind, and inner sound for the deaf.

²⁵ Franco, Lara S., Shanahan, Danielle F., Fuller, Richard A., "A Review of the Benefits of Nature Experiences: More Than Meets the Eye", *International journal of environmental research and public health*, MDPI, Switzerland, 2017, p.4. Link for PDF article here <https://www.mdpi.com/1660-4601/14/8/864/pdf> More on MDPI here <https://www.mdpi.com/>

birds, and if one has no access to beautiful views, one can source pictures on the internet, as screen savers, or purchase nature calendars and place the pictures around the house; if one can purchase fresh fruit one enjoys, one can indulge the taste buds; if one doesn't use or like essential oils, one could purchase or find flowers to keep in rooms around the house, or purchase ethically made scents.

I know it's more common now for calming scents to be placed in products as is advertising as to these effects, but it's possible many people don't specifically see sensory healing as a necessary or useful practice. They may seek health benefits from more 'practical' sources. However, research shows there could be extensive advantages for health in engaging with healing from positive sensory input. Admittedly, this document suggests more research is needed with adequate controls, but if one compiles the vast range of research on the benefits of positively engaging our senses, it's hard to find examples where there is *no* benefit.

In humans, a review found that there is some support for using sensory interventions, including aromatherapy, in the treatment of the behavioral symptoms of elderly dementia, and another review found some evidence that aromatherapy lowered blood pressure in patients with hypertension, but suggested there was a need for more studies with adequate controls²⁶

Noise complaints have increased dramatically in previous years and currently affects negatively around 80 million people in Europe alone!²⁷

Chronic noise contributes to stress, annoyance, cardiovascular problems, sleep disturbance, and decreased task performance. It has both psychological and physical effects ranging from elevated blood pressure, poor sustained attention, and memory problems to sleep disturbances, increased risk of myocardial infarction, annoyance, and learned helplessness.²⁸

If noise disturbance causes ill health, it naturally follows listening to pleasant sounds can promote health and wellbeing. It is proven extensively listening to pleasant music elicits holistic wellbeing.²⁹

The senses I regularly indulge for myself and experience the healing benefits from, are:

Smell – essential oils on clothes, in clothes washing, on skin; fresh flowers in the room I spend most time in; cooking healthy vegan food which smells delicious; cinnamon on my drinks;

Touch – soft, fluffy blankets for sleeping; organic cotton clothing, comfortable clothing; gentle, light, soft touch (on my head if I have a headache, or for anywhere hurting); playing and giving affection to fluffy animal creature friends! Soft natural organic hand washes and body washes. Soft cotton face cloths;

Sound – I listen to the *Inner Alchemy* range of CDs, mantras and healing audios, especially ones with subliminal positive affirmations, and frequencies designed to support healing on the subconscious level, nature sounds, and classical music. I play classical music as well which is nurturing and empowering.

²⁶ Ibid., p.6.

²⁷ Ibid., p 4

²⁸ Ibid.

²⁹ <https://www.health.harvard.edu/staying-healthy/music-and-health> Accessed September 10th, 2020.

Where I write lives many birds, and I love these as continual background music, as well as the sounds of wind and rain;

Taste – I love the sweet tastes, and love the taste of great healthy foods, but could definitely indulge my taste senses more if I took some flower essence drops;

Sight – The view I have from my writing room is exquisite, and I have realised in recent years how healing it is to view beautiful nature, to appreciate the delicacy and strength which flowers display, the details on butterfly wings, and on bird wings; any and all beautiful sights to look at is like giving the eyes a vacation! I have beautiful pictures displaying gardens, oceans, and nature, in my kitchen and bedroom, so my eyes have stunningly gorgeous sights to contemplate, meditate and reflect on which is very soothing.

Vision boards, and using visuals to transport oneself to a place one wants to be, within, and in the future, and imagining how one feels in this visual place, can be a great energetic support for one's meditations, personal reflections, and can be the fuel and inspiration for harnessing these visions to create one's genuine wish for beauty in the surroundings.

There are some points in this guide which relate to sensory healing but I felt it best to highlight here in more depth, and specifically for visual healing, which has been referred to less. It can enhance wellbeing to engage with the calming power which can be experienced when gazing at beautiful views, whether pictures, computer images, or physical nature itself, and for those without sight, I can only hope they can conjure stunning images imagining nature in their mind's eye.

Healing practices

Please note: *Many relaxation practices elicit holistic healing; many healing practices elicit deep relaxation.*

In relation to self-healing and self-empowering practices, such as moon work, affirmations, energy work, and spiritual work, while some people (with their own unique life experiences, conditionings and perspectives) may be naysayers to such work, and say "It's all bosch, it doesn't do anything!" It's worth nothing, there *is* one amazing thing this work does: *it gets our mind, emotions, and intentions focused on precisely what we want for our lives!* This, on its own, creates the self-empowerment we need to feel good about ourselves!

Doing these practices can feel like a positive achievement, and it is! It can feel rewarding to have 'done something', even if only the smallest action. When we refine our focus, working on healing our own thoughts and feelings, i.e., working on the metaphysical, it can bring us much closer to manifesting what we want in the physical world.

*When our intention is focused and we are clear of shame and self-doubts,
we become much more assimilated with the energy we need to
take the steps to achieve what we do want!*

*"It doesn't matter where you start, just start"*³⁰

Appreciation

Appreciating all one has, even if it's very little, is a much healthier mindset, and creates physical wellbeing, whereas focusing on all one doesn't have can cause depression. *Appreciating anyone in our lives who listens to us, who cares about us, even if only at small intervals, reminds us this is possible at all.* Feeling gratitude for life itself, recognising and remembering those moments when help came out of nowhere, and where others were giving in unexpected ways, again, reminds us it is possible.

Noticing the moments in life where we can smile and laugh, even if things are otherwise tense, can help remind us that 'we are alright', and it's especially good when everything is alright to take the time to note this, and when we are feeling especially happy, to really allow ourselves to smile, and enjoy these times. When those we love are in hardship and we're caring for them, joy can be very hard to allow. Many of us have the idea "we shouldn't be happy at another's expense". But honestly, if our help is bringing value to others and genuinely helping them, we could smile from ear to ear for the good work we've done. We can send prayers and wish the best always for those we love, and for everyone. But when it's our own time, hopefully we can enjoy our sacred self and nurture the best we have in us and the best we have to experience. This can mean actively finding things to smile at, and finding what makes us laugh heartily (with harm to none), and cultivate gratitude for every second we have to do our own work, and enhance our own lives, and, appreciate how wondrous it is to share our lives with others on the journey. Finding everything big and small to appreciate, and experiencing the feeling as all-encompassing gratitude for everything we have and everyone we love is one of the greatest gifts we can gift ourselves. The state of appreciation enhances physical wellbeing!³¹ It is great for heart health which calms the entire nervous system.³²

Actively practicing states of appreciation means we allow ourselves to enjoy deeply, all we actually do have, which takes the focus away from feeling abysmal for all we still want, or all we don't have.

Appreciation allows us to fully acknowledge and enjoy what we do have; but lack of appreciation, means we won't even enjoy what we *do* have.

And there is something we can appreciate which is irrevocably precious, infused with, and made from, this magnificent universe, as everything in this universe is, which is ourselves.

When do we take the time to truly feel gratitude to our core for all we are?

Only we know all we are and all we have been through to get to this point. If we berate ourselves, it sux! Because, *haven't we been through enough?* There's enough to deal with without adding the constant

³⁰ Stars in the making, *Change from within*, Words and Music Copyright © 2005.

³¹ Childre, et al., p. 37.

³² Ibid.

battle with self, but many of us do the whole self-battle thing. We bunch on the guilt and mean self-thoughts, we ignore self-punishing behaviour, and the fact that we may be offsetting our dreams for others' sake (not relating to care-giving, but where it is a reasonable proposition to follow one's dreams); and all the things some may give up, and suppress; as human beings, we are well versed on depriving ourselves of the healthy things we want, and may even create our own obstacles. Why is this? Of course we're all unique, and many have suffered, and there's many reasons, but, one main one is that we are conditioned, and ultimately, adversity may be easier to handle than unencumbered and ongoing, feelings of wellbeing!

If this seems harsh, know it's a reflection on how I have judged myself, and not any judgement toward any reader! For those who relate to this, it may take all those small points of self-acknowledgement in the positive; self-encouragement, small acts of self-forgiveness, apologising to oneself when one is mean towards self, and making a personal choice to *give oneself some time out from self-punishing!*

If we can spend so much time thinking on all we haven't done right, surely we can take the same amount of time to acknowledge all the things we do get right?

Imagine spending a decent length of time, and doing so regularly, where you reflect on all the great things you've done to get yourself through something, and all the small shifts in attitude, where you found a solution, where situations were resolved well, and all the obstacles you've overcome within which only you know what it took to achieve.

When you appreciate all you are, you appreciate life.

"I love and adore myself"

"I am being my own being"

"I appreciate all I am and the miracle of life!"

"I appreciate everything in my life"

"Thank you Universe/God/Goddess/stars/planets/life for all I am and everything in my life"

"I love and appreciate all that I am and all that I do"

For those who feel self-love is indulgent, or a nonsense practice, consider:

Imagine the burden we could take off others, if we gained all the fulfilment we needed from ourselves, in ways which others could never alter?

Then when in relationships, we can share ourselves, we can enjoy the connection, and work on any pesky 'differences' which arise, all without compromising our self-respect. The practice of self-appreciation is one I am realising while writing is very important, and something I must practice myself. I have been working on taking greater time to reward myself for achievements, as I usually spend months working on something and then allow 2 seconds for the 'reward' feeling, but appreciating who I am as a person? Not as practiced! I appreciate life and the Universe infinitely, and to practice what I relay in these guides, I may need to work on this aspect more. It has been becoming more present in my psyche, as more recently when I thank the Universe I have been saying "Thank you U (Universe)" and adding, "And thank you me!"

Astrology

Birth chart readings can be very illuminating. Sometimes when we hear things from a different perspective, and in a different context, it can help elucidate self-understanding. I have a powerful, creative, astrological sun sign, but found out my Moon is in Virgo, which means as much as my natural personality as an artist, keeps long work hours, following the creative flow regardless of the time of day or night, this is working against the ordered, healthy lifestyle Virgo wants, which craves daily practice of meditation and sensible health practices to help me carry and hold the creative energy without running myself ragged in the process! *This is a balance I am working on and may always need to work on.*

If you take away the astrological reasoning, one could say, "Sure, artists can burn themselves out by giving all their focus to the creative process, and forgetting to sleep and eat properly!" But the point is, I had always felt this war within between pushing myself for my art, or allowing my art to push me, working against, this genuine need for healthy regular eating, sleeping, and wellbeing practices. *I only came to understand and begin working on this inner conflict, when I found out my moon is in Virgo.* Moon signs relate to our inner health and the inner world, as sun signs relate to the person we are in the world. Rising signs symbolise the 'face we show the world', and how we present ourselves to the world.

Creative expression

Self-expression in all its forms can elicit relaxation and be healing. Voicing; playing; laughing; arts, painting, music, writing; doing what your soul truly resonates with, this could be a sport, reading books, observing birds, studying, astronomy, collecting stamps; healing and relaxation practices which support your uniqueness; and so many paths to be in *right energy with yourself!* Doodling, although some may see it as silly, is a great way to get on paper your general feelings. Any activity which relaxes the mind is a form of relaxation. Even doing jigsaws of beautiful pictures, or colouring in books, can be calming, enriching activities where creativity has a chance to play and the mind has a chance to be engaged and focused on one activity.

Crystals

For some, the reference to crystals invokes thoughts of charlatans and dodgy healers. This is sad, because it actually adds to the reasons some may 'dis' healing as a whole and think it's all a joke. The fact is crystals are formed across millions of years, and are truly extraordinary in their properties. We don't need to think of crystals as being only used in healing, whether we believe in healing or not, for

their practical esteem to be considered, and hopefully, appreciated! As one example, crystals were used to help transmit the first ever radio waves!³³

Quartz crystals have a natural property called piezoelectricity, an ability to generate an electrical field, which makes them very useful in radio and video equipment. Silicon crystals are used in making the chips that power our computers and the photovoltaic cells used in solar technology.³⁴

I have experienced Reiki sessions where crystals are used, and find their energy calming and powerful. I guess, like most healing techniques, crystal healing needs to be experienced with an open mind for one to assess if they elicit any healing increase or benefit. “Crystals can remain unchanged for millions of years because their constituent atoms are arranged in a stable, regular pattern, called a lattice.”³⁵ Ancient peoples believed crystals were a gift from the heavens.³⁶

This notion is not so far from the truth. All the particles that make up matter once originated within the hearts of old stars. When these stars exploded their particles were scattered throughout the universe and re-formed as new stars and planets.³⁷

Crystal healing is often used as a complementary therapy, alongside other energy healing practices.

These mystical ways of using crystals are usually dismissed by modern science as mere superstition, and yet science recognizes the unique - and often very strange – properties of minerals and crystals, making use of their characteristics in everything from wristwatches (quartz), automobile spark-plugs (kyanite), medical lasers (ruby), and space shuttle windows (sapphire).³⁸

Crystals are said in spiritual spheres to contain ancient knowledge. They form across vast amounts of time, and through dynamic earth changes, and their stability means they survive across millennia. If we could make computer chips which likewise, have a forever warranty as a ‘memory stick’, it makes sense for crystals to be the bearers of ancient knowledge which it could store across many millennia! Perhaps they do contain data, we just haven’t figured out how to translate it yet! Just as in a million years, future humans or ‘intelligent’ life-forms may struggle to figure out how to get the data off a USB stick from present day! Perhaps the crystal data is in the form of metaphysical energy, and/or consciousness, and whether the user is aware of it or not, it could be transmitting its information, and even if we don’t have the conscious diagnostic ability to process it, perhaps our subconscious can. It could be for those who feel the healing, energetic power of crystals, is because crystals are transmitting energy on the astral plane, the part of us (all of us) which is literally made of stars. If crystal healing works on the metaphysical, it could elicit healing without us realising it!

Each crystal has its own unique properties, and in healing practice, is it usual for one to feel drawn to specific crystals which enhances self-healing.

³³ <https://sciencing.com/what-crystal-how-does-form-4925052.html> Accessed October 2nd, 2021.

³⁴ Ibid.

³⁵ Lilly, Simon and Sue, *The essential crystal handbook*, Duncan Baird Publishers, UK, 2006, p.20.

³⁶ Ibid., p.10.

³⁷ Ibid.

³⁸ Ibid., p. 11.

Dancing

Who cares how you move your body or whether someone is watching or not? Swing your arms, reach upward with arms stretched to the sky, go lower down to scan around, turn and spin and swing and twirl, kick a leg, shake a foot, move the hips! *Any way you feel like moving which is natural to you is very healthy for your body.* Dancing does not need to be happy; it can express anger, annoyance and melancholy, as much as it can express great happiness, respect, love, compassion, and excitement.

Drawing

When I am mad I may scribble angrily; when I want to reflect on beauty I may colour in pretty pictures. Sometimes drawing what you 'imagine' something looks like, a new house maybe, it can be surprising in your mind's eye the representation you draw, even if you've never drawn before, can help clarify your vision and even spark new ideas! I draw pictures when I write down my dreams which may look like scribble to anyone else, but in my mind's eye the picture sparks the image of the entire landscape of the dream in detail!

Finding our centre within the Universe

I recently watched this as part of the 'Positive magic' moon course I am doing online with Wendy Rule, and this particular passage comes across perfectly to me. She keeps saying, "Be your own compass", which we all are as we each exist as these beings unique in time and space, and therefore each person has their own compass centre point within! *This is our unique place within the Universe!* With Wendy's permission I am sharing a passage here from the *Dark Moon in Gemini 2021* ritual, which encompasses this idea and could be used as a meditation on its own.

Finding our centre meditation

Bring ourselves to the centre of our own Universes

Beginning with the direction of below, start by breathing in to your heart chakra

Breathing in all the goodness of the Universe

All the energy of this powerful dark moon

And now send that energy down through spine, down through legs and feet, deep into Mother Earth

Sense that awareness of Earth beneath us

Holding us strong and steady

And as you exhale breathe your connection with Mother Earth, that's always there

Just bring your awareness to that connection

Direction of below and extend your awareness, see if you can imagine that

Below goes even beyond Earth

Infinite below

And draw that energy up, up through Earth with all her grounding goodness

And up back to your heart chakra

Breathing in the goodness of the Universe

And exhaling now out through the top of your head

Out into the great and epic cosmos

*The infinite above
Feel that energy of starlight and wonder
Of limitless possibility
Of world's unknown
And now breathe that energy down into your crown chakra
Down through third eye and throat and back into your heart
And feel that you are conduit between above and below. I always like to rock a little at this point ...
A bit like a pendulum and then you find that point of stillness
Of recognising this lengthening of the spine that allows that flow clear and clean
between above and below
Now extending out laterally like a compass
Direction of north the part of your body that faces north
The northern wall, northern horizon, north forever, and draw north into your heart
And south (breathe)
And east, taking your awareness to the direction of sunrise, breathing that in
And west, creating that cross at which you are the centre
And that vertical line running through and breathing now
Into that point where the 6 directions meet
That magical 7th direction of within, of centre
The place in our heart, of love and magic
We are part of this epic Universe
We are this epic Universe!
Those very same atoms that made our lady moon made us
Starlight and wonder we are part of the everything interconnected on this dark moon³⁹*

Healing procrastination

"It takes many single small steps to climb a mountain, not one big step!"

Many people seem to struggle with this, myself included. But I had an epiphany many years ago. I was spending so much time thinking about all the things I 'should' be doing, and regretting and blaming myself for all the things I wasn't doing, I realised, I was literally using the current moment to feel bad about what I hadn't done, and now couldn't do, in the past! How silly! It was then I found the answer, at least for me:

*One way to heal the pattern of procrastination, is to do the very thing you think
you 'should' be doing, in the now moment!*

I used to sit around and think about emails I needed to write to people, when, I could (and I do now) just go the computer and write the email! I save it in drafts if it's not ready to send but at least it's written. Preferably, and I would advise, doing the thing needed is coupled with doing things when it feels right for you, as in, for annoying tasks, do it at the point of least resistance, when you feel reasonable enough for it to not push you to the stress limit. But then again, you could also do these tasks when you are feeling

³⁹ Wendy Rule, Positive Magic online course, *Dark Moon in Gemini 2021* ritual, see <https://youtu.be/Z1GLR8RT2So>
Accessed June 10th, 2021. See <https://www.wendyrule.com/>

quite low on energy; why waste your 'reasonable' mood energy on doing something which annoys you?! And when it needs doing; it's gone on long enough, and bills need to be paid which you've been avoiding, or it's homework, or appointments you need to book, even if you know it's a pesky thing you won't love doing, make a choice to just do it! In knowing it could feel pesky to do, we can even decide *not* to attach our emotional annoyance to the act of doing, we could just do the task calmly, and even laugh if it gets more annoying: *forewarned is forearmed*. For all the things we dwell on, beyond where we have adequately thought enough about any particular matter, is time which could be spent doing the thing itself! Or at the least, enjoying the time of *not* doing!

The way to heal procrastination is to just do, or, to enjoy not doing!

To transform and re-direct all the ruminating and over-thinking, into doing.

In honouring the 'following the flow, and doing things when they feel right for you', this may mean, *actively* procrastinating. You may not do the task itself, but you could do something else, like the dishes, or cleaning a small area, or sorting out another pesky small matter. It could mean deciding to watch TV all night and play games, but really allowing yourself to enjoy it, even if it means dealing with x, y, and z tomorrow. There has to come a point where we ask:

"If I am going to procrastinate, why stress myself out about it?"

And more importantly, *"Am I procrastinating due to some deeper need to stress myself out?"*

If we can acknowledge we're feeling burdened, because we've burdened ourselves, or we feel truly burdened by others, we may start to acknowledge any and all points we have power to better manage the burden. We may ask for an extension on a project well before it's due because we know we'll majorly stress about it unless we have more than adequate time to submit, or because something else is going on around the due date, and we're 'getting ahead of it'. If we've put our own date on something, and promised someone we'd get something to them, or promised ourselves we'd complete a project, again, we must look at what we are doing to ourselves! Instead of the usual "bird flew off with my homework" reasons I give when I do this to myself, I hope to start the practice where I am fairer to myself, and state plainly to others, "I'm sorry but I underestimated how much time I'll need, and it's better for me not to set a date at this point, but I'll get in touch with you as soon as I can estimate when I'm ready".

We may spend a great deal more time being mean to ourselves for missing our self-set timelines, than it would take if we let ourselves go with the flow and allow the set goal to complete itself in its own time.

The time we spend regretting what we didn't do by the time we wanted to, *&%^! It's quite possible setting these timelines, then getting depressed we didn't meet them takes up the very energy we need to focus on the steps required NOW to achieve what we want. It takes years worrying about how we haven't 'made it' yet! And yet sadly, those years cannot be returned but from *this* point, doing the right thing for ourselves we could manage to make future years more bearable, and maybe even enjoyable!

*If we used this time to get onto the things we want to do,
we are creating future moments we won't need to regret!*

There could be hidden reasons for our procrastination if it comes to feeling burdened by others:

- ✚ we wish we didn't say yes, and don't want to do the thing in the first place, but feel trapped and don't know how to get out of it
- ✚ we resent or feel hurt by the person for something else, and therefore don't want to do anything for them
- ✚ we take on too much of other people's stuff, even though we do this as a choice, we may not feel it's a choice, and blame others for it, and therefore, secretly, probably without realising it, we actually want to let them down

We need to be honest with ourselves about our true motivations, if we truly want to do the right thing for ourselves, which is usually the right to do for others as well. If we cannot do the task we need to say so as soon as we know (sometimes I agree to things when my intuition is like, "there's no way I am actually going to do that!"); we can extricate for a range of reasons, anything which is self-protecting, even if the truth, "I've over extended myself and about to fall off the edge if I take on even one more thing". And the most straightforward one, "At the time when I said yes, I didn't realise there is this other thing I need to do". Sometimes, it may be worth acknowledging helping others is a way to procrastinate on our own tasks, and as much as we resent the help we offer, this may be the underlying motivation.

Finding the core reasons is how we find what needs releasing.

Working out exactly what is needed to be done for self, and what precisely is needed (or not needed) for others, and eliminating all else, it may be possible to reduce a stress mountain, into a few very specific tasks. If we practice de-stressing, and focus on the energy of doing, as opposed to being annoyed and pissed off about 'doing' or 'not doing', we allow more moments to consider, "if we're going to procrastinate on this, that, and the other, we may as well enjoy the extra time we're giving ourselves!"

*Changing our attitude can take the wind out of the self-berating ruminating
procrastination usually causes.*

"I love giving myself this extra time. I love procrastinating!"

If we indulge in the fact that procrastinating does give us 'time off in advance' and we darn well want it this way, we at least don't fuel this horrible negative energy towards ourselves.

*It is likely berating ourselves for procrastinating
extends the time we procrastinate for.*

Sure, some may feel they can force themselves into submission, and make sure they get the thing done. But even this could be approached with the intention of self-empowerment, as opposed to being disempowering. If one is pissed off and angry at oneself for not doing a task, use all this anger and frustration and channel it into the task itself. If it's an essay, get the reference books with hatred, and write the words with deep bitterness. If it's a favour for someone, curse the whole situation. And if you cannot do the task, because the anger or bitterness or depression won't let you, then say "screw this!" Turn off the phone, and put your feet up for a few hours.

The stress we put upon ourselves is usually gigantic, when in reality, us not doing something usually is not the end of the world.

Say you promised someone a lift, and they really need it, but you cannot get there, whether because you truly don't feel up to it, or you're physically unable to, don't panic! You can

- order an uber for them
- ask a favour from a friend to order the uber for them
- ask a friend or relative to do the lift
- ask the person if they know anyone else who can drive them
- ring them a cab
- transfer money to them for a cab, or get a friend to

There are usually many options.

If we look in retrospect at the many situations we have stressed ourselves out about mercilessly, for not doing something 'on time', has disaster then ensued, or did it 'all work out in the long run'?

When we make this assessment, can we see, right now, this current pressing thing may not be a disaster either if we postpone it?

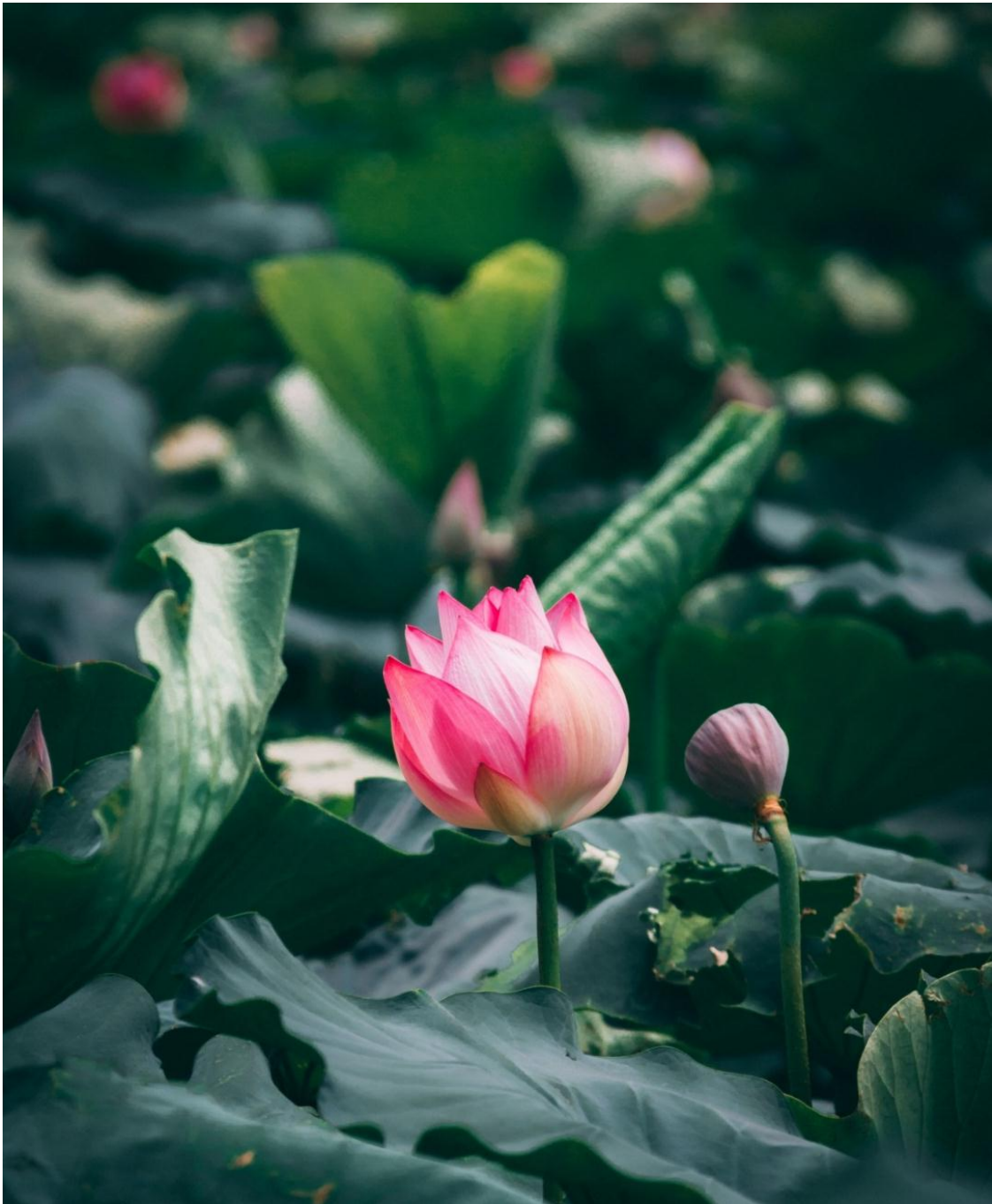
Ironically, if we give ourselves a break, we may well find we have the energy to do the things we actually want to do!

When it comes to doing the task we're procrastinating on, it can greatly help to focus on doing one thing at a time, only one thing. Say with an essay, focusing literally on the introduction, or the conclusion, or finding a couple of references, but when doing one part do not think about the other sections. Focus on one task without pressuring yourself outside of this. Ironically, if you do a whole bunch of 'one things' eventually, the task is complete! But we may need to fool the mind into thinking it's only the one thing which needs doing.

When we don't feel overwhelmed, and break things into smaller tasks, the smaller tasks don't seem too hard to do.

Some other approaches to completing tasks/solving problems/breaking through procrastination.

- Address the harder aspects first, one at a time, knowing the reward is the easier work which follows
- Do the easier tasks first, trusting by the time you get to the harder tasks, at least all the little pesky easier aspects are done



The small wins help fill in the bigger picture

- Use your emotions to work for you. If you're frustrated and annoyed, just do one small thing, and think, "Well there, I did one thing, great!" Even if the sentiment is sarcastic, *being annoyed does not prevent you from addressing one smaller aspect of a problem or task.* Try to follow your mojo and do whichever aspect feels the most doable at the time
- Where possible, reduce all non-necessary tasks *so every burden which can be deferred or removed is deferred and removed.* This may mean delegating tasks you would usually do, to other people who may be more than happy to support you in this way. It may mean postponing a non-urgent appointment. Sometimes it may mean taking the night off when you're under a mountain of pressure, but choosing this one night to focus on anything other than 'what needs to be done'. Sometimes, although to the time-pressed person it may seem an insane approach, taking that peaceful time for self, ignoring time as it were, may rejuvenate the system enough to get things done much faster the following day, and ultimately putting one ahead of the timeline (or not as late) more so than if one continued to push through
- Another thing worth doing is to ask yourself "*what really is the priority here?*" And assess whether your world would fall apart entirely if said task is not done within the set timeframe. People put themselves under so much pressure, much of it, if not all of it, with very good reason, but, *are there any aspects of one's life which don't require pressure? What is the leeway? Is the thing which needs doing more important than the person's wellbeing? Is the person now expressing annoyance to others, even those they love, because they're under 'too much pressure'? What actually matters? What is most important?*

*If any priorities can be delegated, deferred, or reduced,
it can free up time and energy to focus on what matters most*

When there are many things to do, housework, renovating, work assignments, family chores, et cetera., these techniques can be applied across tasks.

Again, if you 'go with your best flow' even if it means doing a tiny bit in this area, and a little bit in another, have faith enough of this equals things getting done across the board. Self-forgiveness, allowing self to enjoy any healthy 'time out', and any nurturing, ironically supports better 'doing' than the merciless voice of the mind which drives one through stress.

Healing with animals

Our amazing creature friends are great treasures! Loving animals, and receiving their love, brings great health benefits.

Some people don't want pets, but even a casual conversation with a bird here and there, can help connect one with the realisation, our animal friends are just like us! At our core, we all want and need the same

things: *air, food, water, shelter, community, affection and love*. When our pet's eyes shine up at us, we can see they know how much we love them, and they love us as well and do the best to bring enjoyment, warmth, and heart focus into our lives. It surprises me, as with Reiki, as each are proven to greatly benefit health and wellbeing, why there aren't more 'pet programs' where lonely people, people with heart conditions, and those who are isolated from others, or have little family, are given a pet to care for and to care for them, with support in place from professional animal carers and security in place to make sure pet, and their new owner, are each safe and have adequate care. There are many abandoned pets, and pets in desperate need of new owners, and there are many people in desperate need of company and love, and the simpler kind where the love is unconditional, none of this pesky 'dealing with humans' type relationships!

Pets keep us active, as caring for them takes effort and work, they keep us calm, and tend to sense our moods and try to soothe us, they come to us for love and affection which helps us tap into this side of ourselves which may otherwise get forgotten, they help lower blood pressure and are powerfully healing for those with stress related conditions, including heart problems. When we invoke our own love this has a healing effect on us!

Being able to love a pet, and feel their love in return, is a great privilege!

Healing with nature

Nature, as we know if we have allowed any inkling of appreciation, is truly sacred, resilient, and precious, very similar to human beings! We, as humans, need the same light, nutrients, and water to survive; we all need, and we all are, a part of Mother Earth. We may see nature as separate, but a tree is just like us, it wants what it needs, it wants to grow and live, even if it doesn't express emotions in the human sense, it is driven to physically survive *as it is with all life*. Life, as we see it in nature, is much more beautiful, incredible, and complex than we think. And we are much more like nature than we may realise! New research has shown old trees 'couple up' with fellow trees, similar to elderly human couples.⁴⁰ Wohlleben's book, *The hidden life of trees*, is informed by decades of scientific research.

According to biologists, trees can count, learn, remember, send nutrients to sick neighbors, and warn each other of danger by sending electrical signals across a fungal network known as the "Wood Wide Web."

...

Trees are very social beings he claims in a documentary called *Intelligent Trees*. "The parents, the mother trees, are looking after their offspring."⁴¹

Nature depends on the nature around it, and for the sun to rise each day and for rain to fall, just as we depend on nature to live, and for the sun to rise each day and for the rain to fall. Realising nature is not only a powerful mirror of our regenerative nature, but that every part of nature, along with humans, are literally 'in this together', may help you begin to marvel, 'how could a flower look so beautiful, and animal creatures be so cute and exquisite?' and the longer this thought is pondered can one start to ponder, 'If I

⁴⁰ <https://returntonow.net/2018/08/19/trees-form-bonds-like-old-couples/> Accessed July 16th, 2021.

⁴¹ <https://www.brainpickings.org/2016/09/26/the-hidden-life-of-trees-peter-wohlleben/> Accessed October 9th, 2021.

am like nature, does that not mean I am also exquisite and beautiful?’ No matter how you may think you look externally, the fact is, you are no more or less beautiful than the most exquisite flower, because, you are also, nature. Nature can be powerful and even terrifying, but it is always the bearer of unimaginable beauty, and extraordinary ability. And it gives us humans everything we need if we could only learn how to value it for the good of all, and share among all the abundance naturally provided.

When we connect with nature, we can tap into the healing energy of All.

One way to connect with nature is honouring the phases of the moon, and bringing awareness to the planets; this helps us recognise our place within the Universe. Wendy Rule has volumes of knowledge in these areas, and a great practitioner for those who want to work on their connection with nature, which ultimately, is the connection with self. I have done many workshops and moon courses and I truly believe these are soul-enriching practices. See <https://www.wendyrule.com/>

Hugging trees, and *thanking* trees, who we truly couldn’t live without, and acknowledging trees are the hero pioneers and saviours who allow for the existence of all life on this planet which requires oxygen, is a wondrous practice, it is self-healing, and I am certain the trees appreciate it as well!

One practice I do to respect nature, and a Reiki precept, is to always ask a bug’s permission before I get it out of the house. For flies, I open the door and say, “that’s where you want to fly to”. I don’t let them bug me and I don’t bug them.⁴² I cannot tell you how enjoyable this practice is. Like big blow flies instead of annoying me and me harassing them to go outside, I just open the door and say, “Hey bud, there’s the door” and off he flies, and I say “thank you!” and close the door. There’s a story on a film set, where a large fly was on the window and someone noticed and said, “What shall we do?” I asked the room, “I am a bug whisperer, can you all trust me to handle this?” And they agreed. I asked, “If everyone can just stay calm and still, and imagine this all works perfectly”. I go to the window with a piece of paper. I ask fly to walk on paper reassuredly. Fly does. I then go to walk him to the door, he flies off. I ask everyone to stay calm. The fly is now on the director’s arm. I say to director, “Just relax and we’re going to gently walk you out the door”. Someone quietly opens door, I reassure the fly, “Good boy, it’s alright, just stay there”. I gently guide the director outside, I shoo fly off his arm (and I still worry I swooshed fly away too hard!). The crew and cast was around 8 people, who all just stood there with their jaws gaping, and someone may have said, “I have never seen anything like that before in my life”. I did have one thing working in my favour though, certain flies get a bit dopey for some reason and are quite pliable to work with, as this one was. But I manage the big buzzy ones, and mosquitoes as well, to the point where I have asked a mosquito to land close enough to me so I can get it outside, and then Voila! There it is, alighted right on my pillow and it lets me take it outside. I always promise not to harm them, and ask them to trust me. But the relationship’s gotten quite casual, and somehow my respect for bugs is translated across the bug network because they always do what I ask now, even if sometimes it requires more patience. It’s worth noting if I need to be annoyed, because I need to get to the tipping point where annoyance pushes me to actively change something for the better, or to have my mini-meltdown where some tears are shed and inner anger (helplessness) is released, I thank the bug just as much for this. But this is rare these days, for bugs to bug me, and the fly demonstration in front of many people, shows the bugs are ready to share and demonstrate their co-operation, we just have to allow them to!

⁴² See the *Personal alchemy* guide, *Working with bugs*.

I was literally in a shopping market yesterday evening. I wasn't sure which aisle to go down and found myself pausing in an aisle and wondering where to go. My gaze falls to the floor. Upside down fly. I stop everything and find something fly can grab onto. It was a tissue or a rewards card. I reassure fly. Fly grips on perfectly, first time, no problems. I turn him upright and now he's on his feet. I tell him, "Stay there, stay there". We're 35 metres from the store entrance. I leave my trolley, and walk the fly out. It is raining a bit, I set the card or paper down under a tree and say, "I hope you'll be alright now and thank you!!" And he walks off the perch and seems alright. I thank the Universe for this connection and feel really good about myself, because I saved one living thing. At one point when I was walking him he walked on my hand for a bit but then went onto the paper again. Probably the most co-operative fly I've ever worked with, and right when I am writing this part in the guide and at final editing stage! It's like it wanted this story to be told.⁴³ It may seem silly to some people, but in my opinion a fly has a right to be here as much as anyone, and I am certain they do things for the ecosystem we have no idea about. There were 7 or 8 flies in my house in the previous few days which is rare (perhaps change in weather) and I believe I have assisted each one out safely, each with their own story and some taking longer than others! Yes, the turning lights on and gently directing them out is a reasoned approach, but, doing so whilst asking the bugs permission and working with the bugs psyche, actually helps us stay calm. It's all the bothering we do to these bugs which makes them so hard to work with! I have found treating bugs as politely as we treat all those we respect, is infinitely more useful.

*Imagine how much less stress there is when bugs work with you,
not against you!⁴⁴*

Before I started practicing these intentions, bugs annoyed the crap out of me as is usual for most people. But now they don't because I respect them and it's enriching in a way hard to describe when some tiny bug appears to listen to me, and allows me to get it outside safely, as if it gets it's the best thing to do as well. Not something I could have believed, or ever done in my old conditioned mindset. And the revelation all came from my Reiki Master's one comment when a fly buzzed all near his face and I asked how it was he seemed so calm about it. He replied, "He doesn't bother me, and I don't bother him". I thought he was mad then, and now *I do exactly the same thing!* It has taken many years of practice and I'm still working on it!

Healing with planets and stars

It can be hard to fathom the sheer immensity of space when we look at the night sky, or for those without sight, when imagining the space Earth sits within; a growing, expanding Universe where new worlds, and new stars, are being born right now! I find myself raising my arms up, stretched wide, to encompass the sky, as hugging from afar to connect with and hold and share, in the gigantic energy, particularly the planets which are bright and enormous, Venus and Jupiter. I realised doing this recently, how even more

⁴³ Experience with fly at shops happened October 22, 2021, around 6 in the evening EST.

⁴⁴ I am referring to every day bug problems, not big bug problems! But I once did get a bunch of mice to leave who'd been a bother for years, when I stomped, and got my housemate to stomp, all around the kitchen as we chanted, "No more mice, we are asking you to go away and never come back!" and sure enough as we asked, we never heard from them again! For all the tactics we try, asking our fellow beings and insects to co-operate with us is usually one option we won't consider! But in my experience, which is in the hundreds at this point, I cannot easily think of any time when it *hasn't* worked!

empowering it can be to think or say the abundance mantra whilst raising my heart and arms to Jupiter. And how I could strengthen my connection to love, in doing the heart focused mantras while reaching my arms wide to connect with the planet Venus. Stating self-empowering affirmations could be done likewise, imagining these gorgeous planets and stars are radiating their power towards us providing Universal support.

When I do this, I am always thanking the Universe.

"Thank you Venus, for being so beautiful, and for guiding humans with your loving light"

"Thank you Jupiter, for being so powerful, and protecting Earth from asteroids"

But mostly I am usually saying:

Thank you Universe for being so incredible, for everything in my life, for supporting me, for housing all life, for being so magnificent, and for me being able to be a part of you. Thank you me and thank you U!

Imagining our heart is beaming love to a planet or star, and imagining our heart receiving its light in return, can be healing in a way hard to describe. Connecting with the Universe which we are borne from is holistic in a way which even houses all Earth matters! I believe we all could be given a star name or affiliation from birth, which we can connect to, and source power from, and give thanks to, as all in the Universe is connected. If I showed you a nut safely encased in a shell which was then cracked open, you could see all dispersed from within the nut, was borne from the nut. *The big bang is the nut being cracked open.* Just as those stunning stars blaze their light, and the planets within our solar system beam brightly at us, we too are borne from the same source. When we imagine the stars and planets 'looking' at us, what do they see; the same gorgeous bright shining object in the night sky, which is Earth with our sun reflecting on us, as it does with the planets in our solar system. This is actually what we all look like from afar. When we imagine ourselves shining this magnificently, it can bring us to direct connection with the energy of All, including within, and help us to genuinely feel infinite appreciation for this extraordinary universe we are living in.

Humanity has extensive problems, yes. But this doesn't make this practice any more or less powerful, or change the fact that the Universe is extraordinary, and having life on a planet at all is extraordinary, and being consciously aware of these factors, has the potential to help all conscious beings want to recognise these miracles, hopefully enough to want to honour and appreciate the miracles, in co-creating peace, light, and love, for every living thing.

Healing with the elements

Wendy Rule, is a great practitioner, extraordinary creative, songstress, visionary, and guide on the journey of self-transformation, specifically in healing with the elements and enriching our sacred connection to ourselves and to nature. There are online courses, epic music, and great resources available. See <https://www.wendyrule.com/>

When we work with the very elements which give us life, when we acknowledge and respect the specific energy they represent, it helps us become more at one with ourselves!

I only learnt about this 'working with the elements' practice around 2006 where I was very humbled to do some classes with Wendy Rule. When opening a magical circle, Wendy honours each element. Her teaching is empowering so participants can always, and are encouraged to, add words and feelings they ascribe to each element. I love being creatively engaged, and always find more ways to be thankful. Just to look at the basics, as I refer you to Wendy and your own avenues if you want to study this in more depth, this is how I interpret respecting the elements, as I first learnt in those workshops. Each element corresponds with a direction, these change depending on whether you're in the North or South Hemispheres. For these examples, the directions correspond to the Southern hemisphere (swap with the opposite direction point for the Northern hemisphere).

Please note I am embellishing with my own words from Wendy's opening of a magic circle (with permission). This activation, and "opening our magical circle" is how Wendy introduces her musical performances, and sets focus for her classes and full moon rituals.

Air – "Thank you air, energies of East, for the words we use to communicate, for breathing, for trees, for the ability of a sharp mind, for the breezes which blow away negativity, for the energy of change. Thank you Air, you're welcome in our circle ... "

Fire – "Thank you Fire, energy of North, for warmth, for the inner spark of creativity, the fire in our belly's, for the ability to burn away and shed the old, for the Sun, for heat, for the core of the Earth sustaining our planet. Thank you Fire, you're welcome in our circle ... "

Water – "Water, energies of West, water. Thank you for your magnificent flow, for river, for lake, for streams. Thank you for the flow of water in our veins, for our blood, for our tears. Thank you for quenching our thirst, for sustaining us with your nurturing, cleansing waters. Thank you for the deep healing of your depths, and the fun pitter patter of rain. Thank you water, you're welcome in our circle ... "

Earth – "Earth, energies of South. Thank you Earth, for rock, for stone, for bone. Thank you for the security of shelter, for food, for your abundance of life-giving properties. Thank you for our physical forms, for matter, for structure, for providing hearth and home. Earth, thank you. You're welcome in our circle ... "

Spirit – "Spirit, energies of within and without, of the One and the All. Spirit of many names and spirit nameless. Spirit which is me, spirit which is you.⁴⁵ Spirit which soars through realms. Spirit which knows everything. Spirit which guides us always in the right direction. Thank you Spirit, you're welcome in our circle ... "

You can join Wendy's Patreon page for as little as \$3 per month because she is this awesome! You can even do mini payment plans to do her courses. View her page here <https://www.patreon.com/wendyrule>

⁴⁵ These are Wendy's exact words.

There's enriching online materials on offer outside of Patreon. See <https://www.wendyrule.com/>

It is fascinating and I have experienced this many times, whether it's doing a course, or practicing being in 'right energy' myself, working with oneself and with nature, even if a teensy bit, creates clarity and strengthens wellbeing in a truly holistic way. Suffice to say, you couldn't put a price on it anyway.

Wealth from working with self-awareness, wealth from focused intention, wealth from practicing unlimited gratitude, creates, at least for me personally, all the energetic factors I need in play to assimilate and receive wealth in any form!

Humming

Humming, like mantras, can be intended as healing sound vibrations, and its resonance can elicit self-healing. *Didgeridoo healing* is one example. I advise for any humming, singing, and vocalising to observe and maintain a relaxed throat, never straining, and staying within an easy, comfortable vocal range. You may find you resonate with certain notes more than others. Find this note which feels special and imagine it expanding within you as you hum, vibrating as healing sound waves radiating through your being.

Imagining healing

Imagination is proven to bring physiological engagement when we simply imagine the activity taking place.⁴⁶ Although the reference here relates to musicians imagining practicing music, which highlights the same brain networks as if one is physically playing an instrument, there is no reason this doesn't translate equally to us imagining cells in the body healing, and those cells then going to work with healing actions from our intended thoughts. There is a vast amount of scientific evidence relating to the genuine healing benefits of the placebo effect.

The DVD, *The science of Miracles: the quantum language of healing, peace, feeling, and belief* when referencing studies and discoveries demonstrating the power of the mind on health, states:

The implications of these discoveries ... show us, beyond a reasonable doubt, that we can reverse disease, redefine aging ... and even change reality itself through the focused power of belief and heart-based emotion.⁴⁷

Heartmath research tells us the same thing regarding the power of heart focused states to elicit healing.⁴⁸ The idea being, *we can be the active creators who stimulate our own healing!* The power of the mind is an extraordinary thing, and in many cases 'imagining' healing is taking place, equals the effect of, *healing taking place!*

⁴⁶ Pascual-Leone A, Nguyet D, Cohen LG, Brasil-Neto JP, Cammarota A, Hallett M, 'Modulation of muscle responses evoked by transcranial magnetic stimulation during the acquisition of new fine motor skills.' *Journal of Neurophysiology*, 1995, 74: pp. 1037-45. See <https://pubmed.ncbi.nlm.nih.gov/7500130/> Accessed June 14th, 2021.

⁴⁷ Braden, Gregg, *The science of Miracles: the quantum language of healing, peace, feeling, and belief*, DVD, Hay House Inc., USA, 2009.

⁴⁸ Childre, et al., p. 37. See <https://www.heartmath.com/>

Lipton describes a specific study on the placebo effect, where patients requiring knee surgery, were put into 3 groups. The first 2 groups received standard surgery for knee inflammation, but using different techniques. Group 3 was given 'fake' surgery, but where all the steps were followed except surgery; anesthetic, incisions, stitches following, even using the same sound effects while the patient was out, to simulate it being a real surgery, but without any interior surgery actually being done. "The results were shocking. Yes, the groups who received surgery, as expected, improved. But the placebo group improved just as much as the other two groups!"⁴⁹

This is wonderful if we can practice self-directed healing whenever possible. Frighteningly, according to Lipton, there is such a thing as *Nocebos*, where thinking in the negative can cause ill health!⁵⁰ This making it even more important to breathe in healing love and light, and breathe out all negative and toxic feelings, imagining this healing light is sweeping away all unhealthy cells which dissolve into the nothingness from which they came, and this newly invited healing light infuses all our cells with brilliant, self-healing, healthy vibrant energy for our entire being.

Iridology

Truly fascinating the story the eyes can tell, among our friends it shows our vibe, who we are, our feelings, and for iridologists, they can show our level of health and work as diagnostic tools for any problems or deficiencies!

Kinesiology

Kinesiology uses muscle testing to address metaphysical issues for integrative healing. For example, emotions, fears, insecurities, and beliefs can store themselves in the body. In the process of muscle testing, the practitioner is 'asking your body directly' for the answers, bypassing your conscious mind which may not be aware of negative emotions you may have stored physically! It can also help diagnose specific deficiencies, which one could then look to remedy with Eastern, Western and/or natural medicine. The practice of kinesiology may help release any stagnant energy and helps to 're-program' one's system for the purposes of self-empowerment and physical improvement.

Mantras

Mantras can be spoken, chanted, thought, and listened to. Mantras support self-healing, and work with specific energy. There are many powerful mantras, to help remove blocks to prosperity, to attract love and happiness, and all mantras foster the principles of inner peace, and Universal harmony. In my own practice, I think or vocalise mantras on repeat for as long as I feel, and listen to mantras on audio. I have been inspired writing these guides, to want to practice more so what I advise! My work with mantras these few months when editing, I have experienced some extraordinary effects already and I thank the Universe for it! There are many ways to learn about mantras, and many mantra CDs available for purchase. It is advised Mantras are chanted 108 times. The CD I am currently working with proposes a 40 day program with mantras chanted once or twice a day, anytime between waking and sleeping.

⁴⁹ Lipton, Bruce H., *The biology of belief*, Hay House Inc., USA, 2008, p. 109. Also see pp. 107-111.

⁵⁰ Ibid., pp. 112-114.

Ashley-Farrand explains why people are advised to chant 108 times:

2 fingers below the heart ... is a small 8 pattern lotus called the 'Hrit Padma' ... and it is here that the flame that is not of this universe burns ... what we might call the sacred heart, the soul, the self, the Atman. It goes by many names and it is here that it burns. And as a mantra is chanted the vibration of the mantra enters 1 of 108 passages or channels, astral nerve tubes or veins that flow into the subtle body so that by chanting the mantra 108 times you are sending the energy into all parts of the subtle body.⁵¹

Here are some mantras and their purposes:

Om is a well-known symbol and mantra believed to be the original sound of the Universe, the great Activator!

Om Mani Padme Hum often translates as 'The jewel in the lotus', and great for heart healing!⁵²

Om Shanti Om cultivates peace⁵³

Om Gum Ganapataye Namaha mantra for "Removal of obstacles between you and abundance"⁵⁴

Om Sri Dhanvantre Namaha for health⁵⁵

When chanting mantras, I don't think it matters which note you use, as long as it is in a comfortable pitch for your vocal range. Most mantras can be done on the one note. Longer mantras may embellish on the one note, but still with no big leaps in melody or anything which requires knowledge of singing! It is usual for some notes to be raised at the beginning or end to indicate it's the start of a new pattern. i.e., *Om Shanti Om*, *Om Shanti Om*, *Om Shanti Om* (I count patterns 3 x 4 using the 3 segments of 1 finger, 4 times; raising the note pitch for *Om* on the 3rd time for each set of 3, helps keep the chanting connected and regular in rhythm). Mantras can be used for many purposes. *Om Shanti Om* is good to strengthen inner peace, and intends peace to the wider world.

A restless mind can be a difficult thing to endure, and there's such a simple mantra to help bring peace to the mind. And also this can be chanted to put the energy, the force, the Shakti, of peace into the world at large. When you feel like the world could use your help and you say, "What can I do?" Here's one thing you can do, the mantra *Om Shanti Om*⁵⁶

It may seem overwhelming to chant a mantra 108 times. I have learnt this is one of the functions of prayer beads! A simple way to do the counting is to use your hand. There are 3 sections for each of the 4 fingers, i.e., index, middle, ring, and little finger. If one touches these or mentally notes these sections, this can be

⁵¹ Ashley-Farrand, Track 2, 2003. Also see <https://www.soundstrue.com/> and <https://www.sanskritmantra.com/>

⁵² Ooi, Imee, *Om Mani Padme Hum, the eternal Buddhist mantra*, Blue Angel Music, 2009. See <https://blueangelonline.com/>

⁵³ Ashley-Farrand, Track 4, 2003.

⁵⁴ Ibid., Track 9.

⁵⁵ Ibid., Track 3.

⁵⁶ Ibid., Track 3.

used to keep count. There are 12 segments of the fingers, if this process is done 9 times, it equals 108. It honestly only takes a few minutes or less to chant a mantra 108 times. (I have been practicing so much since the earlier reference saying it's advised to count 108 times, I now don't need to use my fingers to count, as I feel the natural pulses!) Considering the powerful effect mantras can elicit (and even belief alone in the power of a mantra could elicit psychosomatic effects, which as mentioned before on placebos, is proven by science to be a legitimate force of healing), it may be worth doing a mantra for a few minutes each day, to support a calm and focused mindset.

Mantras and Chakra healing

Chakras ('energy wheels') refer to a human being's energy fields. Each chakra corresponds with particular physical points, and influences and is influenced by certain metaphysical aspects (feelings, thoughts, and energy). Each chakra has corresponding gem stones, elements (Earth, Air, Fire, Water), colours, and for those who go into depth, even certain herbs, seasons, and planets!

This chart shows the corresponding *Mantra* for each *Chakra*.

<i>Chakra</i>	<i>Chakra name</i>	<i>Body area</i>	<i>Metaphysical influence</i>	<i>Colour</i>	<i>Mantra</i>
First	Root chakra	Feet; legs; sexual organs	Connects to Earth; money; security; food; matter; structure; survival	Red	LAM ⁵⁷
Second	Sacral chakra	Loins; abdomen;	Relationships; sexuality; desires; harmony	Orange	VAM
Third	Solar plexus	Upper abdomen; centre of gravity	Seat of power; insecurity or confidence; stability; balance; giving and receiving	Yellow	RAM
Fourth	Heart chakra	Heart; chest; lungs	Love; gratitude; emotions; empathy; compassion	Green	YAM
Fifth	Throat chakra	Throat; neck; glands	Self-expression; listening and talking; communication	Blue	HAM or SAM
Sixth	Third eye	Between the eyebrows; eyes; sight; senses	Intuition; telepathy; dreams	Deep blue/mauve	OM
Seventh	Crown chakra	Head; thoughts; beliefs	Connects to the Universal	White/Gold	No mantra exists as thought

I use the words *Love, Ray, Hope*, highlighting the same letters in mantras to help me remember the order:

1	2	3	4	5	6
LAM	VAM	RAM	YAM	HAM	OM
LOVE		RAY		HOPE	

⁵⁷ Judith, A., *Wheels of life: A user's guide to the chakra system*, Llewellyn publications, USA, 1999, p. 257. Also see pp. 255-260. These mantras are from her book.

One could use these mantras with focus on a particular chakra which needs balance and healing. I like to sing as a scale from Chakra 1 through to 6, and back to Chakra 1.

Music

Any form of ‘making noise’, and expressing sound, long wails when one is sad, happy ditty made up songs when one is happy, again, may bring the same sense of relief as one can gain from emotional release, which can elicit relaxation.

Naturopathy

I have been seeing this naturopath for many years, and I feel the description here is better in her words, as she is a highly experienced expert in the field, and runs her own business selling only local, vegan, and ethically sourced products!

Naturopathy is a complete approach to health and wellbeing. It supports the body’s inherent ability to heal and repair using diet, nutritional medicine, herbal medicine and lifestyle factors. A therapeutic partnership between the Naturopath and patient may prevent disease or the progression of disease by supporting and enhancing the body’s natural ability to repair.⁵⁸

Some people feel naturopathy is some ‘alternative’ type approach for dealing with health problems. Some may rely only on pharmaceuticals for health support, and ‘throw the baby out with the bathwater’ in saying “All herbs and alternative meds are useless”, yet these ‘herbs’ are all around us, we eat herbs, and they’re used in many products the naysayers to herbs may not realise! Much of the negative association which some are conditioned to have regarding naturopaths, is misguided. The fact is taking herbs in tea and food, is as natural as eating fruit and veg! Nature is offering, not only wondrous foods, but ways to spice and flavour food, *and*, providing a huge herbal range which facilitates healing for many human health conditions! Taking chamomile and lavender for relaxation, really, could be considered the most normal thing in the world to do, and ingesting slippery elm, roots, seeds and herbs which assist digestion, yes, these are great as well! Of course we’re all unique in physiology and some may even be averse or allergic to some herbs, but this is exactly what a naturopath determines; and they tend to be meticulous, in finding the natural remedies which work best for the individual. Side effects, outside of allergies, from taking common herbs is very rare. But consider the side effects of relying only on pharmaceutical medicines? The best example I can think of is a personal one.

Before I relay my personal experience with pharmaceuticals, I want to mention this personal experience which is a key brilliant aspect Naturopathy potentially provides: *magic baby making!* I used to work in this naturopath’s store. A couple came in one day, and asked, “Where’s the naturopath?” I said, “She’s not in at the moment. Can I take a message?” They said, “We just want to say thank you”, I say, “for what?” And they look down at the baby. They said, as many people have found with naturopathy, they spent thousands on IVF and waited years, they spent 6 months with this naturopath, with Dad on the herbs, and Mum on a holistic program, and, they’re pregnant and find themselves able to give birth to a healthy baby. A little later the same year, I am doing a gig and pop into a shop to put some fliers. I chat to the shop

⁵⁸ <https://northcotenaturaltherapies.com/candace-borg-vegan-naturopath/> Accessed October 6th, 2021.

person. We chat for quite a bit. Somehow naturopathy comes up, or parenthood, and they tell me exactly the same story. Only thing is, they had a different naturopath! This brings extraordinary joy to those couples who otherwise felt it would take a miracle. Apparently, naturopathy support can facilitate the miracle! And for those who cannot obtain the miracle, I send you great empathy.

My personal experience with pharmaceuticals from 2012.

In 2012 I had several recurring chest infections. The doctor put me on antibiotics, they didn't work. They said "try a second dose", but it didn't heal the infection. It went on and on and in the course of 1 year, I had had seven sets of antibiotics. It was only on the 7th course the doc said "we need to give you at least double the dose, these previous ones weren't strong enough" which fixed the problem! What happened during this time? My appetite was otherwise poor, and I didn't know to take probiotics to counter the effect on the stomach and balance gut bacteria between rounds taking antibiotics. My stomach lining was literally getting worn down. It took a while to figure out, but the symptoms of chronic gastritis got too much to ignore, and come 2014, I was diagnosed with chronic gastritis. What do we do for this? Take these stomach acid suppressants. "You're stomach lining is enflamed and we need to reduce the inflammation for it to heal". Gastritis is a huge problem, because any chilli, any fat, excess sugar, citrus, alcohol, any soft drinks, and stress, and not enough sleep, all re-enflame the stomach lining which then needs to reduce again to be able to heal itself.

I reduced all these foods from my diet, no mean feat. Come 2015 I was now experiencing weight loss because I removed all the fats too fast and put my body into a form of shock. The symptoms were still so bad for the gastritis, following up to 6 months taking the stomach acid suppressants, I went to the doc and said "symptoms are still too bad". The response? "Double the dose" but not for too long, say for a few months. I took the double dose religiously (as really tired dealing with the problem and just wanted it fixed), for 3 months straight. From the 2nd month, I started to notice intense pain, specifically in my liver area (although I had felt the pain in a milder form the previous year on and off). I have always felt a strong sense of what is happening with my body, and very sensitive to any changes. I kept saying to the doctor, "this area really hurts around where my liver is" and they would reply, "You cannot feel what is happening in your liver" assuming it was psychosomatic.

I keep insisting, "there's this pain in my liver, it doesn't feel right, we really need to look into it". They send me for the upper abdominal ultrasound. What do you know? "You have 2 growths in your liver, one of them is something weird, we need to do a CT scan". The tests show there's a 24mm normal growth, and a 22mm anomalous growth, but not 'unsafe' (?).

In the time between the start of the liver pain, and trying to convince the doctors there was liver pain, I did my own self-analysis. What was different in my life? Was I drinking too much alcohol, or ingesting anything different, which could have caused this?

The only factor which was different was the stomach acid suppressant medication.

From this point I was saying to the doctors, "The pain is because of this medication". All my research showed taking higher doses or long-term stomach medication like this does put pressure on the liver and

can cause problems. Before I got them to send me for the tests I was telling them the pain was caused from the medication. The doctors say, “No, this medication couldn’t cause damage to your liver, or cause the growths, they could have been there for years”. But my previous upper abdo ultrasound was only 1-2 years earlier and there was nothing there. The pain I felt directly corresponded with the time these growths were growing.

Timeline for side-effects from pharmaceuticals

2012 – *Antibiotics erode stomach lining*

7 rounds of antibiotics for recurring chest infection, with the 7th round, “being strong enough” (double dose) to do the job

2013-2014 – *Stomach lining worsens*

Worsening stomach pain and problems which I eventually realise is stomach lining related, but I was too scared to get the scope when first advised to. I don’t get the scope ‘til around 2014-2015 which shows chronic gastritis (inflammation of the stomach lining)

2014-2015 – *Take medication for stomach lining*

Around latter 2014 into 2015 I start taking medication for gastritis (I tried many medications and eventually found a type which eased symptoms somewhat)

2015 – *Medication for stomach lining causes liver damage*

I get told to “double dose” because the medication is not working well enough. I take it at double for at least 3 months straight (following taking it more intermittently in the previous year, daily or every second day), but liver pain is worsening the longer I take the stomach tablets, a feeling as if something is melting in my liver. I complain to docs (re symptoms, a literal complaint), and eventually convince them to let me do upper abdo ultrasound. It shows growths in my liver

2015-onwards

I come to grips with the fact the whole saga started from 2012 with the 7 rounds of antibiotics in 1 year, with only 1 doctor advising I needed a much stronger dose! The stomach symptoms were sourced there and went on for years. I stop taking the stomach suppression medication, and start using teas and slippery elm to manage symptoms. I take a natural liver support herb to support liver, not every day but a few times a week or month. As I am convinced it was the stomach medication which caused it, and because I knew what the problem was (liver growths), and attuned to Reiki, and a rebel at heart, I decided to be cheeky and drink quite a bit of beer during the following 6 months, and from my own self-directed healing intention, *shrink the liver growths!* I didn’t do any research to see if this was possible, I just decided I wanted to shrink them back into the nothingness form which they came! Original ultrasound from when growths first found: 1 growth at 24mm, 1 growth at 22m.

Follow up ultrasounds: 1 growth at 22mm, 1 growth at 20mm; then a few months later, 1 growth at 18mm, 1 growth at 16mm, et cetera. I am still shrinking the growths away into the nothingness from which they came as we speak! They are pretty small now but getting a new test within the month.

Important points to clarify!

I love doctors, I trust doctors, it's the medications which I am saying can cause problems!

And qualifying this, some medications can be great! Especially, the safer pain relief medications, and the medications which provide lifesaving treatment. But over-prescription, and this idea what we take should only be manufactured in a lab, not directly made from the plant, means we're denying ourselves access to all the natural medicine available.

Many man-made medications use properties straight from nature! They are just manipulating the various uses with synthetic adaptations. For me, slippery elm works much better than a chemically made stomach suppressant, because I get a similar benefit but without the nasty side-effects!

Past life healing

This can be done using specific meditations CDs or with a practitioner who facilitates past life healing. Or in a safe environment, one could create their own past life healing meditations. I strongly advise setting an energy shield before doing so, stating clearly 3 times, "I am safe and protected from all negative energy and all karma, when I practice past life healing", concluding with, "So mote it be".

Personal energy clearing

Reiki practitioners can help clear (with the client's permission) all negative energy, and entities, from the body and within the body's energy field. Some energies may be more stubborn than others. If one doesn't believe in 'entities' fair enough. If one is told by a healer they have entities which cost a large amount of money to be removed, I would get a 2nd opinion (ideally from a qualified Reiki master, as Reiki practitioners are bound to 'work with integrity'). If a Reiki master says they are not able to do this work, a reference from them to an expert in removing entities at least keeps you in the realm of ethical practitioners. If one does not believe in entities, but a spiritual healer asks if you want them removed (as part of a session and at no extra cost) then it may be worth considering an entity as a 'bunched up ball of negative energy which has become trapped in the energetic field, probably because of negative people one has been around or huge negative knots of energy one has developed from feeling bad about oneself'. We are made of energy, and energy likes to flow. Because the mind and what it believes has such power over the body, if you truly feel removing an 'entity' is lifting a weight off your shoulders, then even if only from a psychosomatic effect, you'll likely feel lighter. It's worth imagining a golden protective energy shield so that any future negative entities get the "Sorry, no vacancy" sign if they try to attach to you.

If you ever feel a bit funky, and there's no obvious reason, but it feels energy compromising, you can state or think this phrase:

"I ask all unwanted negative energies, entities, and frequencies to leave my entire being and my surrounds NOW to be dissolved/obliterated into the sun, never to return, polarised for the good of All. I am thankful for the blessings. As it is thought/stated, so it is done." Say 3 times clearly. Conclude with "So mote it be"!

There are many ways to self-cleanse as some of these practices advise. For example, using a sage stick, and circling your body from head to toe whilst saying, "Out with the old, in with the new"⁵⁹ on repeat is one practice; having a shower and imagining the water cleansing away any and all unwanted energy is another. Imagining pure white and golden light pouring through the top of your head and then streaming out from the cores of your feet into the earth, taking any unwanted negative energy and replacing it with emboldened bright light energy, is a great exercise which can be done anytime.

Positive Affirmations

These are statements made in the present moment to invite the energy you want, rather than projecting that want into the future.

"I will get the job" becomes "I enjoy my wonderful new job"⁶⁰ whilst actively eliciting the feelings of having the new job.

Even if it seems silly to say you have something you technically don't have in the present moment, this idea is based on the *Law of Attraction*, which proposes that when you cultivate how you *could* feel, if you truly hold the energy of already having this want fulfilled, you create the inner space for the thing you want to be attracted to you, as opposed to you seeking it externally.⁶¹ You are 'housing' the space so when the wonderful thing comes, it can be easily received, integrated, and assimilated.

Apparently those who come into great unexpected fortune, such as winning tattslooto, may find themselves in less than fortuitous circumstances if the money runs out, and sometimes even worse conditions than before they won tattslooto. Some spiritualists say this is because the inner landscape of deserving, integration, and acceptance was not fostered, so the unexpected wealth had nowhere to 'anchor' within the recipient.⁶²

In eliciting relaxation this same principle can apply. *Allowance, assimilation, and integration are key.* When I practice yoga, and receive healing treatments, such as Reiki, or relaxation massage, I always set my intention, thinking:

"I allow myself to relax"

"I am open to receiving and integrating the healing that is on offer"

"I relax every fibre and cell of my being and allow for self-healing"

⁵⁹ I learnt this practice from doing sage cleansing at Wendy Rule's workshops.

⁶⁰ Please note, I first learnt affirmations from Louise L. Hay's book, *You can heal your life*. This book is abundant in positive affirmations and gives precise instructions on how to do them successfully!

⁶¹ *The secret* film discusses this in depth.

⁶² Hay, p. 114.

"I allow myself to heal myself"

"I allow this healing to heal my entire being"

I use any phrases which help me create the space within to allow, receive, and assimilate with 'the healing that is on offer'. Our bodies, and indeed life itself, is naturally self-healing. *It* (life, our cells), knows *exactly* how to heal us and when we allow the state of relaxation we are 'in tune' with this self-healing ability; all we need to do is *allow* the healing intelligence to do what it does naturally, which is heal us!

When in a relaxed state, or even if not, it can be good to deeply set holistic, self-healing affirmations, and positive self-reinforcement, saying/thinking, "I love and approve of myself"⁶³ to brainwash oneself out of the conditioning of previous beliefs as many people feel they 'aren't good or worthy enough'.⁶⁴

"I believe in myself"

"I love and support the very best for myself"

"I allow my entire being to heal"

"I allow myself to love myself"

*"I deserve the best, and I accept the best, now."*⁶⁵

Reflexology

In balancing meridians, a network of energy points throughout the body, reflexology can help release stagnancy and stimulate the healing process. It can also help diagnose health issues which otherwise may be overlooked. Some may see it as a subtle form of treatment; at its most basic, a 'hands, feet, or face' massage, but really, all those meridian points connect and intersect at different points in the body. Reflexology uses this connective energy network as a 'blueprint' to diagnose problem areas and 'adjust accordingly'. There is a release of energy which at some point occurs, and is quite hard to describe, but the words 'holistic healing' comes to mind.

Imagine being able to 'massage' your kidneys from the inside?

Because this is pretty much how reflexology works. It is fascinating what can be learned from having reflexology treatments; great for diagnosis as well as stimulating the natural healing process. You may have found when simply washing your face you can feel rejuvenated; there are many intersecting energy points on the face, hands and feet, which is why reflexologists work on these areas.

⁶³ Ibid., p. 8. The original quote here is "I approve of myself".

⁶⁴ Ibid., p. 6. Hay states, 'The Innermost Belief for Everyone I Have Ever Worked with, Is Always, "I'm not good enough!"' (sic)

⁶⁵ Ibid., p. 113.

Reiki

Stands for 'Universal life-force energy', Reiki channels this energy through the cores of the hands into a recipient with their consent.⁶⁶ It can also be sent to situations, and throughout time and space.⁶⁷ Reiki is often used for self-healing, and attunes one to Universal healing energy which informs all life. This is an excellent online guide and the one my Reiki Master recommended to me in my own Reiki training, see:

<https://www.scribd.com/document/28201354/Reiki-Plain-and-Simple>

If you raise your arms in front of you with gently bent elbows, hands parallel a foot apart, palms facing each other, as if you were holding an imaginary ball, imagine the centre of your palms transferring energy from one palm to the other, like ping pong! It is common in this exercise people can feel the energy 'bouncing' between their two hands. If the hands are then placed on the heart area, stomach or knees, as examples, imagine that energy is a healing source now being directed into the body, and it is possible to feel those waves of energy go into the body. This is technically what Reiki is, channeling life-force energy, with the intention of stimulating the inherent self-healing systems of the body. Reiki elicits deep relaxation, and just as when we sleep, helps us rejuvenate our entire system.

When we deeply relax we allow life to do what it does best; self-heal.

I believe we can channel this healing energy even if not attuned to Reiki, but a Reiki attunement usually helps strengthen the connection with the energy. The Reiki precepts teaches ways to practice Reiki which shows the highest respect for all life. For those not interested in attunement, placing your hand on self and others, imagining those waves of energy being emitted, with the intention of love and healing to occur (without expectation), is still an excellent practice.

In Reiki practice, the energy fields of the body are referred to as chakras, each one governing physical and metaphysical aspects of the body. Please see the table in the *Chakra healing mantras* sub-heading.

Reiki is a powerful healer because working with Universal energy, *its healing permeates all fields of the body*. This includes *mental, physical, astral, emotional, spiritual, encompassing healing for the entirety of our being, and brings harmony with the Universal*.

This table may give a better glimpse of how useful Reiki healing is! Keeping in mind when we heal any aspect of ourselves it can have the domino effect of healing us holistically, with or without Reiki! This table is not to dismiss any other health practice; or practical actions, as it may be preferable to employ a range of healing methods to find which ones best suit the unique individual.

Healing practice includes practitioner or self-directed practices. Please note, this table is not indicative of all practices, and nowhere near definitive, but to give examples only as to what area of healing particular practices address. Also, some of these would fit into more than one category.

⁶⁶ For more info, see <https://www.reikiaustralia.com.au/>

⁶⁷ See <https://www.scribd.com/document/28201354/Reiki-Plain-and-Simple>

Practices for healing

<i>Area of healing</i>	<i>Mind</i>	<i>Body</i>	<i>Mind/Body</i>	<i>Mind/Body/Spirit</i>	<i>Energy field</i>	<i>Universal energy</i>
<i>Healing practice</i>	counseling; psychology; meditation; mindfulness; creative expression	massage; osteo; exercise; stretching; self-care; vitamins; diet; stress reduction	kinesiology; yoga; mindful eating; mindful exercise; massage; relaxation	reflexology; acupuncture; tai chi; meditation; relaxation; visualisation; mantras; heart focused appreciation ⁶⁸	Healing from subtle energy work; aura/chakra cleansing; crystal healing; meditation; healing energy blockages	healing all energy bodies; prayer; mantras; healing negative subconscious patterns; healing across time and space
	Reiki	Reiki	Reiki	Reiki	Reiki	Reiki

Reiki heals holistically and I believe is an ideal companion to *all other health and healing practices*.

Anyone can be attuned to Reiki. When I had a Reiki session following some dental work, I never experienced the pain I usually get when the anesthetic wears off, because the Reiki healed the area entirely and was such a soft landing I didn't even notice any effects from the anesthetic wearing off either, in fact, it felt like I hadn't even been to the dentist! Imagine if Reiki was available in hospitals, dental clinics, and if so many people were attuned, it could be offered to anyone, anywhere, anytime they are hurting! Becoming attuned and giving Reiki to ourselves even more so gives us access to this healing any time we need it.

Self-directed healing

In any form of what's called 'alternative healing' much of which has now become 'mainstream', my opinion is even if one believes in the healing value of something, creating 'psychosomatic benefits', great! The effect of the mind influencing the healing of the body, is proven more and more to be as powerful, if not more so, than the medicine or treatment itself. For examples, placebos have worked in many cases.⁶⁹ This is *not* to advise anyone to not follow treatments which they have been advised to do by medical professionals! It is to say, we have more power in our own lives to self-heal than we think, this has been proven by science, therefore, it could be worth considering the ways one can tap into this self-healing, alongside current health practices. For example, when one drinks water and imagines the water particles are infused with healing energy, one can in fact enhance the quality of the water they drink. Our thoughts and emotions can affect the particle structure of water, and we are mostly made of water!

"If thoughts can do that to water, imagine what they could do to us?"⁷⁰

⁶⁸ Childre, et al., Figure 2.5., p. 37. The figure shows the states of cohesion beneficial to health from these practices.

⁶⁹ Lipton, Bruce H., *An introduction to Spontaneous evolution*, DVD, Keynote lecture, "I Can Do It!" Conference, with Mountain of Love Productions, and The Fabric, Tampa, Florida, November 14, 2010. Hay House Inc., USA, 2012.

⁷⁰ Vicente, Mark, et al., *What the bleep do we know?* MMI Lord of the Wind Films, LLC., USA, 2004. See <https://whatthebleep.com/>

Thinking thoughts such as: “I allow myself to relax, I allow myself to relax, I *am* relaxed”⁷¹ can be enough to bring in that tiny bit of relaxation into one’s day. “I relax the heart, I relax the heart. The heart is healthy and relaxed”, “I allow every single cell of my being to be healthy and relaxed”.

To facilitate joyful feelings, it’s important we acknowledge all we appreciate and all we do. It could be congratulating yourself inwardly for being assertive, not to get someone else to recognise you, but to prove to yourself you can speak up. Recognising any success within yourself is empowering, and heals the past self-doubter. This can help us heal emotionally and mentally when we have absorbed too much of other people’s fears and doubts.

Picturing healthy cells healing everything from within; imagining whatever you feel is empowering, and even communicating directly with your cells, can be an excellent stimulator for activating the healing process. *The body listens!* Say, if you have consumed too many toxins or too much alcohol, apologise to the little girls and guys or ‘its’, tell them you truly appreciate all the cleaning up work they do every time you put less than desirable things into your system. Thank them past present and future for how darn hard these sweet cells work! We are made of trillions of cells each with their own individual intelligence!⁷² It is worth keeping active communication and humbly appreciating each one of these cells for working constantly, and with such tenacity, to repair us!

Self-kindness

Hard for those accustomed to hardship to understand, the true unravelling of inner pain can begin with the softest self-touch, the allowance of one peaceful moment, any self-soothing healthy activity, getting a relaxation massage, and taking some time to acknowledge the deeper need for gentleness and healing, all can help release negative energy trapped in the daily grind where one may feel helpless to change anything. Self-kindness helps heal the unhealthy beliefs and behaviours where we have made it the ‘norm’ to deliberately *deny ourselves enjoyment*.

Doing one act of self-kindness is no more or less important than doing many acts of self-kindness.

Self-sex

The term ‘masturbation’ is not usually interpreted as a particularly nice word and like other words which could be positively interpreted, this one causes problems with its negative connotations; the association with shame being one. Because people who feel they could be judged by society, friends, or family, basically, people who judge themselves, may come up with all these silly notions including about what they do in their private time! I am saying those who feel negative about the word, probably feel negative about the deed. And if they don’t feel bad about the word, I am certain many people are denying sex in their lives, with themselves and others, for many reasons. Sexuality is as natural as any aspect human’s contain. If you look at sugar, caffeine, and alcohol, they’re all things people reach outward for to consume.

⁷¹ Lidell, p. 27. These statements are adapted from this excellent ‘do-it-yourself’ yoga book!

⁷² Lipton, *The biology of belief*, p. 46.

But sexual pleasure all beings can give to themselves. Sex helps release all these euphoric chemicals, and can be the ultimate relaxation tonic; healthy for the whole being. It can relieve headaches and stress, unwind tension and mental anxiety, promote sleep and improve appetite; all things we often seek elsewhere for relief (from pharmaceutical or herbal products), where pleasuring ourselves could nip it all in the bud (possibly)! I do not believe 'God', the Universe, and life itself, provides us with this great ability for pleasure, *as a ruse*, for us to then deny it at our own expense as one is 'too busy' or 'doesn't have a partner' or 'doesn't believe in indulging in self-pleasure' or 'is too tired and resentful', and so on, to be able to harness such a 'god-given' gift!

Human beings are gifted with many avenues for self-healing. Pleasuring the self, loving the self, making out with the self, are all gifts which enhance self-healing and self-regeneration.

If we're being really honest, sure some people may go over the top and get addicted to the sexual chemicals just as we all can become addicted to various 'buzzes'. *But just as one can over-indulge, one can deprive.* For those who are very hard on themselves mentally and physically; feel spiritually deprived from following their soul's wants; worry about eating too much and deprive themselves food; never indulge in 'pleasure' because 'life's too hard' and it hurts more to have something and return to having nothing, than it does to stay on a low ebb and deny all pleasure; *actively seeking genuine, healthy pleasure may be a no-go zone.* If I sound judgemental, again, it's only because I do this myself. I was raised on very little (and used to busk for my lunch money from a young age in this 'rich' country), and can run for a while on very little food when running on 'soul' fumes. I do the same with water at times, and definitely I have deprived myself in many ways; denying my ability for self-compassion, self-soothing, and self-kindness. Therefore it is not without reason, or experience, when I say:

Some people can become experts in self-deprivation.

This is why people may ignore sexual pleasure, especially with themselves, altogether. The healing process is about experiencing more and more experiences where one considers one's own needs, and even tries to honour them. It is about *allowing* enjoyment, allowing pleasure, and those who cannot share it with others can attain it from self.

The term 'masturbation' needs to be replaced with the term 'self-sex'!

This is a more accurate wording and could bring the same positive connotation the word 'sex' has when used in the context with words like 'sexy' and when we refer to 'sex with others'. When people ask if you've got a hot date, or if you made out with anyone, or got any sex going on, I feel it could be as natural for a person to say, "Yes, with myself", as it is for them to say, "Yeah, I met someone ...". Again, for those uncomfortable with this, may be uncomfortable with most forms of self-pleasure, sexual or not.

We are as human as any other human being and I don't believe we are all gifted this self-pleasuring ability in order to spend a lifetime depriving ourselves from using it!

People may be this cruel to themselves, but I don't believe life is this cruel, otherwise we wouldn't even have the option for self-pleasure.

Sleep

I feel we all know how valuable a really good night's sleep can be. Sleep can be truly restorative, holistically healing for our whole being. I am writing on it here in the *Healing practices*, as opposed to *Relaxation practices*, because sleep problems may require personal healing to resolve. We all know when we're asleep we're also deeply relaxed. But some develop genuine health problems, and some develop a negative association with it, causing many sleep problems; insomnia, restlessness, waking up too many times, as well as sleep irregularities, too much sleep, too little sleep, and for most people I feel it's too little sleep which is one of the biggest problems.

I won't even mention my sleep patterns here, as a soul who runs on intuition, and being able to work my own hours as a teacher, artist, and intuitive guidance coach, I am able to follow my mojo as to when and how I sleep. In my acting work, sometimes there's radically early starts where I have had little sleep. I always use whatever state I am in to work for me, not against me. If I am playing any role, even a chirpy character, the part of me which is sleep deprived I compartmentalise as the character "having too much fun partying the night before", or, "being awake all night but with enthusiasm for a new love or a new project". *I transform the sleeplessness into something which informs the character.* As I have had sleep patterns every which way (night shifts, day shifts, sometime in between shifts), I have needed to develop strategies to handle myself well regardless of my sleep status at the time.

Since I have been attuned to Reiki, there's been times where I cannot sleep but I give myself Reiki for those 2 hours, therefore, for healing I couldn't gain from sleep, I gain from giving myself Reiki. It elicits a very similar form of deep relaxation which is attained from sleep.

Sleeping patterns are unique to each individual and I think it is a very personal thing. It could even be a touchy subject for many! I certainly know I always felt judged when others commented on my sleeping hours, until I starting owning my own choices where I realised *only my own self-judgements could make me feel bad*. This was quite a big step where:

I released judgements about myself around sleep which helped me develop a much better relationship with sleep!

I know most people may see it as very logical: *we rise with the waking sun and sleep with the setting sun.*

For many millennia, this made sense. *Humans cannot see well in the dark!* If we're made to be nocturnal, like a bat or a cat, our eyes would have a special function for seeing well at night. But, humans along the way harnessed the power of fire, electricity, and light. Now I can write long nights with a light on, and sleep during the day! And shift workers do this all the time. The *8 hours' work, 8 hours' rest, 8 hours' play*, advisory schedule to manage the 24 hour day, well for most actually translates to *10-12 hours' work, 4-6 hours' sleep, and chores to fill in the rest of the time*, with barely any room for 'play'! Some are so stressed

from the constant 'doing', 'handling', and 'getting by' not only don't they not get play, they barely get sleep either, at least not the restful, restorative kind.

Not getting enough sleep is a major cause of stress because our body and being never gets adequate time to recoup!

When we're not operating at optimum physical level, it can affect our appetite and sleeping patterns, all which we need running well to handle the significant stress levels. It's a Catch-22!

Stress reduction can help, because when our nervous system isn't getting constantly pummeled with stress hormones, it improves our appetite, and if we otherwise generate peaceful feelings within, we can still feel pretty cruisy even when we're sleep-deprived! Sometimes, and often times:

Attitude is everything!

Even if it's not working well for us right now, we need to start treating sleep as our friend, not our enemy.

We need to update our 'advised sleep system' as well, and be realistic about how this 'division for hours in the day' actually translates, especially considering TV and screen watching is prevalent. Watching TV elicits a lower brain frequency; we can become more relaxed, but missing out on all the healing properties sleep provides. When we watch TV for hours it can almost feel like sleep, but it's not. Even worse, so much content on TV screams for the amygdala, the 'ancient alert system' part of our brains, to activate, as an unfathomable amount of content watched is fear and anxiety inducing, but at the same time desensitising.

Literally thousands of studies since the 1950s have asked whether there is a link between exposure to media violence and violent behavior. All but 18 have answered, "Yes." The evidence from the research is overwhelming. According to the AAP, "Extensive research evidence indicates that media violence can contribute to aggressive behavior, desensitization to violence, nightmares, and fear of being harmed."⁷³

It is stressful to watch distressing content on TV, whether it is fiction or not! In fact, the brain cannot well distinguish whether what it is seeing is happening to you or to someone else!⁷⁴

If our brains did not 'believe' the trials we see characters go through wasn't true, why does it elicit an emotional response at all?

Why do we cry when we see the character experience pain or heartbreak? *Because we have empathy for our fellow human, even when we are just imagining they could be in a painful situation!* If TV watching did

⁷³ Boyse, Kyla (RN), "Television (TV) and Children: Your Child: University of Michigan Health System" *StudyLib*, 2010, p. 2.
View paper here: <https://studylib.net/doc/8100919/television-and-children>

⁷⁴ Virtue, Doreen, *Don't let anything dull your sparkle*, Hay House Inc., USA, 2015, p.34.

not engage our emotions, it wouldn't be a multi-billion dollar industry. TV engages with the brain's need to 'resolve problems' and indeed we find it hard to walk away from shows we may need to watch at length to get the resolution. Music plays a huge part in magnifying the influence TV has on us; we're literally being manipulated in our innate want to see sad and tense situations get resolved, where we're rewarded as pleasant music and scenes elicit our dopamine.⁷⁵

Making the most out of our bodies' capability to associate music and musical elements through our long-term memory is something achieved not only through composition but also through the editing process. Of course, there are basic ways to make sure the audience responds accordingly: if the lyric of a song used in a film match what is happening in the moving images, our brain will not only remember that particular scene but also will help us bond deeper with what is going on as we look for associations from a possible past.

The visuals in an audiovisual project trigger our capability to pay attention to what's happening, but when melody and melodic elements come in, they sort of create this hypnotic effect, making the audience get involved to a much deeper extent. In the wider sense, music and musical elements not only help set the tone for a business personality (via ads) but also to create bonds with the audiences in the film industry.⁷⁶

I strongly believe if we wake up to the ways we are being manipulated, we may well feel really great about 'putting TV to bed' as this choice takes away the stress not only from watching, but from watching without even realising there's a deliberate psychological manipulation taking place (which is disrespectful to all viewers). TV watching does have a profound, often negative, effect on human beings!

There is evidence which suggests violent TV watchers are 'slower' to help a person in need.⁷⁷ But this doesn't need to be a contradiction, to feel empathy for TV characters whilst being desensitised; it is ultimately because our stress capacitors are being overloaded by all the emotion along the way, that we can become desensitised. We probably don't realise it but we are really stressing ourselves out when we think we're 'relaxing' with our fave TV show!

... studies show that you can develop *secondary traumatic stress* (STS) from listening to or witnessing traumatic events ... Apparently the unconscious mind can't distinguish a trauma happening to you or someone else ... our stress hormone, *cortisol*, increases in response to our watching emotionally painful movies. This underscores the importance of using discernment and balance when watching news, movies, or television.⁷⁸

If we want to address problems we have with sleep, *and* stress, for many screen watchers, *it is well worth noting how much stress you are putting upon yourself in engaging with highly distressful content.*

The show *Good Witch*, is an example where TV content does not shock the senses, and where, even a small ruffle in a person's emotions can be the only cause for concern in any one episode. Stunning pictures

⁷⁵ <https://enhancedmedia.medium.com/the-emotional-impact-of-music-in-movies-3fd49f254c13> Accessed October 23rd, 2021.

⁷⁶ Ibid.

⁷⁷ Boyse, p. 3.

⁷⁸ Virtue, p.34.

featuring nature are fettered throughout the show, which can be calming (I don't concur with all in the show, this is an example only⁷⁹). Acclimating to watching shows which do not induce stress, is a very healthy practice and one I think could become much more popular in the coming century, as we start to grapple with how much damage mainstream TV has done and is doing to our nervous systems, not to mention our mental and emotional systems! TV imagery has compromised our dream content with its images getting caught in our subconscious, and, more damage incurred from generational conditioning, which although we are now seeing a shift, has caused a proliferation of racist and sexist content, translating as real pain for real victims who have suffered from what these ideologies say is 'acceptable' behaviour towards women and minority groups.⁸⁰ If we become enlightened and humane enough:

We could consider how to use mainstream TV to promote genuine wellbeing!

Our brains have great capacity for imagination, and I am certain there's topics more interesting than *assault*, and *constant crises*, which could entertain our minds without any damage incurred!

The fact we can have these colours and lights in our eyes from screens, and we can have lights on all night even when it's dark outside, means we need to reframe what 'healthy sleep patterns' actually are!

Instead of rigidly trying to keep with this 'sleep at night, awake at day', it may be more realistic to ask:

*How do I best navigate my sleeping patterns within the context
I have to work with?*

For those who work long hours, and child rearing absolutely being 'work' which fits this bill, instead of the rumination on, "I'm not getting enough sleep, I feel so stressed, I'm so tired, I should get more sleep, but there's not enough time", if replaced with thinking, "sleep is awesome and any time I get a hint of sleep it serves me better", could at least diminish the mental stress we associate with not getting enough sleep!

*Sleep deprivation, at any degree, is difficult to deal with, but if we cannot get
more sleep, perhaps we can change our attitude to sleep altogether.*

Part of this attitude shift could be: *actively doing relaxation practices outside of sleep, not to help one sleep, but to help one develop a relationship with relaxation in spite of poor sleeping patterns.*

⁷⁹ I can admit it's refreshing to see a show focused around an intuitive psychic!

⁸⁰ I am unsure why, but I feel compelled to state this information on the negative influences TV has here, as perhaps too many of us are filling our heads with nasty garbage, riling up our stress hormones even more, and then wondering why we're having nightmares and trouble sleeping? (Sorry if this sounds judgemental; again, they're only my own self-judgements!) But I make the point, because even when we reduce or remove *one* stressful factor from our lives, we allow room for those now free moments to become more peaceful. These smaller actions ultimately lead to less stress, which hopefully brings us closer to defragging the stressful association with sleep.

When we focus on stress reduction when awake, rather than put all the focus, pressure and blame on sleep for being the problem, we are making a choice which takes the negative association away from sleep.

I found amazingly, when I finally chose to stop judging myself for others' ideas about my own 'poor sleeping patterns', for the first time in my life, I have been able to sleep much healthier hours! In saying this, *I do not sleep regular hours*. But my hours are so complicated they may require their own mini-book to explain!

Because sleep is personal to the individual, I am unsure if any of these suggestions are useful, but it may be useful to some and I feel is worth sharing.

Sleep healing practices

✓ *Appreciation*

Allow yourself to develop a practice of genuinely acknowledging and appreciating sleep. Whether it's a short nap on the couch, a power nap in the car, a 4 hour stint, or a full night's rest, every time you awaken, think to yourself, "Wow, sleep is awesome. Thank you life for allowing my whole being to have this time for relaxing and rejuvenating. I hope we do this again soon!" And allow times throughout the day and week, where you think about sleep fondly, and how you look forward to enjoying it more, whenever and however it comes.

I understand sometimes one can feel really crappy after a short or long sleep. This means there's more going on than sleep itself can fix, or the quality of sleep is compromised. This is still not sleep's fault! Saying honestly, with compassionate awareness, "well, that was crap, I hope we get it right next time" to self and to sleep is more favourable than blaming sleep itself for being inadequate

✓ *Attitude is everything! For all these points, the one key point is:*

Being acutely aware one is stressed because there's not enough sleep, continues to breed the negative connotations with sleep, but, we could use it as a catalyst to acknowledge stress, and practice de-stressing, no matter how much sleep one gets.

Focus on the healing; not on the sleeping hours!

I acknowledge this is very hard to do when one is literally stressed because one is not sleeping enough. But, if nothing else can be done to change this, if our schedule demands we probably won't be getting enough sleep, then let's *stop bothering to get enough sleep!* Let's focus on every other way we can nurture and soothe ourselves, nothing to do with sleep. As you may have

guessed, when we change our attitudes and diffuse the negative energy we have about sleep, it may come to us faster and more naturally for all the times available we can indulge in it.

✓ *Awareness*

Do some self-analysis around your opinion, thoughts and feelings on sleep. Ask yourself

“Do I resent sleep, because I can never get enough of it?”

“Do I feel judged, because others comment on my sleeping patterns?”

“Do I feel sleep is indulgent and I should only sleep the amount I absolutely need to?”

“Do I think dreams are pointless to try and remember, because I don’t have time, and they don’t mean anything, and I don’t remember them anyway?”

“Do I think lazy people sleep too much?”

“Do I think people don’t sleep enough, and people should sleep more than they do?”

What are your judgements around sleep, for other people, and yourself?

Your attitude to sleep is something which can be worked on and healed, outside of any specific medical conditions or physiological reasons for any sleep problems you may experience.

We encourage self-empowerment when we ‘do what we can do’ and we can always work on shifting our perception and attitude

✓ *Compassion*

If upon self-analysis, you realise you perceive sleep in quite a negative light, and/or you have negative associations with sleep formed from your own experiences, introducing compassion can be very helpful

“I’m so sorry we (me and my higher self or ‘me talking to me’!) are having problems with sleeping. Sleep is such a wondrous, beautiful thing, and I want to learn to build a better relationship with it”

“I love you sleep, and I want to allow myself to love myself enough, that even when I don’t get to sleep, I still keep reinforcing loving messages and give myself compassion no matter what”

Any self-soothing which comforts you when you cannot sleep, whether it’s affirmations or mantras, or having a shot of port, all help you build and strengthen self-compassion, this provides healing and allows sleep problems to be perceived as an opportunity for more self-healing!

Part of self-compassion may be freely expressing feelings when one is getting frustrated, getting pissed off, and having a bit of a private hissy fit, and then, again, being self-compassionate, "Of course I'm cranky not being able to sleep!"

"I allow myself to love myself even though I am desperate for sleep!"

✓ *Following sleep's wants*

Sometimes the body calls for a nap, it is probably worth taking a nap (if one can), other times it calls for a sleep in, this could be good as well (if one can). And other times it eludes us, usually because our body and mind are overstressed, and running on adrenalin too long it is hard for the nervous system to calm down enough to allow for sleep. But sometimes there are moments when sleep wants to take over, and we could take a nap, or go to bed early, but we 'push through it', it sometimes can be worth taking the offer to sleep when it comes, even if the timing is inconvenient. At least in this way, one is getting more sleep, or may get enough sleep.

I understand for some this can 'stuff up their sleeping cycle', and again, only each individual knows what works best for them. The best way to cure the sluggishness which may come from those deep, unexpected naps, is to get moving again, even though everything we feel may call for more sleep. It's when we get moving the body starts to feel better, which is the ironic thing.

When the problem is sleeping too much, which in itself can create lethargy and want of more sleep, ultimately, for those able bodied, at some point we do need to pee, or get a drink. It can feel awful to return to the awake zone following deep lengthy sleeps (and sleeps where we absolutely know it wasn't enough). But, as we start moving, the blood pumps through our body faster, and activates all our systems, which makes us feel better, we just have to hang in there. If we are addicted to certain substances, long sleeps can pretty much put us into withdrawals. We may also be hungry, and our body may have just done a big detox, so keeping fluids up is very useful.

We live in a society, where usually due to work patterns and child raising duties, people's hours where they sleep are pretty much set and they better take those hours of sleep where they can. This usually amounts to around 4-8 hours sleep. Less than 5 hours sleep is not as easy to work with. I am suggesting, where one can, to follow one's want for sleep. Some may prefer to keep to a strict schedule, "Asleep before 10pm every night, up before 8am" and if this works for them, great! But for others, it may be better going to sleep later or earlier depending on what sleep says.

✓ *Practicing relaxation*

How many have worked out, maddening as it can be, "Trying to sleep" doesn't work! But, what one can do, is practice relaxation. Using the time to breathe deeply, and bringing oneself to a meditative place within, sure, one still may not achieve sleep, but at least one didn't stress oneself out in the entire process when not sleeping! Making peace with the fact one cannot sleep, but choosing to use the time to practice relaxation, at least honours the body (and the mind's) need for healing, which sleep would usually supply.

When one thinks about how much angst, bitterness, frustration, depression, and stress goes into all the times one is not able to sleep, but desperately wants to, imagine, what if one made the choice to cultivate feelings of inner peace, self-compassion, forgiveness, self-touch, self-soothing, during all those times of sleeplessness? One still is not getting adequate sleep, but one can at least allow for adequate healing, which can make all the difference

✓ *Shifting attitude to sleep*

If sleep has become a bane in your life: never enough, never does the job, always exhausted; it may worth reminding yourself

Sleep in itself is not the problem. Sleep is awesome. It's you not being able to sleep properly or at length which is the problem!

"I love you sleep, and I hope one day, I can find better ways to access you and feel your enrichment in my life"

"Sleep, although I don't get enough of you, thank you so much for the healing you give me when I do"

When sleep is elusive, making a choice not to blame sleep itself, and accepting it's not possible at that point in time, can help make it more attainable.

"Sleep, I love you and welcome you when you are ready"

"Thank you sleep!"

When the great, nurturing sleeps come, this is the time for recognition, and feeling really, really thankful. Before jumping into the day, it's worth taking at least 1 minute to feel all the healing energy, soaking it into being, and acknowledging all the times sleep works wonders and all the times it can again

Space clearing

I haven't practiced Feng Shui much, but again, if you believe it works, it works! I have done some space clearing though and found it thoroughly uplifting. I believe before doing *space clearing* it's worth doing some basic *spring cleaning*. Get rid of the old clothes and items you no longer use. Change things around so you like the way the space looks a bit more. Ideally, you could do a form of personal cleansing before doing space cleansing. Denise Linn advises in her book *Creating sacred space with Feng Shui*, to be careful about one's mode, health, and state, before attempting space clearing.

There's an exercise in her book explaining how to cleanse a house, it could be done for a single room as well. It could incorporate an entire property, replace 'interior house walls' with 'interior of property'

(boundary/fence lines). Most of this is inspired from Linn's book. From the front door, from left to right, through the entire interior of the house until you return to the front door, follow these instructions:

1 – With the left hand perhaps feeling the walls, or walking close to the walls, walk the entire length of the interior, slowly, sensing the energy, and seeing if some areas feel more 'blocked/heavy/stagnate' than others;

2 – The 2nd walk around, clap your hands regularly to 'shake/shock/unblock' out any of the heavier, stagnant energies, you may want to use your voice to say "Any negative energies/entities are to leave this place now!" with the mental intention all dark, unwanted energy is being lifted away;

3 – Using sage, and/or burning resins on charcoal, go through the house again literally as if you are smoke clearing any residual negative energy. Affirmations could be added "This energy is being cleared and cleansed". A mantra could be added to set a specific energy you may want the house attuned to;

4 – Following this, the 4th run, a Tibetan bell could be used to attune and harmonise the frequency of the newly cleared space;

5 – Relaxation music could be played, or chimes, flowers, oil burners, scented candles, water bowls, and sacred items could be placed in some rooms to acknowledge and appreciate the new beautiful energy.⁸¹ Allow yourself to enjoy, indulge, and appreciate humbly the nurturing, and warming feel of the cleared space!

Spiritual/Soul/Self healing

There are various spiritual healing practices. My advice is to work on self-understanding, and honouring the deeper truths of your heart, than looking outward for answers. *Only you know what is true for you.* If you feel lost and in need of spiritual healing, I strongly recommend Reiki with a certified practitioner! Or any practice which is well-known for its healing benefits. I don't advise spending thousands of dollars on gurus or online programs. I am a Reiki Master myself, an Intuitive guidance counsellor, and a teacher, and although I prefer a form of payment for my time, focus, and concentration when I do this work, *the work itself has nothing to do with money.* Healing work can be transformative, the best healers and facilitators know that people only engage with healing practices when they are ready, and, that being present and working with people on the healing journey is a great privilege. Trust your instincts in seeking avenues externally which you feel can enhance your self-work; preferably avenues which don't drain your bank account! It is the self-work which brings the greatest transformations anyway, because we primarily learn from our own experience; it is the self-work which anchors anything we do learn, and it's what we choose to integrate and continue to work on, which creates meaningful and long-lasting change.

Great teachers remind us we are our greatest teacher!

⁸¹ Linn, Denise, *Creating sacred space with Feng Shui*, Judy Piatkus (Publishers) Ltd., UK, 1996, pp. 117-118. This book gives extensive info and I have embellished here with my own ideas, but well worth following Linn's detailed instructions if you can access her book.

We are armed with self-knowledge, far beyond what anyone else could obtain. We are the masters of ourselves, whether we feel in control, or believe this or not, more than anyone else ever could be.

Tai Chi

You can search for local classes online⁸² and watch video classes, designed for at home practice. *Tai Chi* can be extraordinarily beneficial and has healed many people's illnesses. It can be surprising to those who begin practice, to find slowing down movement with focused intention can feel extraordinarily powerful and healing!

Tarot/Spiritual guidance

The Universe may give you many messages helping you see the best path, confirmation messages, miracles and signs! Some of these messages can come through in a Tarot reading or seeing a genuine psychic. Again, your own intuition is the strongest and most reliable messenger you'll ever have! But sometimes recognising the external messages can help clarify what you feel is, or isn't true for you.

Water healing

Whether with *bath, shower, tap, ocean, spa, pool, lake*, you can set the specific intention for water to cleanse away negative energy and restore each cell to full healing capacity. You can bless the water you drink, imagine its pureness cleansing all unwellness, washing away all which is unwanted, keeping you healthy, fulfilled, refreshed, and send loving, restorative healing thoughts to all the water within you.

When bathing, washing or showering, (or with leaves using river/sea water), use a soft scrubbing cloth, in an upwards motion, say/think: "Out with the old; in with the new."⁸³ As an alternative, "Out with the old" can be said/thought on the first brush upwards and, "In with the new" on 2nd brush upwards, or with the 2nd phrase using the reverse side of cloth. You can say the statements 3 times each to make sure it lands in your psyche but whether this matters or not I think once is a good effort. I advise covering all areas of the body as much as possible. No need to go over areas. The physical scrubbing away of old skin creates physical rejuvenation; the statements provide mental, emotional, and spiritual rejuvenation.

The statements could be embellished: "Out with the unwanted old", "In with the wonderful new".

Working with the moon

There are new moon wishes you can do to connect you to the moon's cycles and harness moon energy for your intentions, wants, and visions. Please see *New Moon astrology* by Jan Spiller.⁸⁴ New moons as I have learnt in moon practice, mainly with practitioner Wendy Rule, are times to plant the new, whether new projects, new ideas, and new practices; full moons are to celebrate the harvest.⁸⁵ Dark moons, where

⁸² See <https://www.taichiaustralia.com.au/> or web search 'Tai Chi' classes in your local area.

⁸³ This statement can be made at any time to release unwanted energy. I learnt this phrase from a sage cleansing before walking a labyrinth with master visionary, songwriter and spiritual guide, Wendy Rule.

⁸⁴ See Jan Spiller, *New Moon Astrology*, Bantam Dell, A Division of Random House Inc., USA, 2001.

⁸⁵ Wendy Rule runs empowering and enriching moon courses each year. See <https://www.wendyrule.com>

there is no visual moon just before the new moon, are powerful times for releasing and letting go of unwanted energy, making room for the new concepts/ideas/visions to be planted at the new moon. Full moons may bring to light all which is hidden, they can be powerful and challenging. Working with the moon can help bring a regular sense of peace and help one maintain energetic focus. It can bring balance to those times, knowing the moon energy is intense, to be especially gentle with yourself on those days. Our bodies retain more water on a full moon; just as the moon affects the tides of our mighty oceans, so it as well, effects our inner tides. The most fascinating thing is, moon practices stem from nature herself, which follows the cycles of the moon quite precisely. We are a part of this physical Universe, and share the experience alongside nature's cycles, including the moons!

We are made of this Universe, not separate from it.

As advised for wishes, in Jan Spiller's book, *New Moon astrology: the secret to astrological timing to make all your dreams come true* on wording:

- state in the present tense
- add the word 'easily' for ease of receiving the intention, i.e., "I want to easily find myself ..."⁸⁶

As an example from the book, *What to wish for when the new moon is in Sagittarius*:

Quest for truth
Peace of mind
Travel/freedom/adventure
Legal issues
Faith/optimism
Finding solutions
Overcoming excess⁸⁷

Example wishes:

"I want to easily find myself taking action on what my intuitive knowing tells me is the correct path for me"⁸⁸

"I want to easily find myself obeying my conscience, leading to peace of mind"⁸⁹

"I want all blocks to experiencing the joy of generosity easily lifted from me"

"I want to find the solution to ... in a clear, straightforward way"⁹⁰

Moon wishes are ideally done within the first 8 or 24 hours following a new moon, otherwise up to 72 hours I still count as valid (the moon changes astrological signs every 2 and half days, like Enid Blyton's

⁸⁶ Spiller, *New Moon Astrology*, p. 31.

⁸⁷ Ibid., p. 105.

⁸⁸ Ibid., p. 107.

⁸⁹ Ibid., p. 108.

⁹⁰ Ibid., p. 109.

The magic faraway tree except the moon stays in the same world at regulated times!). New moon wishes planted may bloom at its coming waxing full moon, or within the full 28 month cycle, or even within a few moon cycles. Best wishes!!

I personally find moon work incredibly empowering. Similar to when I practice mantras, it's as if, as Wendy says 'the laser focused mind' points in the true direction, armed with, and clearly stating our wants and intentions, it is much easier to manifest the want; because somehow creating bright visions work as magic and invites the vision to come to successful fruition. I cannot say emphatically, scientifically or definitively if mantras and moon wishes 100% work or could work for everyone; I can say, from my personal experience doing this work, *it is absolutely phenomenal the rewards it can bring.*

Writing

Whatever comes to mind, even if a few independent words which expresses one's feelings, all supports healthy expression, and all helps the internal dialogue get *into the external world* where it can be observed and interpreted with the objective mind, as opposed to swimming blindly within one's subjective mind.

Yoga

I have been practicing yoga here and there in the previous 10 or more years. Very sporadically, not every day, and never in a class, but all from a do-it-yourself Yoga book⁹¹ I found in a period of my life, where, at age 27, I was already burnt out from stress, quite unwell, and very underweight, and on this one day I woke up feeling so damn depleted, I spied this Yoga book I had had for years and I thought, "Well, I can't get any lower. I may as well see what the book says". This is following years of thinking yoga was a joke because it could never solve the emotional or practical issues I was facing. Only high-strung stress could do that.

Still to this day, I do not do an extended amount of poses. I do not worry whether I am 'flexible' or not (although I did in the early years of practice). Most of what I do from this book, is the warm up stretches!! Often I do only these (I used to do more poses), and then the relaxation/warm down to complete a yoga session. Sometimes I add in chakra exercises⁹² and as for yoga poses from this book, usually I only do 1-3, either 'the fish', the 'shoulder stand', or the 'head stand'. I also sometimes invent my own yoga poses, or movement exercises.

I mention all this for those who have never done yoga, or who feel adverse to yoga, because I felt this way for a long time, so I can tell you, it doesn't have to be all this 'wishy-washy' or 'pressure to be flexible and toned' stuff! I have done longer sessions of up to an hour, and many sessions for like 3 minutes, where I only do the warm up and warm down relaxation stuff. Suffice to say for stressed people, or people who could do with some relaxation, *anything* helps. Yes, I wish I could commit to yoga daily upon waking, a good half an hour session (still with not too many poses), and I still want to achieve this. But even if I only do 3 minutes each month, I am still this teensy bit healthier for it!

⁹¹ See Lidell, *The book of Yoga*.

⁹² See Judith, *Wheels of life*. There are many specific chakra exercises throughout the book.

Self-healing

To enlighten, essentially means ‘to shine a light on’. Imagine how much light you can hold in understanding your connection to this incredible self-healing energy we call life. We are made of vibrations, as Lipton states: “It is true that it looks as if we are physical, but it is an illusion, a trick of the light—we are all energy!”⁹³ Because mostly what we are made up of is ‘empty’ invisible space.

*“It’s the invisible energy fields that give shape to the material world;
you are an energy field”⁹⁴*

Matter is a much smaller component of our being than this empty space inherent in all matter. Imagine this space is a consciousness so loving it continues to heal you without you having to do anything. Dreams are a perfect example, if you allow them to, if you trust in the work they do, you can get a sense that any and all psychological issues are being ‘worked out’ on the subconscious level. If you focus on healing, focus on being bathed in wonderful healing golden light (remembering what we imagine is perceived as real for us) you can dream dreams where you are bathed in light the entire night (or day if you’re nocturnal). You can heal relationships in your sleep, and energetically through meditations. Keeping in mind expectation of outcomes must be released to work in right energy, but at the very least, the intention of healing brings you a sense of peace.

When you relax the facial muscles, shoulders, and body generally, with your hands on your heart, and take time to listen to the deep feelings in the heart, especially for beings and things you love, you generate this self-healing energy automatically; anyone with a heart has this ability.

Any time you pause in the day to breathe and just let go of all the stress for even a second, you have the ability to tap into the source of healing.

*Relaxation is a state of being which allows our innate
self-healing capabilities to work at the optimum level.*

We are born with this self-healing ability, and it is always there for us to access, when we choose.

*Universal love and light,
Jess Mansfield*

⁹³ Lipton, *The honeymoon effect*, p. 21.

⁹⁴ Lipton, *An introduction to Spontaneous evolution*, DVD, 2012.