

Healing and Consciousness

What creates healing - and why is some healing only short term and some healing permanent?

When you're experiencing ills of the body, mental worries and concerns, and emotional distortions and disturbances, you can feel quite exhausted, distressed and lost. When you need some help, what are the options on offer?

If the distress continues over time, you might finally reach out through desperation and enter the traditional medical path where you are usually greeted and treated with prescription drugs - which may numb the pain and help you to feel less disturbed, but is this really a healing or is it just disguising the problem? Some people may choose the self medicating path of drugs and alcohol. Others may opt for a more natural version by heading to the gym, trying sports, relaxation therapies, or even attend a course to learn new tools to help lower stress and anxiety levels, and improve their life skills. While all of these different ways of "coping" might be helpful and you may even reach a level of relief and healing - but is that healing permanent? So often these problems seem to ease and be healed, only to present themselves again over time. Why?

There is an easier way and it's available to every body. Holistic healing is the answer. By holistic healing I mean you can't just focus on healing one aspect of your self only, you can't just heal the body, or just heal the mind, you must address the "whole" person - the physical, emotional, mental and spiritual aspects must all be included for a true healing to take place. It is only through a raising of consciousness that real and permanent healing is experienced. Healing and Consciousness go together like the front and the back of the hand, they cannot be separated.

It is through entering "altered states of consciousness" that you bypass the conscious mind and access the realm of the subconscious or unconscious part of yourself - here lies the answer to your ills and struggles. Past resistances, unresolved issues and charged emotional memories hold their secrets deep in the tissues of the body, creating physical, emotional and mental distortions. These resistances create a heaviness or density within the cells of the body, which slow down or restrict the flow of precious life energy entering the body.

Meditation, breathwork and different forms of energy work can very easily and efficiently move you to an expanded level of consciousness, especially when they are practiced regularly. The journey starts at the level of the conscious mind, and as you deepen into the session or practise, you move beyond the conscious mind into the unconscious level of the mind where there is a wonderful opportunity to release the charge on past unresolved issues. Through the art of deep surrender, energy contractions stored in the unconscious mind can be loosened and buoyed up to the surface, where they are transmuted, releasing their distortions - which allows for a miraculous purification and transformation of those particular energies. This purified energy is then freely available for the restoration of health on every level. As this purification takes place the channel to your Higher Mind increasingly expands bringing an exquisite experience of spaciousness, connectedness, peace, stillness and integration. This is true healing - and it is attained through the raising of consciousness.

To experience "permanent healing" and permanent change, you must enter into an expansion of Consciousness. It's impossible to receive permanent healing without a raising of Consciousness. All expanded levels of consciousness bring new awareness, new insight, new understanding, deeper comprehension, and changed perception. The body is also able to absorb higher frequencies of light.

Breathwork and meditation are gracious, dynamic and kindly allies in the raising of consciousness.

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