

How can I Heal? ...and Signs of Healing

The human body is an amazing, intelligent, fascinating form. We experience life through the body and it's five senses - a richness of seeing, hearing, touching, smelling and tasting is constantly filling our senses. As I sit here writing I can hear the sounds of life surrounding me; the birds in near by trees are having a lovely time squawking and warbling their communication to the world - I can hear the different personalities expressing themselves through their melodic, and often, hilarious, screechy chatter. There is a small plane flying overhead towards it's secret destination. The air is gently caressing my skin, and delivering an array of different scents from surrounding shrubs and gardens. I can hear a motor toiling in the distance. Tiny insects fly around generous blooms, and a spider web as fine a gossamer sways lazily in the breeze. I can taste the coolness of my mouth and feel the heat of the day creeping in. I'm aware of the breath moving in and out of my body. My senses are alive and heightened. In this moment - this is life.

There are so many precious moments lost to us as we race around in the busyness of our daily schedules. We don't always notice the extensive and multifaceted layers of life happening all about us. Life is full of movement and yet there is a deep sense of stillness underneath it all. In this state of presence, life is peaceful and beautiful.

What takes us away from this "presence"? One thing - The scattered mind. The thing that takes us away from this incredible NOW moment is what is knocking on the door of our minds. Memories of long ago and experiences of yesterday; perceptions and hurts of the past, and worries about the future burst into the mind, obliterating our sense of calm and serenity.

How do we work with the mind? By increasing our "Awareness or Mindfulness". When the mind is undisciplined, it takes us over, flipping from one thing to the next, telling us all sorts of stories, which produce mistrust, fear, insecurity and a sense of unsettledness. When this is happening we are not present to current reality, we are not responding to life, but reacting to our own thoughts and emotions. We are living in our heads. Most often that's not a pretty or pleasant place to reside.

What can we do to take us away of the dominating mind? There are four practises that work very well. Breathwork, Meditation, Mindfulness and Nature. I'll touch briefly on each one.

BREATHWORK

Breathwork as a therapy - Breathwork is a type of circular breathing, which oxygenates and energizes the body. Most people do not breathe well, which causes a build up of toxins within the tissues of the body. These toxins cause stress, anxiety and restlessness within the person. During a breathwork session the body has the opportunity to relax and release tension and stress held within its cells.

At the end of a breathwork session, people feel different - there is a feeling of profound calm and a sense of "being connected to themselves". The more a person surrenders to the breath, the deeper the sense of release, renewal and peace. There is a feeling of deep rest. This type of breathing session integrates mind, body and spirit, leading to an experience of stillness and unity. A feeling of sublime oneness. Breathwork rebalances and reorders the mind and body. A series of 10 sessions is best.

Breath Awareness - Breath Awareness is an important skill to cultivate. Learning to breathe correctly might seem a little strange, because we're all breathing, right? However, did you know that 90% of people don't breathe correctly. There is a huge lack of awareness around breathing. Poor breathing habits greatly contribute to stress, anxiety, overwhelm, struggle and unnecessary discomfort! Learning to breathe correctly changes peoples lives. Once you know how to breathe well, you will have that skill for life. You'll be able to move yourself from stress to peace; anxiety to calm; upset to balance within minutes. It is the most user friendly skill you will ever develop. I never leave home without it!

MEDITATION- A daily meditation practise is vital for getting to know yourself at a deeper level, and for releasing tension, stress and anxiety from the body. You recharge your batteries when you take the time to sit still each day. If you are spiritually inclined - by meditating daily you are lifting your own frequency, and with that comes higher levels of awareness and understanding. As you are raised by your daily practises, a closer relationship is developed with the Higher aspects of your Self.

MINDFULNESS - Mindfulness is the practise of being "present" to all you are doing in your daily life. Everything is done with awareness and acceptance. Not trying to finish things in a rushed way, just to get them done, but taking the task or action at hand with care, doing the best you can, and staying present to the

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task. This practise leads us into finding the stillness and peace living in each moment, no matter what we are doing. Using your breath is an important part of mindfulness. Watching and being aware that you are breathing in and breathing out. Taking hold of the breath and becoming one with it.

NATURE - Sitting or walking in nature is a wonderful practise. Nature is all around us, if you can't get away into the thick of nature, it's just a matter of tuning in to your surroundings. Just like I was describing at the beginning of this article - start to notice what you take in through your five senses. It is such a simple and rewarding exercise.

HEALING - Some signs of healing

- * When a feeling of warmth in the heart and/or body is experienced, there is deep healing in action. We could say that this warmth is energy or "love" flowing through the body.
- * When a feeling of profound calm, stillness and peace is experienced, healing is taking place.
- * When there is sense of floating, integration has happened and healing is flooding the person.
- * When there is an experience of spaciousness, a feeling of vastness within, healing is at play.
- * When the mind has stopped, and is completely empty, healing has happened.

All of the signs of healing mentioned above, move a person into a new level of "presence". There can only be the "now" moment in these states. There is an expansion of consciousness or awareness that has been obtained. These practises and experiences support life. Stress, anxiety and worry are replaced by calm, peace and ease. Breathwork, Mindfulness, and Meditation practises assist people to feel more present and aware in their lives. Life begins to "slow" down, even though nothing in your eternal life may have changed - it just feels different. Being present to each moment brings a sense of ease and a new freedom is felt - a new feeling of empowerment and control ensues.

It's worth every bit of commitment and effort.

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On line course

Breathe Well - Learn to breathe correctly

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