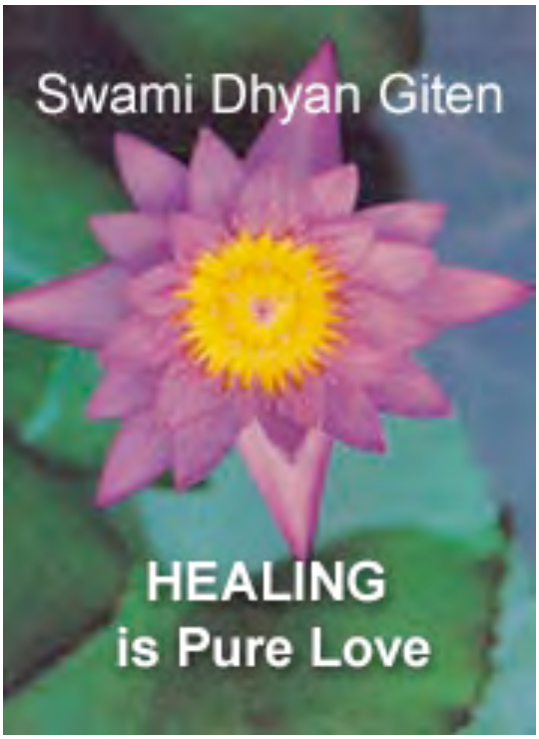
Swami Dhyan Giten
HEALING
is Pure Love

Healing
is Pure Love

Swami Dhyan Giten

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What is healing? The words holy, healing and wholeness originally comes from the same word. Healing is about returning to the original healing impulse that made us begin our inner journey towards spiritual maturity: the impulse to heal and to be healed.

Healing is the way of the heart. Healing is to open our heart. Healing is an invitation to explore what inner wholeness means to ourselves and others. Within each one of us there is a healer. Healing has always been a way and a deep source of healing for me. Healing is basically our own energy, which overflows from our inner being, from the meditative quality within, from the inner silence and emptiness. Healing comes from the silence within ourselves.

Healing is pure love in essence. Love is what creates healing. Love is the strongest force there is. The sheer presence of love is in itself healing. It is more the absence of love than the presence of love, which creates problems.

Healing is a quality, which we can freely share without any ownership. Healing is not something that we can claim as our own; healing is to be a medium, a channel, for the whole. Healing is about love - where love is, where to find it and how to develop our natural capacity to give love, to give caring.

This chapter is about returning to the inner dimension, to the soul. It is about returning to the inner source, which is always available within us and which is continuously nourishing, supportive and inspiring. But it is very easy to forget this inner dimension, because of practical things and the ideas, expectations and demands of other people.

This book is designed to create an understanding for how healing happens. It presents a new dimension of healing with a base in meditation. It is about a new dimension of healing, a new way of being. It is about helping people from heart to heart, from being to being. It is about developing the inner being of a person. It is to meet that which is already perfect within a person.

Instead of constantly trying to change ourselves and trying to become "better", this book presents a different vision: to learn to love and accept ourselves as we are in the moment. This book presents the therapeutic principles and awareness components that are basic in working with people from love and awareness. These therapeutic principles are the same independent if we are working individually or if we work with groups of people.

Healing is a medium through which we can develop our inner qualities of presence, love, joy, intuition, truth, silence, wisdom, creativity and inner wholeness. Healing comes originally from the silence within, where we are already in contact with the whole, with the divine. Healing is what makes us spread our inner wings of love and silence and soar high on the sky of consciousness and touch the stars. Healing is to be in service of God. Healing is to see another person with love and acceptance. Healing is to see that the person is exactly where he should be in order to take the next step in his spiritual growth. Healing is to see that which is already perfect within another person. Healing is to see the beauty within another person. It is an inner journey from the intellect, the dimension of logic, analysis and reason, to the heart, the dimension of unconditional love and acceptance, and to the inner being, the dimension of

meditation, silence and oneness with life.

The human heart is a healer, which heals others and ourselves. It is the hearts quality of love, acceptance and compassion plus communication through words, which creates healing. Words which come from the heart create healing. A silent listening with a quality of presence and an accepting attitude creates space for healing to happen.

Our heart is a transformation centre, which transforms darkness to light, fear to love and separation to wholeness. People who have a quality of heart and sensitivity are naturally healing. Some people do not understand the difference between giving and taking energy.

With some people that we meet, we become naturally uplifted and inspired. With other people that we meet, we become tired and heavy. With people, who can listen without judging and evaluating, it is easy to find the right words to share problems and difficulties. And with other people, it seems almost impossible to find the right words.

People, who have a healing presence and quality, can support our own inner source of love, truth and silence through their presence. These people also seem to have an intuitive sensitivity to say the right words, which lifts and inspires us. This is the people, whose presence can mirror the inner truth, which we already know deep within ourselves.

To be a healer is to be a friend on the inner path, a light on the path. The gift of healing comes when we see the other person with love and compassion. It is the quality of heart, which creates the love and the genuine caring for the other person. When our words are carried by the quality of heart, you can say almost anything to the other person and he will still be able to be open and receptive. But if our words lack the quality of heart, it also becomes difficult for the other person to continue to be open and receptive. Even if a therapist is very skilful on a technical plane or have a clear clairvoyant ability and still lacks the natural roots in the soil of the heart, then his words will not touch the heart of the other person.

In every moment, we have the choice between acting out of fear or love, to act out of separation or wholeness. Healing is to act out of love. Acts that arises out of love creates healing.

The opposite of love is not really fear. The opposite of love is indifference. Love is the gates to paradise. Indifference is the door to hell. It is very easy to give out anger, but it is very difficult to give out love. Healing is to allow the love that is ready within a person to flower.

When I began to work with people almost 18 years ago, it was an insight for me that I really cared about the other person and that it was this love that was communicated beyond the words to the other person. One of my course participants, who are a teacher, described this very beautifully when he said that he was impressed by my intuition and by my way of conducting therapeutic work - or if he would rather call this giving insights into love. Love is what allows us to go beyond the surface of the other person and to touch his inner being, his inner essence. Without love, it is only

possible to reach the personality of the other person, to reach the surface and periphery of the other person. Healing is a gift both for the giver and the receiver. Through the healing, both the giver and receiver become enriched.

Meditation is the way to develop our natural healing abilities. Healing comes originally from our inner being, from the inner source of silence and wholeness. In the silence, we can let go of all our problems, frustrations, fears, anger and sorrow.

Healing happens when we bring everything that we find inside ourselves out into the light. Healing is to embrace and accept everything that we find inside ourselves without judgment or evaluation. Healing happens when we discover an unconditional love and acceptance for ourselves as we are with both our light and dark sides.

Love and awareness are two aspects of the same phenomenon. The inner awareness expresses itself and is experienced by others on the outside as love. It is an inner quality that exists like a natural radiance around a person. This love and awareness creates a natural impulse to heal.

Healing is to be in the light. Healing is to lit the light our inner being. It means to become aware.

Healing is the door to love and meditation. Healing happens through love, joy, acceptance, intuition, sensitivity, understanding, humour, playfulness, compassion, relaxation, silence and creativity. These qualities belong to the natural flow of our heart and being.

A male meditator says that he made a deep going insight in a course about what healing is, which has guided him much in life. He says: "I did a course and had been feeling very good during the week before the course. The first two days of the course I still felt very good. But the third day of the course, I began to feel uncomfortable. The question why I suddenly felt uncomfortable arose in me. But instead of asking somebody else, I asked myself this question and the answer I got was: "To receive attention". "Well, was it so simple", I thought", and then I closed my eyes, went inside myself and gave myself attention. Through this I discovered that I could give myself healing. There were also many things that I suddenly understood through this about the question: "What is healing?" It became clear to me that healing is to give attention and that healing and giving attention is synonymous terms".

Healing is not only a specific method, healing is to invite another person into our inner light, to invite a person into our presence, love, joy, acceptance, humour, understanding, playfulness, meditation and silence. Healing means to be present for a person as a supporting presence, as a supporting light. Healing is to meet another person through our meditative presence, through our heart, and through our light. Healing can also be a loving word, an understanding glance, a present touch, a silent listening or simply joking with another person to make him happy.

Humour is one of the strongest healing forces to see our situation and ourselves in a new and creative light. It is very easy to give advice, but our advice is not authentic if it is not grounded in our own experience. Anyone can give advice, but to act out of the heart gives a different quality. The heart is the healer.
When I did an education in healing in USA 1984, I was told that I had the capacity to

become a crown chakra healer, a spiritual healer, to act as a channel and catalyst for spiritual energy from the 7th chakra through the heart. At that time I had no idea what a crown chakra healer really was and since than it has been a continuous process during the last 17 years to deepen and develop my understanding about what a crown chakra healer is. This process has resulted in a way of working I call "Synchronicity - Transmission of the Light", which uses healing and energy work from the Source on a formless level. With this way of working I have worked with groups up to 80 people. It is really a way of working, which goes around the ego and speaks directly to the heart. It allows a person to come in direct contact with his own inner being, with his own life source. With my intellect I still do not understand how this way of working functions. It is not a way of working, which can be understood on a method plane. It is a way of working, which relates directly to the heart and which can only be understood through insight and experience. One participant in Gothenburg described his experience of Synchronicity like thousand suns suddenly had been lit in his own consciousness. He says: "It was like an inner explosion, an expansion of my own consciousness, and I felt only love for the other people in the room".

The greatest teacher in healing is nature itself. To be out in the nature is like being surrounded and embraced by love. Trees are also very beautiful people, who have their own innate wisdom and are already in oneness with Existence. And the sky whispers its silent message that beyond everything, there is only one sky.

A female meditator describes it like there is a basic meditative quality in nature. She says: "There is nothing in nature that questions each others existence like people do. Everything is allowed to exist and everything is allowed to be exactly as it is, and seasons come and goes. It is not strange that people love to be out in nature and experiences that they come in harmony with themselves, because there is nothing that tries to change them out in nature. There is a quality in the air, which can be called a meditative quality".

Once we have discovered the inner source of love, healing, joy, acceptance, understanding, compassion, silence and creativity, we will never loose it.

Healing is to be in the light of our own consciousness. Healing is an inner light, which exist as a natural radiance around a person. This inner light is in itself a healing force beyond words. This inner light disperses darkness like when you lit a candle in a dark room and the darkness disappears by itself. This inner light exudes a subtle influence just through its presence. The more the light in our own consciousness is lit, the more it creates a subtle effect in the world.

Love is the fragrance of our being

The relation between the inner being and healing will first be discussed below. Then the difference between a “yes” and “no”-attitude towards life, and The Silent Revolution of the Heart – The Challenge for the 21st Century, will be covered. Finally will healing as the capacity to be a medium for the Whole, be discussed.

How do the inner being and healing relate to each other? Love is a climate. Love is our inner being, which express its natural essence and fragrance, from moment to moment.

Our heart is the door to our inner being. Opening our heart is to discover the inner source of healing.

This chapter is about developing our natural healing capacity through meeting our inner being, our authentic self, the inner "yes"-quality, the meditative quality within, the capacity to surrender to life. It is about developing an understanding for the healing strength in an accepting attitude. Through allowing meditation to become the base of healing, we become filled with a new light, a new presence.

The most important healing ability is the capacity to be present with an open heart and to be grounded in our inner being, in our authentic self, in the meditative quality within ourselves, through which we can meet another person. The key to healing is our meditative presence. It is about shifting perspective from the personality, the psychological “I”, to the inner being, the authentic self, the meditative quality within ourselves. Working with people is basically a question of presence, energy and awareness. It is a question of developing a presence and light, which attracts people. Healing is to live from our inner being, from our life source.

A healer need to develop the three dimensions head, heart and being within himself to be able to meet another person in love and meditation. Developing our meditative presence, makes people become attracted to us. They enjoy being with us. It often happens to me that people think that they know me although we have never met. This happens because they sense a quality of soul, which they interpret as knowing me.

The basic question in healing is what expands the inner being of a person. It is a question about what develops the love, joy, acceptance, trust, awareness, silence, freedom, creativity and sense of belonging to life of the person. This expansion of being can happen in relation to inner growth and meditation, in relation to other people, in relation to work and creativity and in relation to life itself.

The first step in healing is to discover the inner being in ourselves. The next step is to contact the same quality within another person. This quality represents the true individuality of a person. Once we have discovered our inner being, our source of healing and wholeness, we can never loose it. It exists within us as a constant available inner source of love, joy, acceptance, understanding, silence and creativity. It becomes a way of living so that our way of being creates ripples in the water.

The Healing Spirit: Yes and No to Life

What is it that basically creates healing? What is the difference between a "yes" and "no"-attitude towards life? How do the "yes" and "no"-attitude relate to healing? Healing is a "yes" to life. There are basically two ways to relate to life. The first way is a "yes"-attitude towards life and the second way is a "no"-attitude towards life. The first way means to act out of inner being, from our authentic self, from the inner source of love and truth, from the inner source of healing and wholeness. The second way means to act out of our ego, from our separate sense of "I". The first way means to cooperate with life and the second way means to work against life. The first way lead to harmony, healing and wholeness, and the second way leads to fight, struggle, exhaustion and separation from life. To learn to say "yes" is the insight that we are a part of life, a part of the Whole.

Healing happens when we say "yes" to the truth of the moment. Healing happens when we accept the reality of the moment with a love for how the moment is. Healing happens when we embrace the moment as we find it inside ourselves, independent if the moment means love, joy, success and happiness or fear, sadness, anger and disappointment.

This accepting attitude creates healing and makes our inner being expand. Acceptance is the way to love and accept ourselves as we are in the moment. Fear and love are two different attitudes to the same situation. Fear is a "no"-attitude to the situation, while love is a "yes"-attitude to the same situation.

That which has a "yes" and a support in Existence expands and develops. That which has no support in Existence changes or disappears. It is like the continuous ebb and flow of the ocean. It is the breathe of life.

In every moment, we have the choice to accept and appreciate what life offers. In every moment life tries to give us exactly what we need. When we choose not to accept what life offer, we create a separation from life. When we accept and appreciate what life offer, we receive nourishment, inspiration and support. This nourishment and support comes from our "yes" to life, through our acceptance of what is, and through our unity with life. Healing is about developing an understanding for when we say "yes", when we are open and available to allow life to flow through us, when we say "yes" to the river of life, and when we hinder the flow of life through our separate ideas, attitudes, desires and concepts.

Below comes a list of words, which describe the difference between the "yes" and "no"-attitude towards life.

Yes	**No**
Being expansion	Ego gratification
Harmony	Struggle
Expansion	Contraction
Intuition the inner true voice, the inner source of love, truth and wisdom	Mind
Being here and now, In the moment	Moving between the memories of the past and the dreams of the future
Presence	Not present
Acceptance	Denial, resistance
Love	Fear, indifference
Authentic meeting	No meeting
Silence	Noise
Meditation	Not meditation
Available	Occupied
Wholeness One with life	Separation from life

The Silent Revolution of the Heart
- The Challenge for the 21st Century

The challenge for the 21st century is The Silent Revolution of the Heart. It is not a revolution within an organization or a land in the traditional sense with violence, madness and blood shed. It is a revolution in human consciousness.

The Silent Revolution of the Heart is an inner revolution from fear to love, from darkness to light and from separation to wholeness.

In society today there exists a deep split between the inner and outer world, between intellect and intuition, between male and female qualities, between rest and activity and between outer knowledge and inner wisdom. There is a rapid technological development in the society, but we seem to forget the most important factor: our self. Humanity as a whole is in-between power and the heart in its psychological and spiritual development process towards spiritual maturity. The next step for humanity as a whole is to realize that real power is love and compassion.

The power chakra is the centre of the ego, the separated sense of "I". The power chakra is about control, power and dominance over other people. A person who is on the development level of the power chakra wants to change other people, but he does not want to change himself.

Ordinary relationships are often power relationships, which is a fight and struggle between the partners's needs and mine. Often the partner in a power relationship has the same strength to develop the power chakra.

The society is created out of the ego, and the need of the ego to create a hierarchy with power, status, respect, position, norms, roles and conformity. Many people in the West lives in the power chakra, and is occupied with competing with others to prove that they are somebody important, and finding their place in the hierarchy.

During the 20th Century has the psychological development level of humanity been on the awareness level of the power chakra. The focus of humanity has been on power, dominance, position, money and control over energy resources. We are technologically developed and this technology governs the development of the society, but this technology is at the same time destroying the earth. Energy resources are also a distinguishing theme in the power balance between countries.

Acting aggressively has its roots in fear, judgements and insecurity. Violence and aggressiveness is about control and dominance over another person. To judge and to be loving is two sides of the same coin. Judgements about another person are really about yourself. When we stop judging others, and ourselves our hearts opens. The heart is a healer that transforms fear to love, judgements to acceptance and separation to wholeness. The heart heals.

The 21st century means an inner awakening. It means a time to grow up. Many people talk about spirituality, meditation and inner development, but it does not seem to change their lives. Our spiritual development depends on our commitment to our own

development. We can use our free will to take on the challenge of life to grow or we can choose not to grow. This is the freedom that life gives us and it our own responsibility, but it seems that it is few people that accepts life's challenge to grow. The 21st century represents a choice between the separation of ego and the vision of the heart. The silent revolution of the heart is a shift in human consciousness from the short-sighted perspective of the ego of "me" and "mine" to the focus of the heart on love and the needs of the other. It is a shift in consciousness from the short-sighted separation of the ego to the vision of the heart. When we follow the way of the ego, the path of endless desires, it leads to struggle, conflict, exhaustion and separation from the Whole. The way of the heart is about learning to listen to our heart, to our inner source of love, joy, truth and wisdom. It is to be in a deep harmony with Existence.

When our heart is closed it creates an isolated and lonely feeling together with the attitude: "Nobody loves me", "nobody cares about me" and "life is a struggle", which makes us not see the love that is all around us.

A silent revolution of the heart happens when we start to care about another person, and it is a joy to put the needs of the other person before our own needs. It is on the awareness level of the heart that we begin to develop the sensitivity and awareness that makes us care about another person. The heart operates from the premises: "I am responsible" and "Only love works".

Our heart is the door to unconditional love both for ourselves and others. Our heart is really always open, but our judgements about ourselves and others keep it closed. When we stop judging ourselves and others, our heart begins to open. The way to healing is to learn to love and accept ourselves unconditionally. It means to embrace both our positive and negative sides with love and understanding. It means to learn to love everything that we find within ourselves.

We have been taught to love others, but not to love ourselves. But how can we love others without loving ourselves? The ABC of love is that we first need to learn to love ourselves before we can love anybody else.

Trust is a prerequisite for love. Without trust, love is without depth. It is like a plastic flower, instead of an alive, fresh and fragrant rose. Even if some people will let us down and make us sad and disappointed, it is no reason to let it undermine our basic trust in life. It is better to allow some people to let us down than not allow our basic trust in life to develop. Many people are so sleeping and unconscious that they really do not know that they are doing. They make us disappointed even if they do not really mean to. Even if we feel hurt, disillusioned and disappointed with people, see if you can give them love and understanding. A criterion for spiritual growth is that we begin to give love, rather than needing love.

Exactly as the rhythm of in-breathes and out-breathes of the physical body, the heart has also two poles: to give love and to receive love. Certain people have easier to give love and other people have easier to be open to receive love. But to allow our love to become whole, we need to learn both to give love and to receive love.

Animals are great teachers in friendship and unconditional love. One of my course participants commented in a course: "I prefer animals before people, because animals

can not hurt me in the same way that people can." I myself have still difficult to really trust that I am loved as I am. Even if I am aware about this, there is still a small part of myself that want to contract, and which does not really trust that I am loved as I am and that life takes care of me. I have easier to be present for others than to allow others to be present for me.
Love and fear are two sides of the same coin. In the absence of love fear arises. In the light of love fear disappears like when you turn the light on in a dark room. Fear is a contraction of our life energy together with an attitude of loneliness and isolation. Love creates an expansion of our life energy together with a feeling of love, joy and belongingness.

Love is the strongest power there is. There is no stronger force than love. Love is pure magic. Love transforms people without really doing anything. The sheer presence of love transforms people. There is nothing more holy than love, since love makes people whole.
Love accepts a person as he is. Love creates the freedom, which allows a person to be himself. Love creates the relaxation, which allows a person to relax into his inner being, into his authentic self. Love allows us to appreciate the beautiful being that we already are. Love allows a person to discover his true individuality.

Love is not an exclusive relationship with another person; love is a quality of our inner being. It is to discover the source of love deep within ourselves, which is our true nature.

In the depth of our heart, we already know that we are perfect as we are. In the depth of our inner being, we already know that life is perfect as it is.

It is on the awareness level of the heart that we begin to understand that we are not separate from life. We begin to understand that we are not small separate islands in a large ocean, but that life is one and that we are all small parts of the same whole. It is on the awareness level of the heart that we begin to understand what is important and meaningful in life. We begin to understand that life is about sharing, rather than hoarding, that life is about giving, rather than taking.

It is when we open our heart that we discover a sense of unity in love with other people, with the trees, with nature, with the sea and with the blue sky.
This is the silent revolution of the heart.

The human heart is the solution to the problems of the world.

The human heart contains all the answers.

The human heart has the capacity to expand and embrace the whole earth.

Healing is to be a Medium for the Whole

Our heart is the door to allow Existence to guide us. Our heart is the door to surrender to life. When we open our heart, we begin to realize that we are part of the Whole.

Our heart is the door to trust life. Our heart is the door to allow life to flow unhindered through us. Healing is life that moves through us. To open our heart is to receive the support of love. Life tries in every moment to give us what we need.
To open our heart is to invite truth in our life.

Life takes care of us. Life gives us what we need - although it is not always what we want. Sometimes we become so identified and engaged in what is not happening in our life that we miss what is actually happening. We always have something to learn in meetings with different people in different situations. The goal of life is to be whole. It is to become one with life. It is to be one with the stones, the trees, the people, the wind, the earth and the sky. It is healing, wholeness and holiness. There is always a meaning with what happens in life. It is basically a question of seeing the situation from the perspective of the soul, to see the situation from the perspective of the Whole. It is a matter of seeing the creative aspect, to see the light and the possibilities, of every situation. It is a matter of seeing what we can learn from every situation. When we look at the situation from the perspective of the soul, it is like seeing the situation from the top of the mountain - instead of looking at the situation from the narrow situation from the foot of the mountain. When we see the situation from the perspective of the soul, we can see that both good and bad situations, both positive and negative experiences, lead to a greater insight and understanding of the Whole.

In the depth of our heart, we are one with life. Healing is to heal the split between our idea of a separate sense of "I" and our inner being, our authentic self, where we are already one with life. Healing is to be a medium for the Whole.

Healing is to be a channel for the light. It is the phenomenon of "disappearing" into the Whole, to become one with the greater flow of Existence so that it dances and sings through us. Healing is a love affair with life. Healing is to open our heart to the healing ocean that exists deep within ourselves.

Exercises - Healing 1. What is healing?

An exercise that you can do by yourself or together with a partner is to explore what healing is. See if you can express in a single word what healing is for you. If you do this exercise by yourself, write 1 A4-page about this question.

2. Painting an image of healing

This is an exercise that aims on painting a picture of your experience of healing. The picture can either be naturalistic or abstract. You can do this exercise by yourself or together with a partner. If you do this exercise together with a partner, then take some time and discuss your image of healing with your partner.

3. What do I want to share?

An exercise that you can do by yourself or together with a partner is to explore what you want to share with others and what makes your heart dance with joy in working with people. If you do this exercise by yourself, write 1 A4 page about this question.

4. 10 positive qualities

An exercise that you can do by yourself or together with a partner is to find 10 positive qualities about yourself as a healer and therapist. If you do this exercise by yourself, write 1 A4 page about this question.

5. Meditation in nature

Take as meditation to regularly go out and spend time in nature. Allow yourself to become surrounded by the natural love and healing that exists in nature. Nature has been called the garden if God and is the greatest teacher in healing. Allow nature to teach you what healing is.

6. Be aware about the love that you meet

Take as a meditation during a day to be aware about and available for the love that Existence gives you through meetings with people, animals, nature, trees, the air and the open sky.

7. Give love to the people that you meet

Take as a meditation during a day to give love, joy and inspiration to the people that you meet during the day. We have always something to give to different people in different situations that we meet during the day. Also see if you can give love and understanding to the people that make you angry, hurt and disappointed during the day.

8. Giving a gift without expectations

This exercise aims on giving a gift without expecting anything in return. This gift can either be a material thing or a compliment to make another person happy. This exercise means to give a gift: - without any special occasion for example a birthday - without any sort of contract - without it being a bribe - without expecting anything in return.

9. What is nourishing to my soul?

This is an exercise to meditate over what is nourishing to your soul, and what makes your heart dance with joy when it comes to the three life areas meditation, relationships and creativity. You can do this exercise by yourself or together with a partner by discussing this question with your partner. If you do this exercise by yourself, write down what you discover during the exercise.

10. Give yourself this day Sometimes it is easy to loose the contact with yourself,

because of the ideas, opinions and expectations of other people. Take as a meditation during a day to give this day to yourself, and only do things that is a source of joy, healing and inspiration for yourself.

11. What is the most loving thing that I can do for myself?

A meditation that you can use in different situations in life is to ask yourself the question: "What is the most loving thing that I can do for myself in this situation?" Then listen within to your intuition, to your inner source of love, truth and wisdom, and allow your intuition to give you an answer. The answer may come directly, or it may take a while before Existence is ready to give an answer, but you will always receive an answer.

12. Seeing the beauty in another person

Healing is to see the beauty in another person. Healing is to see that which is already perfect within another person. Healing is to see the divine within another person. Take as a meditation during a day to see the beauty, to see the divine, within the persons that you meet during the day.

13. Learning to love and accept yourself as you are

Healing is to learn to love and accept ourselves as we are, moment to moment. Take as a meditation to close your eyes for a moment, and allow yourself to love and accept yourself totally as you are with both the qualities that you accept and the qualities that you do not accept about yourself. Allow yourself to say totally "yes" to yourself. This accepting attitude expands our inner being and creates a larger freedom within ourselves.

14. Golden Light Healing - Crown chakra healing

The crown chakra is the door to the divine, the door to spiritual healing. This is a basic exercise in crown chakra healing. Begin this exercise by moving with your inner awareness to the crown chakra at the top of your head. In the light of your awareness, allow the crown chakra to open and imagine that a loving, golden and healing light pours in through the crown chakra from the Universe. Allow this healing light to slowly pour down to the head, face, eyes, neck, shoulders, breast, arms, fingers, legs and feet. Then imagine this healing light filling your whole body, and healing it. Then allow the healing light to expand and fill your whole apartment with love. Let it continue to fill your whole house with love. Continue to allow the love to expand and include all the people in your life. Continue to spread the love to include the town where you live. Then continue to allow the love to expand and include the country where you live. Then allow it to expand further to include the whole world. Let it include the mountains, the cities, the oceans, and the whole humanity with your love. Let your love embrace the whole Universe. Stay with this feeling of the love embracing the whole Universe for a couple of minutes, and then slowly withdraw the love to your body again. Finish this meditation by simply

relaxing for a few minutes.

15. Creative healing meditation

This is a creative healing meditation, which you can do every day to heal and clarify different areas of your life for example meditation and spiritual growth, relationships and work and creativity. Begin this meditation by turning your attention within, and come in contact with yourself. When you are in contact with yourself, then go with your attention to the seventh chakra at the top of the head and allow a healing light to spread down from the seventh chakra through your whole body. Then choose one issue that you would like to heal, and go through each chakra from the seventh to the first chakra and allow the healing light to heal and clarify the issue. If you find some unclarity about the issue in a chakra, then allow the healing light to heal the issue.

16. Divine Light Meditation

This is a creative healing meditation, which you can do every day to heal and clarify different areas of your life for example meditation and spiritual growth, relationships and work and creativity. Begin this meditation by turning your attention within, and come in contact with yourself. When you are in contact with yourself, then go with your attention to the seventh chakra at the top of the head and allow a healing light to spread down from the seventh chakra through your whole body. When the light has spread all over the body, then allow the light to spread to different people and topics in your life that you want to heal. A friend of mine told me that she uses this meditation every morning on her way to work to spread light and healing to the important people and areas in her life for example spiritual growth, relationships, creativity, money and different creative projects.

17. 21-day Healing Meditation: Paint an image of your experience of Healing every evening

This 21-day Healing Meditation aims on painting an image in colour and form each evening of your experience of healing to help you to deepen your understanding of healing. This picture can either be a naturalistic or abstract picture. Also be aware if there are certain themes that comes up and if your understanding of healing changes during the 21 days.

You can either do this meditation alone or together with a partner. If you do this meditation together with a partner, then take some time to discuss your images with your partner.

Distant healing

Healing is love. Love is what creates healing. Healing can also happen at a distance, since we are all one on the inner plane, we are all one on the plane of consciousness. The healing spirit is not confined by time and space. If we send healing to another person, it will reach the other person if it is carried by the spirit of love. Love is the

medium, which allows the healing to reach to the other person.

1. Nourishing the essence of a person

We always have things to give to the different people in different situations. It can, for example, be to be present for the other person, to be silent and listen, to say a loving word, or to make a person happy by telling a joke. A basic exercise in distant healing is to close your eyes, turn your attention within yourself, and come in contact with yourself, with the inner source of silence. Then imagine seeing a person that you want to send healing to for your inner attention. Tune in with the personality of the person, and feel what the person needs right now and imagine that you give this to the person. Then let go of the image of the personality of the person, and tune in with the inner being of the person, with the part of the person that is already in contact with the divine. Then imagine that you lovingly nourish and support the divine essence of the person by your presence and inner light.

2. Healing from heart to heart

Begin this exercise in distant healing from heart to heart by closing your eyes, turn your attention within, and come in contact with yourself. When you are grounded in yourself, go with inner attention to your heart. Stay with your heart with your attention and watch the feelings and qualities that you meet in the heart, without any wish to change them and without any will that they should be different than they are. When you feel at home with your heart, imagine that you invite a person that you want to send healing to into your heart, and create a contact from heart to heart, a bridge of healing, with the other person.

3. Healing of the Heart

This is an exercise in distant healing, where you heal the heart of another person. Begin this exercise by turning your attention within, and come in contact with your own heart. When you are in contact with your heart, invite another person into the heart. Feel in your heart how you feel about the other person. Let your heart enclose the other person with love and healing. This exercise is like meeting the heart and being of another person in the ocean of healing.

4. Expanding your love

This is an exercise in distant healing, which aims on expanding your love to the people in your life. Begin this exercise by sitting comfortable, close your eyes, and come in contact with yourself. Then go with your inner attention to your heart, and come in contact with your heart. When you are in contact with your heart, then allow your heart to expand to include the people in your life with love. You can include them one at a time or as they arises before your inner consciousness. Love is the medium, which creates a bridge of consciousness with the other person. It creates a meeting with the other person in the ocean of consciousness, where we are already joined together with each other.

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