

Profile

Unconditional Community Consciousness

29 October 2007



SYMBOLIC MEANING OF ILLNESS PART TWO

In the healing of physical symptoms that I do with many of you, not only is it very important that we take into account what each illness, pain or dis-ease represents, it is also very important that you take your share of the response-ability in healing yourself in order to make it permanent.

Subject at hand is, most times, we've forgotten how to do this for ourselves. Part of the reason is because over the last two centuries we've allowed ourselves to have been conditioned through various sources that in

Hello again Everyone!

It's always so wonderful to connect via another *Profile*, I know through your feedback how much many of you enjoy reading the writings, and how many of you also practice the tips that are included here. Excellent situation!



I was particularly pleased to hear from you who have practiced the very simple technique given last time and found - shock! - that it **ACTUALLY WORKS!!!** Gasp! See article below for another technique if you are interested!

With these two simple yet very powerful techniques you can achieve a lot for yourselves and your loved-ones. Everyone loves being touched anyway, stroked, hugged and generally the focus of attention. This of course includes ourselves, so don't be shy to teach your family how to give *YOU* Love in this way! We can't give anything on empty energy tanks!

As I've said many times before, everyone can heal. It is the gift of Unconditional Love that we are ourselves, and that we've come to Life, now, to bring through for our Universe, for our Earth, for our Selves and for each other. There is no other meaning to Life, if meaning is what we are searching for. When we are in that place of acceptance that All That Is, is Love, then it makes redundant all the rest of the elbowing, pushing and shoving that we see and experience around us within the chaos of our external worlds. It will change our conversations, because we will see, know and own that Life is not

order to heal we *must* be placing something inside of our physical bodies. This may be a syringe of some sort, to inject or infuse some sort of medication in the form of a chemical infusion, perhaps also a handful of pills, or some potion, syrup or lotion to place upon our bodies.

When we do this to ourselves, without looking inside of ourselves at all, please note that this is not healing. It is 'curing'. Very different. You can read more about this if you haven't already done so by clicking onto [on the link here](#) that will take you to one of my articles on our website.

True healing, with permanent results, requires that it is done from within. When we do this, we bring into balance our emotional, mental and spiritual bodies, we stop doing certain things to ourselves and then we find (surprise surprise) that very often our physical body heals itself.

This is a very natural process (because it works *with* nature, ahem, it doesn't *fight* nature) and is also what a lot of religious and other bodies call 'miracles'.

Oh well.

And not only does our body heal itself because all the other bodies are balanced, the most important part is that we are able to continue along the path of wellness pretty much for the rest of our lives on this beautiful planet because we have achieved resolution in t ourerms of whatever dis-stress or dis-ease we created for ourselves in the first place. Personal and spiritual resolution is the only thing in Life that leads to permanent results.

We can do this without pills or drugs or any other

just about ourselves, it cannot be. How can it be thus? So our conversations, our Life experiences will move away from the 'me me me' that is constantly current, through a bridge of understanding that will reintegrate us with a greater whole and many of us will finally stop feeling 'so alone'.

For you who continue to deny yourselves by saying that you 'can never heal like me' (whatever that means), I'd like you to know that I have the same gifts as all of you reading this - the only difference is perhaps that I have reclaimed mine, whereas many of you are still searching for your own, which in fact is already within. I have absolutely no fear in going within, to my Guidance, where I know all the answers to everything lie, I have no fear in making choices and then in living them. Wherein there is solace for me when needed, too.

Like you, I see with the same senses, yet perhaps with a maturation that has come from years of practice through acceptance of their existence: I see with my external eyes, yet at the same time I see deeply into hearts and the heart of matters with my inner sight; I hear with the same external ears as you, yet I hear even deeper that which is said in between the lines, or that which is not said. And I see/hear the illusion of it all in terms of the separation, the perceived 'difference', between ourselves and everyone else. Honestly, this does not exist. Which makes conflict a joke if it did not bear such heavy consequence upon our world.

I speak with words as you all do, yet I am deeply aware of the power of our Word, that it is not to be used lightly, that everyone needs to feel loved and supported at all times and The Word can as effectively be used for this end. As well, I know that we see and hear things through our personal filters of life experience, and these colour what it is that we see, hear and therefore speak.

chemical introduction into the body, or we can choose to incorporate these into our healing too. Everything works, as long as it is done *with great awareness and total response-ability*.

If we do not, then the healing will never be permanent, because there is a part of you that is not at peace with the greater whole of yourself, and this in itself will cause a cell, somewhere in our bodies, to mutate. It only takes one such mutation to have a domino effect upon surrounding cells and thereby upon the rest of the body, upon the whole of our lives too.

Depending on what energy caused the cell to mutate (anger, depression, resentment, jealousy, judgment usually of ourselves, etc), where within the body we have placed this energy to cause blockage, add to this relationship with our environment, toxic or not, and nutrition (*how* we eat something is more important than *what* we eat), will grow a specific disease.

Everything in the Universe has a form of some sort, in some dimension. Sometimes, it's different to what we consider 'form' to be. Thought forms, emotions, vibrations, vibrational patterns and the various light bodies that make up our energetic body are as real as our corporeal body. When we recognise this as a fact, rather than as a concept, and when we remember how to tune in, we will all be able to read the potential for whichever dis-ease is likely to present, and when likely so. With knowledge and practice, leading to internal clearance, we can side-step potential for any dis-ease, for ourselves and for our loved ones.

Symbology of dis-ease is an extremely simple concepts, made more powerful by the fact that it actually works when we apply it. Most of us most of the time, though, have forgotten this ancient knowledge, or we doubt it,

I have no fear in reaching out to touch, either with my hands, my voice, my words, my eyes, my sight, my ears to listen deeply and with understanding, to you, either as your friend, your healer, your teacher or your guide. And I have no need to compete with anyone because of this. I wish this freedom for you too which is why I do my Work in the way that I do.

In my experience, in more than 25 years of spiritual study, some of these spent as a practising healer and spiritual teacher, there is no difference, really to all of us, really. We are all the same, inside. We are all humans, being together, best way we can.

I do not ask that you spend your time sitting analysing whatever is happening to you. Someone told me recently she was tired of doing this, which is an excellent situation. Analysis comes from the Mind, and a mind can give different meanings to the same event depending on how it is coloured by the emotion of the moment. Our Minds are therefore connected to the external chaos around us - in fact, it is the *cause* of Chaos. And conflict. A stilled mind does not jump around, because it is at peace with itself. It *is* peace, because it knows that there is finally nothing really to fight for, or to defend against, in reality.

What I *am* asking, though, is for all of us to know ourselves, in the moment, of every single moment of our lives. This is what it is all about, with our experiences meeting Our Soul's requirement to reach higher and higher potential for being. This is the meaning of 'Everlasting Life'. Life meeting itself, and growing. Beautiful, eh?

We do this through accepting and realising our own powers as multi-

in the same way that we have forgotten ourselves and our connection with our own internal wisdom, for many different reasons. Or else many of us have given away our power to do this sort of healing, not just for ourselves, for others too.

A lot of this is reflected in our relationship with prescription medication, which in turn has brought us to present moment of the sort of ill-health that has pretty much caused breakdown of the various national health services in many different countries.

Add to this mixture the drug companies making all effort in protecting their global markets; and historical vilification of healers, herbalists and other wise women/men as witches, Satan's brides, warlocks etc (groan), and we have a very potent cocktail here in terms of ongoing dis-ease and dis-stress within whole societies.

Have you noticed how almost all the terminology connected with illness is about conflict? We *fight* cancer. It's an *aggressive* cancer. We *fight* or we *combat* disease. We want to *kill* our colds. Or *hit them on the head*. We end up trying to *defend* ourselves, with resulting weakening impact upon our immune systems. I seldom hear anyone say that the dis-ease or dis-stress taught them a lot about themselves and that they are in process of *harmonising* it back into their bodies, in joy. Indeed, in deed, why would we not do this for ourselves?

If we truly understand what it is that dis-ease represents to us, what messages our bodies are giving us through a dis-ease, and what it is that our bodies are really doing in these instances, we might even choose to be grateful. Why would this be so? Because when we take the time to explore our dis-eases and dis-stresses, we will find that every single

dimensional beings in our own right. We go for what feels right *for us*, enjoy the journey and the process, with no inner yakkety-yak of *what-ifs, I-am-afraid, I should's and maybe-I-can't's*. This is the real meaning of response-ability, which is why I spell it this way.

How will the above consideration change your life? And how, concurrently, will it change the lives of those around you? Because, as you know, when one person shifts, their entire community will shift, because nothing is an independent republic from anything else.

I was thinking about you all the other day, as I often do, both individually and as a group. You know, we are all professionals, the many of us who are reading this now. We are bankers, lawyers, accountants, communicators, designers, hoteliers, businesspeople, teachers, sales staff, secretaries, administrators, therapists, healers. Mothers, fathers, sisters, brothers, daughters, sons etc. We are every profession, everything. Weirdos, cranks and crazies we are not. There is not a single Freddy Frankenstein, Hilda Hippie nor Doris Dracula amongst us. How funny then (well, perhaps not), that others would fear what it is that I give and you come to receive - and then we all freely share? Do you think it might be because of a lack of understanding on their part, that might cause fear?

So what it is that is stopping us from standing up and spreading the Word of what it is that we are all looking to achieve to our families, our friends, our communities, through changing ourselves? What is the fear, or ennui, or whatever, that is holding us back from sharing this Joy? I don't have an answer for you - each person's answer is personal to themselves. Perhaps you might care to have a ponder on this though, and if you have find anything to share with everyone else, you are welcome to use me as a conduit.

one of them represent huge opportunity for growth, both personally and spiritually, and as such must be honoured, respected. And Loved for this, because they represent a part of our sub-conscious that is calling attention to itself, for resolution.

Life is all about growth really. This is the journey of the Soul that I write so often about. Every soul (that is, each of us and everything in nature too), irrespective of what external clothing it may wear, births upon our Earth -and other planes - in order to reach its full potential. To do so, it creates for itself countless life experiences. Humanity is the only specie able to demonstrate meaning and association to *Being* in terms of Growth of the Soul. If we don't 'get it' the first time, the experience comes back to us as many times as we need for us to 'get it' and therefore harmonise with it, and grow.

By the way, Souls are not just in human form. Everything on our planet has a soul. Everything. Soul just expresses differently in different forms, which is why it is important to respect all Life as parts of one whole.

Let's look now at some more symbolic meanings of physical ailments. Remember, the following is for general interest, specifics can only be found by being with a person because everyone and every circumstance is different.

The heart is situated in the centre of the body and is the balance between our inner self and our external world. It represents the energy of Love and through this, Joy. Most of us have forgotten how to love unconditionally, giving or receiving 'love' upon a whole range of *if's* and *but's*. A lot of this is due to social conditioning of what love 'should' be, or how we

I will be teaching just once in Cyprus in this period between now and year end. It will be on 1 and 2 December 2007, a mighty gathering of Spirit which I am calling *The Unicorn and the Rose*, a hugely symbolic title for a hugely symbolic gathering for all of us who feel moved to commune in this way. It will be an immensely joyful gathering too. Invitation will be issued in the next few days. Look forward to seeing you. Until then, I wish you all a wonderful time coming.

Lots and lots of love from me to you.

And Light. Always. Darkness too, because without her embrace, the Light cannot shine so bright.

Anna. Of Cyprus

To learn more about our work and our vision, [Click here](#) to go to our website. Currently in Greek and English.

[More on Anna here](#)

DIFFERENCE BETWEEN JOY AND HAPPINESS

I thought we could take a look here at the difference between Joy and Happiness, since there seems to be a bit of confusion between the two

'should' feel when we are supposed to be 'in love'. It's just how it is for us until we wake up to what is really going on here in terms of belief systems.

Our hearts and blood are closely connected, with blood carrying oxygen, representing Life, around the body. More than anything, our blood reaches into every single cell of our bodies, circulating messages - not just chemical and physical, emotional and spiritual too. So the heart and blood together symbolise our ability to Love, truly, and our ability to give and receive Life. Life and Love are entwined, remember. There is no difference.

Heart conditions, such as heart attacks, are often experienced by people who have lost their love and their zest for life. This can be for many different reasons, mostly because they feel 'disappointed' in their lives, or in their loves. Both are often related. Disappointment often comes from expectations, and how many people do we all know who have unrealistic expectations? Or who might expect that other people make their expectations come true for them? And then vent their disappointment in the form of rage when happens to be not so?

People who experience heart attacks are often those who are very competitive, usually see their world as either something to struggle against, or to 'beat', often in as short a time as possible. They don't really understand the power of loving and working together in harmony and often are difficult to please, because they are so hard on themselves. I find most are people who have trapped themselves within pretty rigid thought structures - as rigid in the same way as are their arteries.

Surviving a heart attack is often symbolic of opening an

concepts. They are not the same thing.

JOY is something that can be experienced without happiness, and is a deep connection with Spirit, a deep state of spiritual awareness in which we feel connected to as an integral part of Life. Totally. In this space, we become aware of our connection with All That Is - all that is Life, Love, living and loving. As well, we have a deep awareness within us that everything in Life is an ongoing gift. With it there comes profound inner peace which we can take around with us and share in our daily lives with others.

Connection usually takes a split second and can last a lifetime, and usually happens in moments when we allow ourselves to sit quietly and just *be fully present*, in the moment.

Because of this connection with Spirit (God, Source, All That Is, depending on your preference), we can feel Joy at moments of profound sadness, such as during moments of transition like death of the body, where the Joy can be coupled with a celebration of a Life well lived and knowledge that the Soul has left on its onward adventure.

Or, we can feel Joy during our exploration of a dis-ease or other Life situation, because we see that everything is a gift in terms of potential to enable the Soul to grow. That is, if we could only see things in this Light.

Joy and Peace are connected and are inter-changeable. One leads to the other and back again, because they are two parts of one whole.

energetic pathway to the potential of receiving that Unconditional Love that is always with and around us, in many different ways, if we would only agree to let it in. Without love and joy, life might symbolically not be worth living; at least this often is the case with heart attack patients.

Our stomachs often represent our ability or at least our willingness to digest Life. A lot of people who overeat are those who might be a bit afraid of digesting life events, for many different reasons. Most of all, these are very very sensitive people who take events and conversations very personally - and usually can't stomach either very well, leading to a lot of self-criticism and 'fear of exposure'. They either eat, or don't eat, in order to compensate for this. If the former and they are overweight, the weight represents padding for an extremely sensitive core. When we over-feel our emotions (and overfeed ourselves), these are also placed somewhere within the body, which can (and does) affect metabolism of food and toxic waste.

Our liver is the main organ for metabolising our emotions, as well as all the toxins and other things we place in our bodies (usually without thought). It is particularly responsible for metabolising the energy of anger. Most of us feel anger for a lot of different things, and equally many of us do not know how to express this anger appropriately. Emotions are real, as you may remember from previous Profiles - they are energies and must be expressed in order to change their frequency. This is known as *transmutation*.

Anger is one of the most powerful energies in our world, particularly because usually we bottle it up until it bursts out of our bodies in the form of rage. If left unexpressed it is often placed in the liver,

HAPPINESS is an emotion, and in the same way as all the other emotions is something that can be manipulated depending on how we perceive the circumstances of our lives. When we feel comfortable and secure in our lives we usually feel pleasure.

At any moment, thought, our moods can change depending on external stimuli and as such happiness is transitory.

Ideally, we can experience both Joy and happiness at the same time. Typically, though, we seldom do, because we are not used to having this sort of energy within our bodies, and therefore usually experience the feeling - which is intense energy - as 'stress'. I see around me usually very little Joy and even happiness, expressed. Instead, I see many people in states of acute depression, and they don't realise it. Groups of people in states of depression create whole societies that are depressed (and medicated 'against' it!).

How do we manage ourselves, particularly during these present times of high energy? Well, easiest thing to do is to let go and go with the flow, with our only expectation being an acceptance that some things are beyond our control, so best to just enjoy the ride! When we do this - not hanging onto old structures of Life and expectations, I mean - we leave ourselves open to having some unexpected adventures, with no fear (because we know we have the ability to respond to anything!). Our Joy will just *be* within our bodies, without our Minds getting all tied up in knots!

You see, we already *are* Joy, in the same way that we *are* Unconditional Love. It is how we are born and it is our birthright too. We just need to accept that whatever we are searching for has existed within us since our inception.

blockages of which in the energetic body often results in dis-eases such as hepatitis and other related liver ailments.

Depression is often a mask for anger, particularly in women who do not feel they are able to express it in any way, particularly since it might affect their survival (for instance, livelihood in terms of anger at husband etc). For both genders, depression is also caused when we are confused between our personal wisdom, and doing things that others might think it 'better' for us to do. Typical medical protocol is a prescription some sort of anti-depressant which not only takes away the feeling of depression, it also disables the feeling of any sort of joy, or any emotion at all, and certainly stops our connection to our internal wisdom, which is achieved through the intuition and must be *felt*.

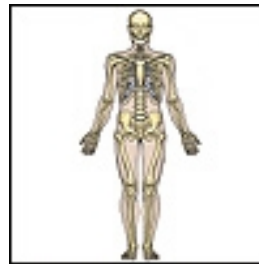
One of the causes of failing eyesight can be attributed to a toxic liver. It's often incorporated with disappointment or unmet expectations, with the result that the person does not see so clearly. Remember, our seeing goes beyond our physical sight, into our inner sight. Both are related, of course. There is nothing in our world that is not.

The pancreas is almost always the organ affected (or, infected, if you will) by worry. If there is excess worry in the body, and the liver is overworked in terms of metabolising toxic emotions and thought processes, we have quite a mixture here for some sort of digestive disorder because together with the gall-bladder, which often stores bitterness, these organs of digestion are particularly inter-related.

Joint pain of any sort is almost always about flexibility as well as storage of emotional pain or upset. Arthritis,

Why not try this approach for yourselves, and let me know how you get on?

MORE TECHNIQUES FOR YOU!



I rather grandly call last week's techniques a *Skeletal Alignment* and it has results much farther reaching than back, hip, neck and knee pain. When we align the spine in this way, regularly, we minimise potential for musculoskeletal disorders because our bones, associated muscles, tendons and ligaments are in more natural positions; and our internal organs correspondingly return to their natural places, releasing old and/or trapped energy that is usually toxic by nature. This in turn has huge implications on our thought processes, breathing, digestion, elimination and movement.

Excellent situation!

Here's another technique you might find useful:

Taking either your first and second fingers, or your thumb and first finger, run them down your friend's spine for about 5-10 minutes. They can be lying down when you do this, which will make it doubly relaxing and enjoyable for them.

By doing this you can release a lot of trapped stress, particularly kept in between our vertebrae and around the coccyx area. In many people,

particularly osteo-arthritis, is often about flexibility in facing new experiences in Life. It typically affects older people who may be more comfortable in the old structures of living and doing things, and may perhaps be less inclined or unable to respond with the energies of spontaneity, adaptability and creativity. They can often be very critical of everything in Life, which comes from a lack of approval of new ways of doing things. Unfortunately, this can have huge impact on family relationships, as Ily some of you may have experienced.

When we understand how rigidly people with arthritic conditions see Life, and its impact on *their* lives in terms of pain, we can have compassion for them and hear differently what they are really saying. Well, it's not just with arthritics, it's with everyone, because how people see Life is always about *them* so we don't need to always take it so personally.

Grief is usually metabolised in our lungs, and colds are often an expression of tears that we did not cry about 10 days before the cold presents. Another reason we might have 'colds' is because our bodies are detoxifying, physically or emotionally, but we haven't been taught to differentiate between the two.

Breathing symbolises the ability to accept and let go of things, but too often we are not able to do this. Resulting hurt, or other emotional pain (which is a real energy) is therefore placed somewhere in the body for storage until we are ready to face it. When we are very stressed we also tend to hold our breath, which upsets our bodies, because it knows it needs to breathe in order to stay alive and can't understand why we are not so doing.

Who heals and who might not? Well, I always know intuitively, from the first moment someone comes in

childhood falls result in the coccyx being slightly out of position, which in turn can lead to elimination disorders as well as sciatica and lower back pain, amongst other things.

It can also be of great assistance in spine moving back into natural position in the event of scoliosis or any other spinal dis-chord.

New born babies particularly love this and sleep better. I have also found that it helps to minimise colic. Colic in many cases is due to stress on the parents' part, particularly first-time parents.

Main thing is to place your hands where you *feel* to place them. Don't forget that the reality of our physical body is that it is a *hologram* rather than a series of inter-connected single parts. For instance, I usually feel to work on the lower abdominal area on a lot of people to release migraine, partly because the lower back is often slightly out of position and partly because they have issues on regular elimination of food waste, often due to not drinking enough water. They sometimes say to me, "Remember, it's a migraine." Translation I suppose is that migraines are supposed to be in the head. "I know it's a migraine," I usually reply, getting on with my Work. Great fun!

For those many of you who might be at wit's end with Repetitive Strain Injury (RSI), please know that an operation is not always necessary (nor advisable). I usually press three points on a body - hip and shoulderblade, and on a spot on the soft part where the neck meets the head, all opposite side to the pain. This will release the energetic blocks (or locks) in these areas, enabling the energy to flow again. People with RSI have slight (or great) obsessive/compulsive behaviour issues. Taking all things into account, restoration of full use of that part of the body is possible.

for a session whether they are going to heal or not. It's a sensing that we all have, and that I acknowledge without question is an integral part of us all. The choice may change, though, as we proceed with the healing, so I stay flexible within my sight. As well, when I sit down with someone for the first time, I ask to be shown intuitively their spiritual contract so I can see parts of their life journey connected with our Work together. The ones who will heal do so, always quickly, and then the Work moves onto personal and spiritual growth, if they wish. The ones who will not heal usually do not because of fear of some sort, lodged somewhere just beneath their conscious mind. They *think* they want to, but they are *afraid* to, for many different reasons.

Sometimes people get used to wearing the identity of an illness, and fear that if it was removed, then they would need to find another reason to justify whatever it is that they might wish from their world. Sometimes people get a lot of things out of an illness, like attention that they may not receive otherwise. Sometimes people are addicted to their illnesses and will not let go of this consciousness in the same way that smokers, drug addicts or alcoholics find it challenging to give up things they know are harmful to their bodies. It is almost always out of some sort of fear, usually of new life. Or of taking full-responsibility for ourselves and our Lives.

Making the choice to look inward, to be honest with and to face ourselves, always takes courage. It's a journey that I feel is always worth it in the end, though and I support my clients all the way irrespective of whichever path they choose. For me, Life is all about the journey, not the end result and it is a wonderful one.

The two techniques shared are enough to be very effective. To go deeper, though, you will need to study, and read. The more you study and read, the more effective you will be, because the most powerful healers - well, everyone really - are those who work from a balanced union of the intellect with the intuition.

Remember also that there is no *right* way to heal. By all means learn some techniques, also have the courage and confidence to fly by yourself and do what you sense naturally to do!

Great fun!

And maybe then you can bring some techniques back to our Centre too, to share with other like-minded souls! Excellent situation too!

WHO IS THE 'RIGHT' HEALER FOR YOU?

Sometimes, you are working with more than one healer, or practitioner, or a mixture of this Work and medical practice, and you sometimes ask me about so-and-so, is he/she a good healer, etc? As you know, I never, ever comment about anyone's work, for me to do so would be discourteous as well as being professionally unethical.

A good thing to remember if you choose to explore yourselves in this way is that everyone carries a particular vibration within them. The more work we do on ourselves, the more clear and strong this vibration is, because it becomes less crusted over with what I call 'stuff'. The less 'stuff' we carry, the more clear our vision will be, and the more clear are our filters - or our

During the course of our Work together, I usually know when someone is going to die, and then the Work moves towards closure. Healing and dying are not mutually exclusive, sometimes great healing takes place at the moment of death. It frees that Soul to come back to lives of higher consciousness 'next time around'.

Sometimes I share my knowledge with them, sometimes I don't. It depends on the person and how they need to be supported on their journey. It is always a beautiful process, though. A healthy relationship with Death, without all the accompanying fear, is a very liberating process. Death does not really exist, as you have heard me say many times before. Our Souls just exit its current shellsuit and go on to many more great adventures in other planes of existence. It also makes each individual moment very very sweet, very sacred when we are able to see Life in this way, because we then realise that each moment is one of a kind, cannot be recalled once lost and is therefore to be savoured, forever. Just like us.

It's a fascinating subject and makes life so much deeper and meaningful. If you are interested in reading further about the symbolic meaning of illnesses, you can click on the links below that will take you to articles I wrote earlier this year and perhaps also consider coming to a talk or two I will give early next year on the subject.

[Part 1 of "The Way of the Healer"](#)

[Part 2 of "The Way of the Healer"](#)

perspective - on Life situations. This in turn leads to more clarity in terms of our reading of Life for ourself and for other people too.

As healers are human too, this refers also to us. Well, *especially* to us if we are in professional practice.

The healer is the harmonising force so the clearer the healer within, the stronger their vibration. According to transference rule within the laws of physics, the slower-vibrating object will change, automatically, to match that of the higher vibration.

The highest vibration within the universe is that of Unconditional Love, as you know. With awareness, you will sense the difference between those healers who *do healing*, because they've studied or have otherwise learned specific techniques, and those who *be* healers in all parts of Self. The latter heal quite naturally, often without needing to do anything at all because they are always in integrity with what is going on around them.

This is a subtle yet powerful difference. Healing can only be clear as the channel, and determines the difference between what I call a healing technician, and a true healer. There is no judgment here, by the way, it's just how it is in terms of energies and our personal journeys.

Generally you will feel which healer to go to and will make a choice upon this feeling. So in this work, which is always about energetic vibration and attraction (as with all of Life really), you will hear about someone at the right time, or you will have a strong sense to work with someone you already know.

It's what is right - for *YOU* - in any moment. As with all of Life.

This might be a good time to tell you that I have very strong opinions about

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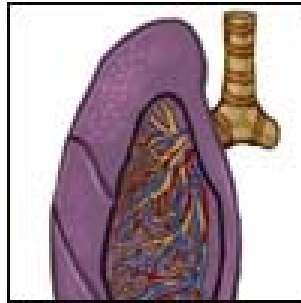
ethical values within this profession, because I believe that we should be self-regulating and therefore absolute within our own professional integrity. Self-regulating because we must firstly live what we teach, this goes without saying because we cannot give what we do not first own, and secondly because those who would regulate us do not yet understand what we do and how we do it, and so are likely to suffocate us (as proved historically).

Personally I tend to steer clear of any healer who when in session (or even in public!)

- discusses other clients and their cases, by name
- talks without permission about who their other clients are (including celebrities)
- condemns other healers and their methods
- does not take your input and feedback into consideration
- has ownership of what 'should' be done by everyone and anyone, beyond holding structures for people to shift and
- considers their own modality to be the 'best', or the 'only'. There is no such thing. There are as many ways to heal as there are blades of grass.

I love exploring this work, our world is so *rich* with different practices! I wish you great fun on your journeying too! And maybe, if you feel like it, you can bring your experiences to our Centre to share with everyone as well!

SACRED MATHEMATICS AND SACRED GEOMETRY OF THE HUMAN BODY



Later on, when you've digested my sharings on the symbolic meaning of illness, we can perhaps go on to discuss the *sacred* meaning of our physical bodies and emotions.

For instance, did you know that the lungs, eyes, ears and other body parts, being pairs, represent the Duality of Life?

In our world, remember, everything comes in pairs - Light and Dark, Tall and Short, Thick and Thin, Positive and Negative etc and these contrasting pairs in their turn represent co-operation and co-existence. For some interesting reason many of us have been conditioned to judge one part of these pairs, usually the one commonly denominated to be the 'shadow side.' But we need both, remember, to be fully cognisant of Life.

For instance we would not be able to see *light* if we did not have the *dark* that embraces it; we would not know *tall* if we did not know *short*, etc - everything has its place in our world in terms of Divine Right Order. We can see this much clearer if we let go of our conditioned judgments and learn to see many other different perspectives.

As well, our lungs are made up of a tree and branch system, that constitute the Tree of Life, used as a mystical symbol in esoteric Judaism to understand the true nature of God and the nature of reality.

The breath that we breathe into our lungs contains oxygen, which activates our vital life force and brings clarity/clearance to both our minds and bodies. We breathe in Life, and we breathe out toxins of all sorts. Breathing in is called *inspiration*, in the same way as we receive inspiration from 'above'. And the way we receive our air denotes our openness of being.

This is one of the reasons why I say to many of you to focus on your breathing for at least 10-20 minutes, especially when you get up in the mornings, or to do some form of exercise that incorporates breathing. Very important to how we are able to manage our days.

Sacred Mathematics, particularly of the various bodies of our world, which one day I will also teach, is represented by numbers.

In the human body, for instance, the lungs are considered to be the most spiritual of the organs. For instance, we have two lungs. The number 2, as mentioned above, represents the Duality of Life.

The number 10, that denotes individual oneness with All That Is, is represented by the lung's ten segments or lobules. These are commonly arranged in the same pattern of geometric figures - squares, triangles, circles and rectangles that can be observed in the bones and elsewhere in our bodies.

The sacred geometry of our bodies is another topic I find to be of fascinating interest, and one day too I will also teach it. It gives Life a much deeper and richer flavour than if we were to just see our bodies to be made up of disparate mechanical parts.

I SAW MY LOVE

I saw my love in a flower
I felt it in the breeze
I heard my heart as it spoke to me
Through the whispers of the trees
I felt the warmth from within my heart
As I looked to the sun above
And my eyes looked everywhere and everywhere was love
I touched the hands of many
And I knew of love to hold
And the thoughts of love within me
Are thoughts of pure gold
In the treasures of my universe
I can live the love I feel
For now I know of the world of love
A world which is so real
There is no other feeling that feels as real to me
As the feel of my love within
Or the love surrounding me
In the meadows where I wander
I can see and feel the glow
From heavens joy and laughter
And the love I have come to know.

By Cyprus resident Lorraine McKenna

If you have any poems or sayings to share, do pass them along

to me and I'll be happy to include them from time to time if we have space.