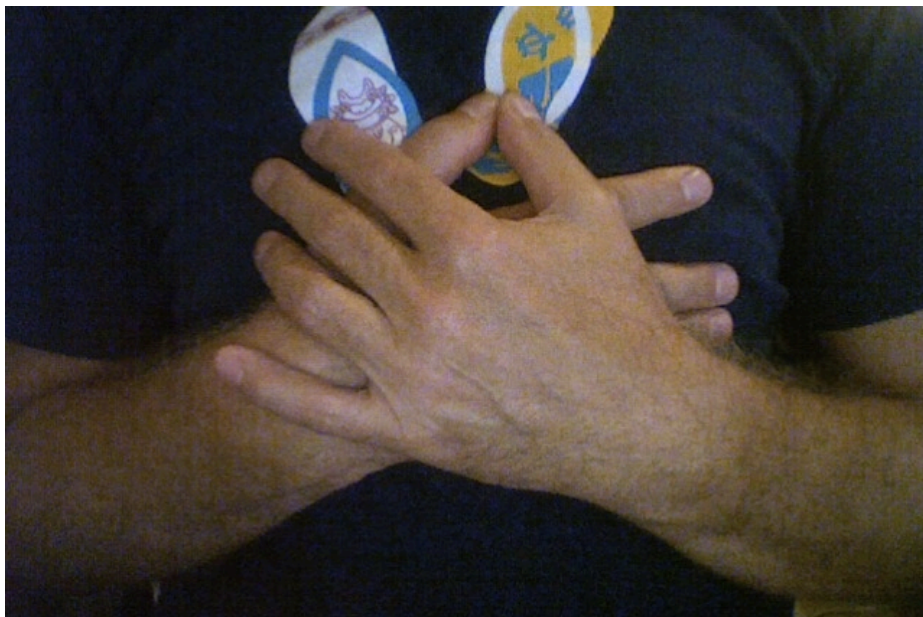


Living Intentionally

Take responsibility for your well-being and master your life.

Useful Techniques for Healing Yourself and Others



Self-Healing: Energizing the Heart Space

One of the simplest ways I know to effect deep and lasting self-healing is to run energy into your heart space. If you've studied Reiki, Quantum-Touch or any other hands-on energy healing modality, use your favourite method of running energy into your heart space. Relax into the experience and focus every intake of breath with the infusion of pure, healing energy into your heart space. Repeat to yourself, "I love you. Thank you for this healing."

If you're unfamiliar with hands-on healing techniques, you may simply imagine that every inhalation of breath fills you with beautiful, healing energy, which then fills your heart space. With every exhalation, allow yourself to release any negativity. Remember to repeat, "I love you. Thank you for this healing."

Self-Healing & Others: Self I-Dentity through Ho'oponopono

This is a beautiful and utterly simple technique that enables us to clear our energetic self of unresolved issues that are carried with us in emotional- and cellular memory.

According to Dr. Hew Len, creator of Self I-Dentity Ho'oponopono, our physical world is an expression of memories that constantly replay.

To clear these unresolved memories, we use four, easy steps:

- “I love you.” This part deals with our unresolved memories. The ‘you’ here can be yourself or it can be another person. It doesn’t matter whether you consciously know what memory is being cleared; your spirit and body assuredly do.
- “I’m sorry.” We say this to acknowledge our role in creating the memory that is causing us trouble.
- “Please forgive me.” This asks for forgiveness for the trouble caused, both to Self and others.
- “Thank you.” In this last part, we ask that the unresolved energies of these memories be neutralized and then released. We express our gratitude for the healing and acknowledge our connection with Divine Intelligence.

It’s okay and useful to mix up the order of these steps. You may feel drawn to a particular order when working on specific issues, so you should honour that. Do what feels best for you when choosing the order. If you don’t know or don’t have a preference, use the order that is specified here. You can use these steps as a continuous mantra during meditation. Feel free to combine this technique with energizing the heart space for an incredibly powerful experience.



Self-Healing: Grounding or Earthing

In our modern lifestyle, many of us insulate ourselves from our beautiful planet by using thick-soled shoes that are made from synthetic materials. We walk on cement sidewalks, sit in our cars and otherwise don't connect with Earth much if at all. Some people can literally go days or even weeks without actually touching skin to soil in any form at all. Grounding (also called Earthing) is as simple a technique for healing Self as you'll ever find: Connect with your planet with your very own skin.

Grounding can be done by walking barefoot in the woods or on a beach. You can ground by swimming in natural rivers, lakes or oceans. Sitting on the ground is wonderful. Lying on the ground is even better. The more skin you can get contacting the soil, the better.

Grounding balances our body's electrical circuitry with the Earth itself, which has fantastic healing properties and protects against 'dirty' electromagnetic radiation. Grounding also triggers the uptake of free electrons that bind with free radicals inside the body. This creates a natural antioxidant effect.



Healing Others: Offering Love

This is one of the simplest ways I know to do *real* hands-on healing without having to worry about a bunch of complicated techniques and rules. The method is utterly simple. You'll get it mastered in just a few moments.

- Breathe easily but fully. Your breaths should be slow and relaxed and of a pace and depth that you can maintain without any strain or sense of dizziness.
- Lay your hands on your partner in healing. Be relaxed and gentle; there is no need for any pressure.
- As you breathe, imagine every inhalation filling you with pure, healing energy. With every exhalation, offer unconditional love and the idea of unlimited healing potential to your partner.

Be playful with this one. If you're working with your spouse or other family member, feel free to wrap the person in a loving embrace as you give your love offering. Stay relaxed. It's fine to talk and laugh and giggle. Spontaneous laughter or tears are things that a number of people experience when receiving energy. Take it as a sign that unresolved emotions are being released and that healing is taking place.



Self-Healing: Meditation

Meditation may not be the quickest of techniques to figure out here, but it's an important self-healing practice that I strongly believe everybody should do. Meditation can be mixed with mantras of affirmation, Ho'oponopono or quiet with nothing more than a focus on awareness and breathing. While sitting meditation is the most common form, some people enjoy walking meditation or even lying down. Personally, I tend to fall asleep when lying down, so I stick with sitting or walking.

Meditation while grounding is a beautiful experience that is doubly healing. Not only do we get to experience the quietening of our ego's chatter, we can enjoy connecting with our Mother Earth. Meditating outside in the sunshine or under a forest canopy can be a wondrous and soothing experience.

For beginners, try sitting cross-legged on the floor or ground. Keep your posture upright so that your body can easily maintain its balance and enable your energy to flow. If you have challenges with regard to flexibility or mobility, feel free to sit on a chair or lie on a mat or bed. Where you do it isn't as important as doing it at all. Don't worry much about doing it right or wrong; as long as you're focusing your awareness and are conscious of your breathing, posture and your bodily sensations, you're doing just fine!

Many people like meditating to music. If you wish to try, do so! I often use modal, harmonically-rich tones that aid in meditation and encourage healing and energy flow. I also enjoy using CDs that feature 'binaural beat' technology that syncs brain hemispheres. Again, be playful. Experiment and find what makes you feel relaxed, healthy and happy. After all, it's your journey. You should enjoy it.



And Finally It's All About Intention

The most important element in a journey of healing yourself and/or others is to pay attention to your intention and how you form your thoughts. The key lesson here is: *What we think, we create!* If we think negative thoughts, we will assuredly create a negative experience.

When you're working towards healing Self or somebody else, *always* focus on the outcome you wish to create. Use positive verbs and voice in forming your intention. For example, "Grandma will not be sick" might seem like a reasonable desire, but it's still phrased in the negative voice. Turn it around to state what you want rather than what you don't want: "Grandma will be fit and healthy in every possible way for her highest possible good."

As you learn to monitor your thoughts and get better at framing what you want instead of don't want, you'll soon find that everything comes easier to you, your health improves, your stress diminishes and life just becomes a much better, friendlier place. Thoughts become things. What we think, we create.

If you've enjoyed what you've read thus far and would like to continue these explorations, [contact me](#). I would be delighted to work with you to help you define your next steps on your Journey to Well-being.

Living Intentionally offers energy healing as individual sessions or in bundles that offer savings. I also offer wellness coaching that can help you lay out a solid roadmap to greater health and abundance.

Have you found your Joy?

Much Love,
trane

