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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Energetic Healing

By Dr. Ulla Sebastian

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Energetic Healing is based on quantum physics. From that point of view, any disease, emotional disturbance, conflict or mental problem can be defined as a disruption or distortion within the informational energy field.

Energetic healing aims towards correcting dissonance within the information field of the body that enables the body to heal itself naturally. Besides addressing health problems, energetic healing can also be used for the prevention of health problems by detecting problems in the energetic field before they materialize physically. Problems that easily manifest as bodily symptoms are negative thought forms, conflicts or emotional disorders.

Energetic healing uses a broad spectrum of healing modalities from western and eastern traditions. Among them are body movements, breathing techniques, acupuncture, toning, overtone chanting, tuning fork vibrations, light frequencies, creative expression and affirmations.

Energetic healing addresses body, mind and spirit as an integrated unit, rather than treating any of these levels separately.

Energetic healing zooms right into the core of the problem shifting the energetic patterns that keep physical symptoms, destructive emotions, life-depleting habits and negative thought forms in place. It's like working on the stone that you throw into water rather than working on the ripples that the stone creates on the water.

Energetic healing works with wave patterns that reach beyond time and space. Therefore, you can use it for distant or remote healing. Personal presence is not required to fully benefit from it.

Are you wondering how that works?

This is possible because underneath the reality that we are used to see, there is a deeper level of existence that extends itself beyond time and space. Quantum physicists call this reality the quantum

field or a holomovement.

Eastern tradition knew about it as the giant web in which each one has an important role to play. Each person makes a difference, be it good or bad.

We all have the capacity to pick up information from a field of knowledge that is invisible to our eyes. If you are sitting in a room and you suddenly get the idea that you should water the plants, you are actually picking up information from the plants.

We call that capacity intuition. It is a capacity of our right brain to perceive information in a holistic, imaginative language. We all have that capacity available but because our educational system strongly focuses on the rational mind we are not trained to use this capacity consciously.

We know from brain research that the brain has a set of filters that only lets that information pass that make sense to us in terms of past experiences. This limited view of reality helps us to stay sane in a world that otherwise would flood and overwhelm us with too much information that is constantly streaming into the brain. With training, you can learn to expand the filters and bring in more awareness.

Just use this day to see how many information you pick up on a fly, kind of half-conscious or as an image or just a knowing. You may be amazed

Dr. Ulla Sebastian is a well-known author, trainer and psychotherapist. Her work spans a wide range of themes for professional and personal growth based on the above principles. Her work is the result of forty years of research, work with thousands of people from all over the world and a lifelong experience of selfgrowth and transformation. Visit her website <http://www.visioform.com> for free courses, distance courses, books, ebooks and articles.

Shamanic Healing In The 21st Century

By Silvia Hartmann

Shamanic healing describes in essence a group of processes that has been practised throughout the millennia, and throughout every civilisation in the world, which entails for a shaman to travel in non-ordinary realms (quantum realms, other worlds, dreamtime etc) and there, to make changes, learn about the nature of the problem and to bring back resolutions.

Shamanic healing relies at the baseline for any practitioner, or shaman, to be able to contact and understand the underlying "invisible" energetic realities of the world.

Therefore, and although for example soul healing, soul loss and a range of mind healing and incarnational healing activities is what is most commonly associated with shamanic healing, a shaman can also "read plants", minerals, other forms of energy imprints and match these to the problem at hand.

Energetic Healing

True shamanic healing is absolutely fascinating and not to be confused with a mind game that used to be played at some length in the "new age communities" of the late 20th century.

The difference between an "imagining" and a true shamanic healing experience is known because it is FELT; further more, when a true shamanic healing experience has taken place, REALITY CHANGES as a result.

For a beginner studying shamanic healing work, it is of the essence to REMAIN REAL at all times.

Humans are easily given to imagination and delusion; and someone who has never experienced an orgasm would probably be hard pushed to explain the difference in the sensations of an orgasm, and a good sneeze.

It is therefore essential for a junior shaman to first of all, learn how to differentiate between what is real and what is just an imagining; this is needed to set the path in the right direction, towards more real experiences and away from disturbing illusions.

The EmoTrance healing system provides this ESSENTIAL assistance at level 1 by focussing on PHYSICAL SENSATIONS related to INVISIBLE occurrences. The body doesn't lie; and to learn to trust one's own PHYSICAL responses, to read them correctly and to USE THEM in order to stay on the path of reality and not get lost in illusion is the first lesson, first task of shamanic healing.

In past societies, shamans were put through severe rituals of pain to "ground them in physicality" and to teach them the all important lessons of reality vs illusions; in the EmoTrance healing system, we USE THE EXISTING PAIN of old injuries in the energy system (in the spirit person, in the spirit realms of a human being) to learn these lessons instead – and whilst we do this, we get to HEAL these old wounds at the same time.

This increases the shamans ability to feel, to perceive; it releases their limitations of fear and reversal and it is indeed the first and most important step to moving forward into true shamanic healing at the higher levels of reality.

Dr Silvia Hartmann is the Creator of the EmoTrance system of energy healing and the author of "Oceans Of Energy". A free quality illustrated ebook, "The Enchanted World" which serves both as an introduction for beginners as well as a overview for more advanced energy magicians is available here:



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