

Healing



Exercise to cultivate inner peace and an expression of love for life.

This site can offer some tasters in practising healing, and some gentle methods that can be used immediately. However, for those wishing to pursue healing more seriously I must advise seeking reputable training.

- **Sit in stillness with the spine straight**, and the breath deep and even.
- **Imagine a bed of pink roses in full bud** surrounds you, their most beautiful aroma, wafts into your nostrils like a delicate, healing balm.
- **Now change the scene and sense calm blue water** as far as the eye can see. The water is perfectly still as it stretches to the horizon and merges with the deep blue sky. You can hear the sound of gentle waves breaking at your feet from this ocean of calm in front of you.
- **Notice the scene again but**, this time, imagine you are in the presence of a figure who personifies to you the epitome of love. It might be a religious figure such as Jesus or Buddha, or it might be an historical hero or heroine of yours – but it will not be someone who is still living or that you have personal relations with.
- **Try to feel the love that emanates from this person**, being surrounded by it; filling you until you are virtually warmed by their presence – you are transported into a joyous sense of fulfilment and peace. Allow yourself a few moments with this.
- **Now think of a situation in the world** which is far from joyous and peaceful: a war-torn region, the victims of famine or disease, or a loved one who is suffering at this time. Imagine them being filled with the same love and wellbeing you have just experienced. Sense this as fully as possible, notice the colours, sounds, tastes, feelings in whatever way comes to you.
- **Detach from this image** and, once again, resume the deep and even breathing you began the exercise with until you are calm and still again.

This exercise nourishes and feeds the body with love, and helps to radiate the love outwards to others. Eventually it can become automatic. So in the future, when a poorly child is seen, or an ailing animal or plant, it becomes instinctive and natural to radiate love to harmonise and heal without even having to think about it.