

Self-Healing

We can use intention to help ourselves to heal. There are many methods, which have been utilised to this end.

One method to aid self-healing is the use of metaphor to encourage the mind to envision the body returning to health. Positive intention and affirmation is used frequently within sports training whereby the competitor practices the feelings and actions of winning as though it were really happening. After such exercises it has been found that the pulse and adrenaline levels are at a rate as though the exercise had happened in physical reality.



- **To begin this exercise** practise your breathing.
- **Then sense yourself in your favourite peaceful place**, a place that fills you with calm, peace, a feeling of being carefree, one that is safe, and free from emotional attachments and people that you know; it can be real or imaginary. Or take yourself through the exercise above.
- **Really sense the colours, sounds, textures**, tastes and sensations of the place, take note of the background details in the same way, the sky, the ground, what you are sitting or standing on.
- **Then notice the emotional feeling** of the place, such as calm or peace and sense those sensations in your body, here and now, feel those same feelings now.
- **Now consider your body's defense systems**, the prescriptions you are using, your own strengths, family, laughter, whatever you are utilising to fight your problem. Now sense these as an image, for instance some people may use the image of soldiers, or as massive white knights. Feel their strengths, sense the peace that you have from your favourite place giving them even more strength.
- **Now consider a likeness for the disease or pain**, as a weak small insignificant thing that your defenses can easily conquer. Such as a small weak foe, an insignificant dragon, some have even used the thought of a dust pan and brush sweeping up annoying dust and cleaning everything until it is sparkling. Direct your defenses to the areas where they are needed. It is important that you choose images that come to you, if you cannot think of an image, colours will do, a golden light over coming and absorbing dull grey - choose what seems right for you.
- **Spend some moments on this**, if it starts to fade take yourself back to your favourite place and experience again the peace from there.
- **To practice this whilst nurturing love within** will help the body move towards homeostasis – balance.

Practice this for 10 minutes or so a day to begin with, gradually it will become easier.