

**Chapter 1 : Healing Process-Moving Forward | Lap of Love**

*Love is the key ingredient to healing. When we feel love, we are connecting to the True Self, and the True Self is perfect, without flaw. Consequently, the more we can see and appreciate the perfection of spirit in our lives and in those of everyone around us, the more we will feel healed and deeply loved.*

We strongly suggest that you acquire a copy as it contains all the scientific and spiritual background about healing with Divine Love. There are two healing systems taught by World Service Institute: We recommend this system for those who want the ultimate in healing help. Both systems produce excellent results as evidenced by the healing testimonies that can be found on our main web page. Do NOT however alternate between systems. When you are upset, it is common to disconnect yourself from Divine Love. When that happens, healing stops. To stay connected to Divine Love, get in the habit of reconnecting to the FHP every time you go into a bathroom for any reason. Use steps below to reconnect. Do not cross your arms, legs, hands, or ankles while doing Petitions as you restrict your energy flow. Try to keep your feet on the ground. It is best to avoid wearing plastic footwear while doing Petitions as it slows down the Process. Leather bottom shoes are preferable if you have them. Do not however go shoeless if you are out of your home. Do not clasp your hands together or place your hands in your lap. Keep your hands on a table top or on the armrests of your chair. When you do not truly forgive you prevent your system from healing. Therefore, forgive yourself and ALL the people that have hurt you - or your family - in this life or in all your past lives by simply saying so aloud. You must do so willingly and really mean it! Try it like this aloud: I forgive myself for whatever I have done and I forgive all the people that have hurt or harmed me in this life or in my past lives. These problems occur because we all have different interpretations of what the words in a Petition mean. The limitations are based upon our mental definitions of Divine Love, the Creator, your Spirit, and understanding other people. Instead of struggling to define these words, we can ask the Creator to impart the definitions that the Creator wants us to have. Wait about 10 minutes between Petitions. You are done with the Initial and the Second Clearing - Sub petitions; do not repeat any of them. You are now ready to introduce your own healing Petition. Then we suggest that you proceed as follows: Avoid using a medical term or a medical diagnosis because if that diagnosis is incorrect, nothing may happen. Stick with a symptom that best describes your personal bodily observations and your feelings. A symptom can be spiritual, mental or physical. I acknowledge my state one symptom and surrender control of my system to my own spirit. All the causes of any unlovingness associated with my symptom , The Unlovingness itself, plus all the other causes for my symptom , plus the symptom itself. If your symptoms are still present after 14 days, contact us for private help. Use the Healing Help button to apply. For more information on accelerated healing using the FHP see our book, Accelerate Your Spiritual Healing, available through Amazon websites worldwide. We do not practice medicine, prescribe treatments or make recommendations for alternative medicine techniques. The Process works for most people, but you are totally responsible to yourself and your loved ones to complete this program as given. We may update this instruction Program periodically to make it more effective. It would be a good idea for you to keep a written journal of your experiences so that you are aware of your progress. Be sure to share your healing successes with us so that we can better serve all people. We will not reveal your name or use your commentary without your written permission.

**Chapter 2 : Love Is the Key to Healing | The Chopra Center**

*Because of an increase in the frequency of Divine Love, you can now utilize the Process in two ways through: 1. Individual self-healing without a group - as taught in our book, Being at One with the Divine, Self-Healing with Divine Love and as implemented in the At Oneness Healing System.*

It will take you much longer to recover from the emotional trauma of his extramarital affair. As much as your husband would like to speed up the process, and it has to be done at your own pace. This will vary slightly with each individual, but marriage and family counselors say that the healing process can take at up to 2 years. Not being totally committed. Successfully rebuilding a marriage in the aftermath of an affair requires total commitment from both parties involved. Saving a marriage is hard work, and both of you must be totally committed to the task. If you work at it, you can build a marriage even stronger than you had before. But you need to be sure that reconciling is what you really want to do. See *Should you Take a Cheater Back?* Failure to understand and empathize with what the other spouse is feeling. A cheating husband may not understand the full extent of how his infidelity has traumatized his betrayed wife. The wife may be totally unaware that her cheating husband is struggling with deep-seated feelings of shame, guilt, and embarrassment now that his affair has been exposed. Being in revenge or punishment mode, rather than reconciliation mode. Your interests would be best served if you focus your energy and efforts on what the two of you can do to get their derailed marriage back on track. Being unduly concerned with the opinion of family friends. Family and friends who know about the affair will want to offer helpful advice on what you should do. They will have differing opinions about how you should treat your cheating husband, and whether or not your marriage can, or should be saved. Most of them will tell you that you should to leave. Trying to recover from infidelity is difficult enough without having to concern yourself with the opinions of people who are on the outside looking in. Unless they are qualified professionals, ignore their advice, and do what you think is best for you. See *Go or Stay?* Not constructively addressing your two biggest fears. You will no longer trust your own judgment, when it comes to signs of infidelity because like most betrayed wives, you were probably the last to know. To keep from driving yourself and your husband crazy with constant suspicion, the best way to deal with your hyper vigilance is to educate yourself about infidelity, and invest in a good infidelity reference book. Harboring resentment because his life must now be an open book. These things are a necessary part of rebuilding broken trust, and your husband must continue to do them until you feel you can trust him again. Failing to put some type of checks and balances in place. You need to have a way to reassure yourself that the your husband is being totally honest with you, and is not still carrying on the affair or communicating with the Other Woman behind your back. You should have a method in place that allows you to check up on the your husband and his activities " either with or without his knowledge. Fortunately, there are discreet and affordable online services that can help. Ignoring your flashbacks and your need for reassurance. Otherwise he could start to feel that all his efforts are in vain. During the aftermath of an affair, a marriage is in a very fragile state. Your emotions will be too. Your husband may become impatient. Your emotions will fluctuate wildly from week to week, day to day, or from one hour to the next. Most marriage and family counselors agree that it takes at least 2 years for a couple to fully recover from the effects of an affair. Giving up too soon. The worse thing you can do is abandon your marriage prematurely, without allowing sufficient time for the healing process to take place. That may take long as 2 years. Variables like the type or circumstances of the affair, the length of the marriage, and other factors can further increase the length of time it takes to heal. If you really want to save your marriage, both of you need to hang in there long enough to see positive results.

### Chapter 3 : How To Speed Up Your Breakup Healing Process (Infographic)

*Healing Process: What Do I Do When Someone Dies? When someone close to you dies, your world can feel suddenly different and unknown: think of grief as your adjustment to life after loss. While certain feelings can be expected, everyone's journey will be unique.*

When we feel love, we are connecting to the True Self, and the True Self is perfect, without flaw. Consequently, the more we can see and appreciate the perfection of spirit in our lives and in those of everyone around us, the more we will feel healed and deeply loved. Very often though, we feel we are not deserving of love. This feeling is particularly prevalent among those who struggle with addiction. Those in recovery must not only believe they are worthy of being loved, but they must also be open to accepting love from those around them and giving love in return, if they are to be successful on their path to wellness. Self-love is the most important love we can invite into our lives. If we care for and love ourselves, then we are able to share love with others. Here are some ways you can expand your heart and bring more love into your life.

**Reconnect with Your True Purpose** One way to cultivate self-love is to reconnect with our talents and true purpose in life, our dharma. Deepak Chopra writes about the Law of Dharma in his book, *The Seven Spiritual Laws of Success*, and how we can reconnect with our true purpose in life by creating a list of what we enjoy doing while expressing our talents. We can then ask ourselves how we can help and serve others, using our unique gifts. As we rediscover our passions, we become enthusiastic about sharing them. Our bright lights cannot help but inspire others and draw positive, loving individuals into our lives.

**Practice Self-Forgiveness** Forgiving ourselves is another way we can bring more love into our lives. Releasing memories and feelings of shame and guilt associated with past deeds, and accepting ourselves exactly as we are in this moment, will enable us to move forward with self-compassion and confidence. We can also offer our forgiveness to others to build stronger, more trusting relationships by accepting others as they are.

**Practice Positive Self-Talk** Oftentimes, we hold onto damaging stories about who we think we are, which we continue to repeat in our minds. Although it is sometimes challenging for us to do so, changing our thoughts, and consequently the stories we tell ourselves, is within our control. Practicing positive self-talk and transforming our internal monologue builds self-confidence and allows us to release old ideas that no longer serve us so that we can embrace opportunities to begin anew.

**Meditate** Sitting in silence will also help us reconnect with our essential nature: When we meditate, we quiet the constant stream of thoughts running through our minds, and dip into the wellspring of pure consciousness and love. Developing a steady practice of meditation will allow us to connect with our spirit on a regular basis, each time bringing love, balance, and calm into our daily lives.

**Nurture Gratitude** Gratitude is one of the most important emotions we can nurture. When we appreciate everyone and everything in our lives, our ego steps out of the way. We feel grounded in the present and full of love for the abundance we are fortunate enough to experience in each moment. As our gratitude expands, so does the love in our hearts.

**Spend Time with Loved Ones** Spending time with people who support us enables us to share the love we are rediscovering in ourselves.

**Volunteer** Giving our time is yet another avenue to expand our hearts. No matter how difficult our own lives may seem, there is always someone in need of our attention, unique talents, and energy. Volunteering for causes that are important to us, like those that benefit the homeless or animals, can help us feel fulfilled and connect us with others who are also working to improve our world. Become aware of emotional triggers and fill the space with something beautiful.

Chapter 4 : Healing Quotes at [theinnatdunvilla.com](http://theinnatdunvilla.com)

*She waved it off she left the room to set up a medical station just in case of a villager came. She returned to eat her dinner. Berwald sat and watched the other Vikings noisily eat their supper.*

Individuals who have worked with this process diligently and correctly have indeed experienced great shifts in thinking and behaviour as well as created powerful positive manifestations. Your conscious mind is focusing upon a new positive program and filtering this to your subconscious. False belief systems will be released from your subconscious to make room for the new positive program. For example the positive statement "I love and accept myself" will start creating outer conditions that support this belief. Such events will grant you feedback as to how you are absorbing the new program. Your responses will contain vital information as to which belief systems will require ongoing re-programming. Your subconscious will reveal the next steps of your healing journey. Your thoughts, words and actions will start supporting your new belief system, which powerfully assists the creation of the life you wish to live. As you do so, focus on the positive statement. After writing this statement, sit and wait for your mind to grant a response. DO NOT judge the response in anyway. If nothing comes to mind write "No response. Continue this process 11 times. Do this process once a day for 11 days straight. Important Points to Remember The full 11 positive statements and responses must be written in one sitting with no breaks or distractions. If you leave out a day you must begin the process from day one again. Up to three positive belief systems can be worked on simultaneously. Each of these must be completed one at a time - i. A break of 11 days is required before returning to work on the same positive statement. I unconditionally love and accept myself. This feels so hard. Okay, so here I am doing this. Okay, what is it going to mean? What does loving me feel like? What is love anyway? Just a little bit of humour. Who the hell am I trying to kid! I am sick to death of trying to prove how tough I am and put on a front. Blah, blah - what on earth else can I say? Alright - you want to know the truth? Why did I have to go through what I did? Of course I know the reason why - to bloody well heal myself. But it still hurts. Okay, I know, I know - get it out! The only way out is through! I want so badly to feel loved, and safe and protected. I never have been. Please, please something help me, help me feel this one day. Okay, no matter what it takes I am determined. I really do know no one is ever going to love me unless I learn to love myself. That feels better, I was nearly tempted for a moment. My God - is it any wonder I never believed anybody else who said these words? Is it any wonder that I viewed them with suspicion, or was waiting for them to leave, hurt me or run off with another woman, just like my father did? What a bloody system. Fix it or reincarnate and do it again! Is there an option number three? What if God got it wrong? Do I get a trade-in or a refund? That was pretty funny. I really do take it all way too seriously. So what if I have a bit of cellulite? Even gorgeous movie stars have cellulite. Having cellulite never made someone a bad person. I know I can do this. So there really is a lot to love about me when I think about it. There are plenty of people that appreciate me. This process continues each day for 11 days straight. Below are partial examples of day 5 and day So here we go again. I did the best grocery shop I can remember doing in a long time. No more baked beans on toast! I actually feel like cooking for myself again. Everyone at work has commented by saying how much better I look. Sure, sure it only took four nights of balling my eyes out - but hey it must have been worth it! So dear journal I am spending more time with you having conversations than I can remember being bothered to talk to anyone for a long time. But this is having a conversation with myself. Surely people used to get locked up for doing this! I must say I have been sleeping so much better than I can remember for a long time. I had such a nice conversation with my daughter today. She sounded much happier than she has sounded for a long time. She told me how much better it was for us to talk without me criticizing her. Did I really always used to do this? I guess I never realised how I came across because I was so involved in my own pain. I know I have a long way to go. One day at a time. Okay, keep focusing on looking after me. I think I might even tell the hairdresser to do a completely new style. I deserve to feel and look good. Continue through till number I can feel me coming on! I got a raise today. Okay, so it was only small, but it was a raise. And my brother has invited me up to Queensland for a week and he has offered to pay. This is pretty darn good. A couple of the guys told me how spunky I look! Now I want to go

out and get a new wardrobe - or at least some bits and pieces - money permitting! I know this is working. I can feel it. My life really is pretty good. I do have a lot to be thankful for. When I think of what some other people have to try and deal with, I really do have it pretty good. I know now I have a focus on myself and am feeling better. And I have stopped drinking. I really want to find a hobby now. I used to play tennis years ago and loved it. I wonder if Anne would like to join something with me, she used to play when she was younger too. I really want to concentrate on myself for a while - this is feeling too good to stuff it up with a guy! I really would love the right love relationship but I know I need to get myself right first. If I really work at finding me - for the first time in my life - it never has to happen again.

**Chapter 5 : Healing Quotes ( quotes)**

*Lap of Love offers resources to help you begin to heal, including links to help you memorialize your pet and ideas for things to do to help you move forward.*

This collection of healing quotes will bring a dose of comfort to your soul. Sometimes our hearts ache. Sometimes we cry out in pain. In your quest to heal and recover from the hurts that are part of life, you may be seeking for words of inspiration to guide you in times of sorrow. Reasons might not make sense during periods of intense pain and suffering, and yet when given time and compassion, the sorrow would somehow lessen in intensity. Getting in touch with nature during times of hurt is very soothing for the soul. As Deepak Chopra observes, "If I find a green meadow splashed with daisies and sit down beside a clear-running brook, I have found medicine. As Marcel Proust points out, "We are healed of a suffering only by experiencing it in full. Meanwhile, hang on and enjoy these healing quotes! A healed memory is not a deleted memory. Instead, forgiving what we cannot forget creates a new way to remember. We change the memory of our past into a hope for our future. Smedes Healing is a matter of time, but it is sometimes also a matter of opportunity. Auden Healing takes courage, and we all have courage, even if we have to dig a little to find it. We take care of each other. They know when I need to be taken care of. Share from your heart. Love is infectious and the greatest healing energy. Therefore the physician must start from nature, with an open mind. Humphrey The practice of forgiveness is our most important contribution to the healing of the world. A scar means the hurt is over, the wound is closed and healed, done with. We need to give each other space so that we may both give and receive such beautiful things as ideas, openness, dignity, joy, healing, and inclusion.

**Chapter 6 : The Power of Love**

*Enter your mobile number or email address below and we'll send you a link to download the free Kindle App. Then you can start reading Kindle books on your smartphone, tablet, or computer - no Kindle device required.*

Self Forgiveness Is Essential For Healing Top Self forgiveness, as well as self acceptance, self compassion , and self love lead to deep emotional healing. This false belief of being separate from our Creator is at the core of all suffering and dis-ease. The only way to heal this false belief of being unlovable is to first bring enough love and forgiveness to ourselves that we can then open to the Divine and feel the wellbeing that is always available to us when we align ourselves with it. This is usually unconscious. Although at the core this is a loving act, unfortunately, withholding self love and self forgiveness causes us to feel separate from Source. Consequently we feel cut off from love, which causes us to do things that are off balance, which generally have off-balance results for ourselves as well as our Brothers and Sisters. In other words, we end up acting in the very ways that we held ourselves unforgivable in the first place. By the Law of Attraction, we draw to us circumstances that reflect our assessment of ourselves. Look at what your true intention was when you did what you did. If you look deep enough you will discover that your truest intention was to take care of yourself in the best way you knew at the time. You may have had a limited awareness of options and perhaps made choices that brought yourself and others undesirable results, but you did the best you could at the time. You need to see the truth of this for yourself “ that all of your actions came from a basic human survival instinct, which in essence is loving yourself. And, since your Creator loves you unconditionally, you have full permission to love yourself unconditionally too. Do you see the purity of your heart? In our growth process we can all look back and see how, given what we know now, we could have done things differently in the past. However, it is important to see WHY you did what you did and to apply self forgiveness. It is time to let go of the burden of the past, to stop beating yourself up. Once you do this, the power of forgiveness will transform your energy field to a higher vibration and you will attract much more loving circumstances and wellbeing into your life. Even when someone commits as extreme an act as murder, if they are able to look back and see deeply into their motives at the time, they will see that at the time the act was committed, they honestly believed it would make their situation better. It was an attempt to take care of love themselves the only way that they could see at the time. This is true for all of us, for all of our actions. Really check this out for yourself. However, this feeling of separation is actually an illusion. The division only occurs in our own mind. We unconsciously separate ourselves from Source because WE think we are unlovable, not because It has pronounced us so. To experience self forgiveness, I invite you to see yourself through the unconditionally loving eyes of your Creator. We are all learning and growing and we act in accordance with whatever stage of growth we are on at the time. Therefore it is only US that needs to forgive ourselves. Source is like a sun, shining on all. We need to see ourselves and love ourselves as our Creator sees us and loves us: See the thing that you did, see your motivations at the time, find the place at the core where you were acting from what you thought was best at the time, given your awareness at the time. See that, love yourself, and forgive yourself. We are now able to feel the Universal love and wellbeing that has been waiting beyond the door that we had kept closed within ourselves for so long. It is quite a delicious relief to feel the warmth washing in as we open to our own compassion and self forgiveness. As children, many of us were judged when we rocked the boat of our caregivers. Their own self-judgments were projected onto us. This is very common. However, these judgments had nothing to do with who we are. We tend to form ideas about ourselves from the way that other people respond to us. This is true whether their response actually had anything to do with us or not. As young children we were too young to question the validity of these assumptions we made about ourselves based on the responses of those around us. This is the core wound. Watch the things you tell yourself about yourself. Our work is to bring awareness, love, and self forgiveness to all of these places inside ourselves. We need to travel to the place of the original wounding in our feeling memory and see that the negative ideas we adopted about ourselves are simply not true. We are unique, wonderful, and entirely loveable just as we are now and just as we were then. More Subtle Layers Will Continue To Reveal Themselves For Self Forgiveness As these

judgments and negative beliefs about yourself come up, check into your heart and see the truthâ€” the purity of your heart and your core intention to bring love to yourself. Apply self understanding and self forgiveness for: All the things you were judged for as a child and still judge yourself for now. Feelings are the natural, healthy response to events. Being exactly as you are â€” physically, mentally, emotionally and spiritually â€” in your wonderfully unique way. Punishment and other traumas you experienced. Self forgiveness completely changes your energy field. As you begin practicing it, you align yourself with a higher, more loving Source of energy. Then, by the Law of Attraction, as you are more loving toward yourself, you draw in circumstances and people who are ALSO more loving toward you. The outer reflects the inner. If we withhold love from others, it is because we are withholding it from ourselves. This step is absolutely essential before we can truly forgive and love anyone else. But you believe that you are. And while you believe this, you will need forgiveness. It is the only way out of your self-imposed illusion. Whenever I have a conflict with someone, that conflict is really only with me. The other person is playing the role of a voice in my head. When you notice that you are withholding love from someone else, notice why. Then see how you withhold love from yourself for the very same reason. For instance, if you showed self-expression or power as a child and it was threatening to your parents, then chances are you got shamed for it and have issues about self-empowerment as an adult. See how this works? So, when you bring love and self forgiveness to the place in you that was shamed as a child for being powerful, your dynamic with other people in power changes. You will feel much less threatened by them and therefore less inclined to judge them. Forgiving them comes as a natural result of forgiving yourself. We have to choose it again and again in our lives as new layers of our being become unveiled for our healing. We have to keep doing our part. Each time we choose love , we open our inner door to our Creator and feel our alignment with the vast, unlimited energy field of light, love, compassion, forgiveness, healing and wellbeing that is always here and available to us, and in fact, IS us! I also highly recommend the book, *Already Free*, by Bruce Tift. If so, please let others know about it by sharing It just takes a few seconds. Love and blessings of light, joy, love and healing to you my friend Just type your comment in the box below. Discover you are not your concept of yourself. Just fill in your information below and click "subscribe" to receive your free, minute MP3 audio recording. You can opt out at any time. Email I am at least 16 years of age. I have read and accept the privacy policy. I understand that you will use my information to send me the Encouragement From WellBeing Alignment ezine newsletter, and that I can unsubscribe at any time by clicking on the link at the bottom of any email I receive from WellBeingAlignment.

**Chapter 7 : Healing Quotes - BrainyQuote**

*Provided to YouTube by The state51 Conspiracy Healing Process Â· Michael Jazz 16 Contemporary Jazz - Jazz for Love & Sex â„— Exam Study Music International.*

This period in our lives is definitely really hard, I feel extremely tired myself and am scrapping the last bits of my energy to keep myself standing. My whole image of my world got shattered, at least so I believed. Because there was at least one person I did not lose, myself. Be your own friend, take it upon yourself to comfort yourself. Your Ex cannot and will not take away the pain, only you can do that. You might be surprised, some are still around. You do not need to do all 12 steps immediatly, just try to do them one by one. This is a process after all, not a one-day medicine. I do have to say try to get step 4 through 6 down, no contact is harsh, I am only half way there. I bought a calender and post-its first I had a post it with a turf list. For each day I did not have contact I placed post it on that day. So it would make a chain, looks weird but feels good. I tried the same for not stalking, but failed there so I ripped those post-its of the calendar and started anew. But now I am on day 36 still not there but the urge lessens. It takes willpower and strength, but I promise you it will get easier and it will help you a whole lot. Also I give myself a treat for each week I succeed! As for 4 and 5, you have enough memories in your head, you do not need reminders all over the place. They are all inside you. And that is my own biggest struggle, the over-thinking. Start with these two I would say, clean your house of the memories just for now or ask somebody to help you with it and get the last things in order so you do not need to contact them. As for the thing you said about loosing him, this may sound very harsh but he is already gone. I had to really update my perspective. I was devastated when my Ex left, I had not seen it coming. I just got dumped one day, yes the red-flags were there I tried working on them whenever I saw them , but she decided and I was lost. I lost her that day, or at least I lost my girlfriend. She was no longer there, however there was somebody new. My Ex, while a resemblance of my girlfriend, she was not my girlfriend. So I started updating my perspective, the person that exists in the here and now is my Ex who does not want to be with me, while the person I love anddo not want to lose is in the past and no longer exists. So that person will not return, it is impossible for that person to return. I repeated this to myself to update my perspective. Maybe it will help you, it helped me get some distance and start accepting that it was over. It did hurt and was harsh for myself. Also I do not know whos fault it was, I believe both and neither are at fault. Because to be honest, possibly a bith harsh again, do we have another choice than to accept it and move forward? We can keep going on in this pain forever hoping they will take us back, but seeing us in this sorry state at least I am, crying is not my best face will not really be the most attractive us will it now? Or we can pull ourselves out and move forward to a better us. It will hurt, my god does it still hurt, and it will be hard. But it will get easier, trust me. If I look back to the start and now, I have definitely improved and so can you. I believe that with everything I got. So I changed that into getting obsessed into healing myself. The number of sites, videos and everything I watched about breakups is insane! Good one to, do not repress and surpress. Cry when needed, scream if you want, curse get angry, punch stuff not people please , sing your lungs out to your favorite band. It helps, even for a second it is good. Another small tip, whenever you feel the urge to contact, walk away. Leave all devices of contact behind and walk away. Just for a while. Grab a pen and paper and write down what you want to contact your ex for, or what you are feeling or thinking about. It will get it out of your system. Possibly lessening the urge to contact them. Oh yeah, at this current moment you will feel lost. But imagine this, if you come out of it you will regain so much more than you will loose. The things you will regain is your motivation, your life-lust, your joy, energy, happiness, you will be able to get things down for yourself again. I know the unknown future is scary sometimes, but this moment we are in is more harmful than that uncertainty. There is something you will loose if you come out of it, the pain, the stalking, the overthinking, the sadness etc. You will loose this overall feeling of being lost.

*How the 11/11 Healing Process Can Help. This process is a powerful method, over time, for changing a false belief system that isn't serving you into a positive belief system. The numbers 11/11 are known by spiritualists as a 'portal of manifestation'.*

Fritchie, Director World Service Institute I have spent over 30 years as a technical researcher facilitating healings on a variety of illnesses. In the beginning, my understanding of energy was strictly that taught in engineering school. There was no mention of energy associated with the human body. Those of us studying energy today view the human body as complex, unseen energy fields subtle energy bodies composed of energetic particles. As I worked with my subtle energy mentor, a world renowned scientist, many important benchmark discoveries were made and documented. Some of you may have had a limited exposure to healing, or may be operating with definitions that no longer apply. To me, energy healing is someone doing something to your subtle energy fields using universal energy and possibly an intention of personal love that may, or may not, involve devices. And the Creator is not generally included. Our definition of Spiritual Healing is this. While today there are more health care professionals getting involved, the principles of subtle energy healing are still confused and misunderstood. Here are six principles that you need to know about: We can all transmit energy through space with directed intention. A loving intention facilitates healing. Directed thought energy is not limited by distance. Spiritual Healing does not require physical tools or elaborate ceremonies. How can these Energy Principles help you? We are all made of energy particles that construct, energize and sustain the molecules, atoms and cells in our bodies. These particles can be adversely influenced by our experiences and eventually manifest in us as diseases or emotional disorders. It is within your power to readjust these energy particles to maximize your health. As you review our healing Process, it looks almost too good to be true! However, as you look at the list of successful healings, realize that many of them represent illnesses where no other means of recovery was available. As you examine the Process in depth, or try it for yourself, keep the following in mind: You are responsible for initiating your healing - no one else. You experience Divine Love in a non judgmental, non threatening environment. The Process is painless. Therapists can use the Process to help patients accelerate results. Thus, more people can be helped which will help relieve the overload in population centers that are exhibiting increased needs as civilization continues to exhibit health problems. The Process offers people with no insurance or limited health options a way of getting help. A case where the Process was used to heal addictions. A well known rock and roll star asked for help in releasing his addiction to cocaine. He had become addicted after spending many grueling years on tour and wanted a more normal life. He realized that he had become trapped by drugs, but he was not willing to risk media exposure by enrolling in a rehabilitation clinic. A group of ten people were attending one of my group healing seminars, so I invited Mr. X to join us during the morning. The healing took ten minutes, after which Mr. X thanked everyone and left. Many years have passed and Mr. X continues to live drug free. There have been many more people over the years who released addictions to various drugs. When done correctly the release is immediate and lasting. Addictions take many forms such as craving foods bulimia or the fear of weight gain from eating anorexia nervosa. Others want to eliminate addictions to smoking or drinking. The above conditions and many more may be correctable using our Process. Hopefully, you have gained sufficient understanding to put your mind at ease. Try the Process - it works. Then share your experience with others. Because of an increase in the frequency of Divine Love, you can now utilize the Process in two ways through: This is the preferred healing system to be used now in my opinion because the healings are quite profound. Healing with group support - as taught in *Surviving Chaos: Healing With Divine Love*. This is a valid healing system that works for many people, but it is not as robust as the At Oneness Healing System. Copyright Robert G.

**Chapter 9 : divinelothealing**

*Time begins the healing process of wounds cut deeply by oppression. We soothe ourselves with the salve of attempted indifference, accepting the false pattern set up by the horrible restriction of Jim Crow laws.*

Prev Article Next Article There can be times when you think your twin flame is too sensitive, dramatic, annoying etc. You can take this back as a mirror, its possible your twin is reflecting the unseen part within you. Twin flames love and care for each other a lot, their energies mirror and reflect everything within. They could be revealing something about yourself that you have not seen or may be forgotten. Look at your twin flames wants and needs or even what they have to say. They are mostly your needs being mirrored back to you. The twin flame love is a spiritual partnership and trip that others can never do for you. Your twin flame is revealing things from the deepest possible love and allowing you back to source, by reflecting you. Sometimes things can be hidden or even forgotten. You just need to listen to your twin flames words , their behavior, their fears and you may see yourself. If you have been very honest with yourself then probably this is the best love between two souls, anyone could experience. They will mirror the positives and negatives vibes of you. Remember this is a soul commitment you have made with your twin flame even before you were even born. You have made an agreement to connect with each other and heal yourself and your twin of the ego. If the twin flame is very obsessed with addiction or another theme in their life, then their partner may have the same patterns. Both can heal them selves if they can see and be aware and be okay to change their issues, then both the twins can heal. So being aware and recognizing the problems twin flames can heal each other. Whenever a twin flame lets go and makes changes to these patterns, then their twin can heal. This will probably not happen in a regular relationship or partnership. If one day you were to see your partner struggle with illness, depression, drama, addiction, then you could see this reflected within you, then simply allow yourself to let go of this pattern and behavior with an affirmation to heal the both of you. It takes great deal of self love and love for each other to heal. The knowing and reflection is all that is needed. That is the reason why twin flame relationships is the highest kind of transformation that could occur in all relationship. By committing to the twin flame relationship and to stop running from the issues is accepting to commit to yourself. How could you turn your back on your twin flame? It would be like not to love yourself. When you love yourself, then you you will love them and they will love you even more. If you are turning away from your twin soul, then you are really turning away from yourself and who you are. It is a really good idea to take notice of how you are behaving towards them, it actually will show you how you are feeling and treating yourself. If you are dissatisfied with something in your life or frustrated, it may be because you are not being honest with who you really are. Are you covering up a problem that you should be dealing with? It is a true reflection of you and your twin soul, you will be mirroring each other in this regard. Ultimately one of you will allow the other to embrace the real self, the ego has no where to hide here. Try to deal with problems together and head on, the more these issues have time to fester the worse off and more strung out they become. When Twin Souls Know Unconditional Love Love between twin souls is the deepest love and highest vibration available in our universe, this is because they are a true reflection of you. Which twin flame healing methods are you recognizing? Have you realized twin flame healing is about healing yourself aswell?