

The Gift of Health

A Beautiful Energetic Healing Practice



Presented by
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INTRODUCTION

EXPERIENCING THE GIFT OF HEALTH

Everything in the universe is simply energy vibrating at different frequencies. We are physical and energetic beings at the same time, so we have both a physical and an energetic anatomy. The parts of the energetic anatomy that we work with are the auric field, the five elements, the chakras and the meridians. Our physical, mental and emotional wellbeing is very dependent on that of our energetic being, so it's important that we learn to nurture this side of ourselves, which is what we do, when we practice The Gift of Health Healing Process.

The five elements are air (metal), fire, water, earth and wood. Everything in the universe is made up of these elements and we need to balance them as they are part of us. Each element controls different organs and systems in the body, and is linked to different emotions, needs and fears.

Our auric field is our personal part of the Universal Energy Field. It's like an energetic petrol tank. The chakras are wheels or cones of light that hold the different layers of the auric field and the physical body together through consciousness. They are like energy distributors, drawing energy in from the universal energy field and feeding it into the auric field and the physical body. They send energy into the glands and from there into the meridians. The meridians are energy channels inside the physical body which carry energy to all the organs.

In healing work, the energy we are referring to is life force energy - the force that gives us life and sustains us as we go through life. Ultimately, we come to understand that this life force is Love and to know that we can feel this Love inside ourselves. In feeling it, we become one with our Source, and in this Oneness, this energy becomes a healing force rather than one which just sustains us.

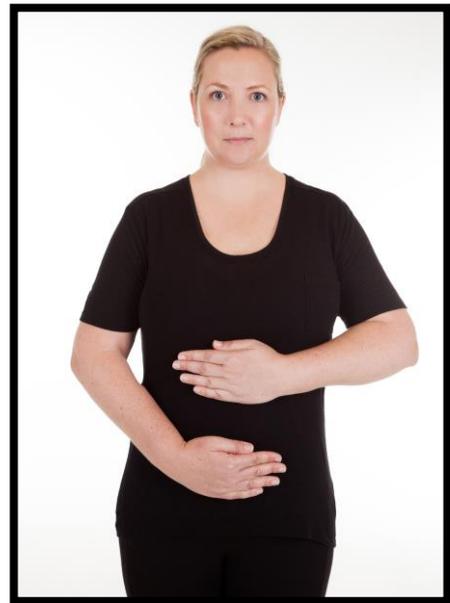
To be healthy we need an uninterrupted flow of energy through this whole energetic system. The biggest blocks in this flow are the negative emotions that we hold, and as we start to feel our inner Love, the negative emotions are transmuted, and a good flow of life force is restored.

I find a daily practice of exercise, deep abdominal breathing and meditation is a great start to the day. Then a regular practice of The Gift of Health is a simple and wonderful way of helping ourselves to live lives that are peaceful, loving, happy and healthy.

THE PATTERN

1. RELAXING THE BODY AND DEEP BREATHING

We place our left palm (L.P.) on our diaphragm and right palm (R.P.) on our psoas muscle while we do some deep abdominal breathing. As we breathe in, we feel as though our naval is coming up to touch the ceiling, and as we breathe out, we feel it sink back into the spine. Try and do 4 minutes of this, then relax and let the body breathe on its own. Remember with each breath we are taking in oxygen and life force – both vital nutrients.



2. OPENING THE HEART IN LOVE



We place our left palm (L.P.) on the thymus chakra (midway between the heart and throat chakras) and right palm (R.P.) on the heart chakra. Here we are centering ourselves - opening our hearts in love and becoming one with the Great Love that is the Source of all life.