



# Health, Wellness and Healing Handbook

## Week 1

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## **What is Healing?**

Healing is about bringing any imbalance into alignment with its natural state of functioning.

It is a process of moving from one state of being (ill or injured) to another healthier state.

It is much more than eliminating a symptom or feeling better. Healing involves re-integrating or remembering (bringing the members back together).

## **Principles of Self-Healing**

The Balanced body is not only a physical body; it is an energetic body that we call your Etheric Blueprint for health.

Your Etheric Blueprint is a master plan for health.

Your body is already coded to heal and is always striving for health and balance.

Your etheric blueprint always exists in its wholeness.

You can step into that blueprint NOW.

## **Self-Healing**

You are hard-wired to heal.

Healing is an energetic event and works first at the quantum level.

Epigenetics is the field around the cells where the message of the cell resonates.

Healing takes place in that field.

## **Four Keys to Self-Healing**

Awareness

Forgiveness

Allowing

Receiving

## **Key #1 – Awareness**

Where does your mind go when thinking about your health?

Your body follows the direction of your mind.

In fact, your body is never *not* listening to what you are thinking, feeling, and saying.

Every cell is paying attention, all the time.

You inform your body with every thought, feeling or word about your health.

All healing **MUST** begin with awareness.

Tune into your body and tell the truth about the thoughts that are either supporting your health or denying it.

Being aware and telling yourself the truth is the key to unlocking the doors to self-healing.

Your body is always trying to communicate with you – so learn to pay attention.

## **Key #2 – Forgiveness**

*To not forgive is like drinking poison every day and waiting for the other person to die.* ~ Margaret Stunt

How not forgiving affects your health:

- Physical pain
- Disrupts the harmony of brain waves
- Alters the chemicals and hormones
- Lowers your immune system
- Low self-esteem
- Depression
- Restricted blood flow to the heart

The healing power of forgiveness:

- Is the balm of healing.
- Improves your physical and emotional well-being.
- Is never about the other person – it's only about you and your willingness to let go.
- Increases positive thoughts and feelings.
- Boosts your immune system.
- There is tremendous freedom in forgiving.

### **Key #3 – Allowing**

- Allowing expands you beyond boundaries and limitations of what you believe is possible.
- Frees you to come back into state of balance and harmony.
- Creates greater health, vitality and wellness.
- Increases energy.
- Your body is allowed to begin the healing process.

What happens when you don't allow:

- Trying and efforting are ineffective and exhausting.
- Conscious mind searches for solutions but never finds them.
- Remain in judgment and fear.
- Keeps you tied to your illness or poor health.
- Your body can only heal to the extent that you allow.

### **Key #4 – Receiving**

- Your ability to heal is dependent upon your ability to receive.
- Self-love and self-esteem blossom and grow.
- Your receptor sites are open to receive proper nutrition and healing energies.
- Feelings of love, joy, harmony, health and well-being flood your body and starts the healing process.
- You step into the flow of receiving and giving.
- Your immune system is boosted.
- And your body immediately begins to respond to this new energy.

When you are in a state of not-receiving:

- The inability to receive creates dis-ease in your body.
- You remain stuck in old, limiting and unhealthy patterns.
- You often reject help or isolate yourself from others.
- Happiness and good health seem to elude you.

**Important points to remember:**

When you are focusing on health and healing, you must shift your images and energy to these Keys for Self-Healing.

Shift your energies and images to beliefs about health and beliefs of yourself as a healthy person.

Being healthy must have a higher value than illness.

**Question for you to play with this week:**

What are you willing to give up, change, and redefine to have health?