

Healing Tools

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INTRODUCTION

If you are actively engaged in your own healing process and assisting others in their own healing journey, it is essential for you to make time each day for your own practice.

When you move your body, your mind expands. Regular exercise helps to clear the cobwebs of your mind, oil your joints and give you an overall feeling of well-being. The first step is to identify the exercise routine best suited to your own individual needs. Joining and attending a gym or sports club regularly can be a great way to do so. For some a walk in the park or a jog at the seafront is their medicine while others rejoice in the magic of dance as a medicine for body and soul. You do not require special talents to reap the benefits of this practice. Whether you join your local Tango, Salsa or set dancing club or simply enjoy moving around the kitchen to your favourite tunes, you will no doubt discover how your mood can be uplifted from the combined effect of movement and music.

For some the practice of Tai-Chi, Yoga or Qi-Gong marries their need to exercise with a spiritual practice, deepening the connection between body, mind and spirit.

Those of us with a caring personality can so easily put aside our own needs in order to respond to the needs of others, and yet peeling away the distractions from our daily routine is crucial in order to bring clarity and insight into our daily lives, focus on what our own needs are, and how we can best handle all our everyday responsibilities while remaining calm and focused.

For some of us, it can be difficult to take ourselves away from work and family commitments, but these "gifts to ourselves" can be a real boost and sometimes even a turning point in our busy lives.

Making a point to really listen to what our body is saying is essential in order to tap into the abundance of our own inner resources and all the support that is available to us at any given moment. In fact, the greater the demand is on our own energy, the greater the needs for us to take time for ourselves each day to look within....

Over the years, I have really come to value Yoga as a fantastic tool in assisting myself and my students in connecting more deeply with the parts of us which need to be brought back into balance, altering the chemistry of our brain and finding solace through being present.

In allowing ourselves to look deeper within, we are connecting with something greater than our small selves, the more expanded truth of who we are and the interconnectedness between stillness, renewal and grace.



1. GROUNDING

Can be done indoors or outdoors bare feet on the grass

Stand with your feet directly below your hips. Feel the contact between your feet and the ground. Stretch your toes forward and spread them evenly on the floor and stretch the heels back.

Relax your knees so they are not bent but not overstretched either. Lengthen your tailbone down. This will straighten your lower back and engage the muscles of your lower abdomen.

Keep that engagement of the muscles of the lower abdomen and lift from the pubic bone through the lower abdomen and the upper abdomen and lift and open the chest.

Allow your shoulders to soften and relax down, keeping your chest lifted and open.

Allow your arms to be relaxed by the side of the body with your fingers pointing down.

Lengthen your neck and imagine a thread from your crown towards the ceiling or the sky if you are outdoors, lengthening your body upwards.

Picture yourself as a tree with roots growing deep into the soil from the sole of your feet. Now bring your awareness to your breathing.

Notice the natural rhythm of your breathing.

As you breathe in, visualise breathing in energy from the earth through the sole of your feet, through your legs, knees, thighs, hips, spine, heart, throat and breathe this energy out softly through your lips allowing it to be shared into the space around you...

Now bring your awareness to your pubic bone and visualise a grounding cord connecting you to the core of the earth and you can visualise this grounding cord as a spiralling cord of light which can be any colour you chose.

Keeping the focus on your breathing, allow your out breath to lengthen and with each out breath you are reaching deeper towards the core of the earth until you feel connected, safe, balanced and centred.



2. SENSING YOUR ENERGY FIELD, SETTING BOUNDARIES

Standing or sitting with your spine straight, bring your attention to your energy.

HOW DOES YOUR ENERGY FEEL?

Scan your whole body, starting at your feet and moving up to your crown, and take time to acknowledge how different various parts of your body feel.

In some areas, you may notice a vibrancy while in others it may feel rather stuck or numb. Now focus your attention on the energy field around you.

DOES YOUR ENERGY DISSIPATE INTO SPACE? DOES IT FEEL TIGHT, CONSTRICTED? OR SOFT? FLUFFY? VIBRANT? NUMB?

HOW DOES IT FEEL IN FRONT OF YOU? TO YOUR RIGHT? TO YOUR LEFT? AT YOUR BACK? ABOVE YOUR CROWN? AND BELOW THE SOLES OF YOUR FEET?

Visualise, imagine or feel that you are setting a filter at arm length all around you. This filter can be any colour that comes to your mind, creating clear boundaries in front of you, to your right, to your left, at your back, above your crown and below the soles of your feet, forming a bubble of colour light all around you.

This bubble of colour light keep you safe and protected. Inside this bubble, is your own energy. Outside the bubble is the rest of the world. If something is good for you, it can filter in but if it is no longer of any use to you, it can bounce of the edges of your bubble.

Now roll out your yoga mat or use a towel to define a clear space on the ground and step in the centre of that space.

Breathe in and as you breathe out, step to your right, legs wide, slightly bent, arms in front of you. Breathe in again and as you breathe out, step to your left, legs wide, slightly bent, arms in front of you. Repeat 4 times.

Then repeat again with arms stretched wide, at shoulder level, focussing on the out breath. Repeat 4 times each side.

Step in the centre of your mat. Breathe in. As you breathe out, step forward with your right foot, knee bent, left leg stretched and anchored by pressing left heel down, arms stretched in front of you, palms forward. Breathe in again, and as you breathe out, step forward with your left foot, knee bent, right leg stretched and anchored by pressing right heel down, arms stretched in front of you, palms forward. Repeat 4 times on each side.

**HOW DOES YOUR ENERGY FEELS NOW?
CAN YOU NOTICE THE DIFFERENCE?**



3. RELEASING TRAPPED ENERGY

Every day, things happen that affect the way we feel. Too often, we bottle things up for fear of hurting someone or making a fool of ourselves. It is crucial to find a healthy way to release all these bottled feelings and emotions which could in the long run end up hurting us.

Stand with your feet shoulder width apart, knees slightly bent, shoulders soft, hands on your abdomen, middle fingers touching at the level of your navel. Focus on your breathing, witnessing the breath flowing in and the breath flowing out and encourage the breath to flow all the way into your abdomen.

Interlace your fingers. As you breathe in stretch your arms up and as you breathe out, bring them forward in a quick movement as if you were chopping wood with your bare hands while making a AH sound from your belly. Repeat 5 more times.

Then kneel on the floor, on your hands and knees and imagine that you are a lion or lioness in the jungle and you have hunted for 3 days and 3 nights and you are now ready to eat this beautiful antelope. Or you might prefer to imagine that you have your little cubs behind you whom you are trying to protect. Or you can imagine someone who has really annoyed you in front of you.

Breathe in and as you breathe out, you pounce all claws forward, tongue down towards the floor, eyes up towards the ceiling making a growling sound. Go to the end of your out breath to release any stale breath and stale energy from your body. Repeat 5 more times.

CAN YOU SENSE A DIFFERENCE IN YOUR ENERGY?

Healthy communication can greatly assist this process. If someone has done or said something you found hurtful, they may not be aware of how you feel. Learning to communicate clearly and peacefully, taking responsibility for our own feelings can greatly help. So instead of bottling things up, shouting at the person who has hurt us or giving them the cold shoulder, we could practice the above exercise to release the excess energy and then find a peaceful way to communicate how we feel. Sometimes it isn't possible to address the person directly.

I FOUND METTA BEVANA ALSO CALLED LOVING KINDNESS MEDITATION A POWERFUL HEALING TOOL:

Sit comfortably

Bring your awareness to your breathing and allow your whole body to release, relax and let go. Recall a time in your life when you experienced unconditional love, a love that has no object, no limits, no conditions, no boundaries, just pure love. Maybe it was a baby, a pet, maybe it was a long time ago... If you do not recall having experienced unconditional love in your life, can you imagine what it would be like if someone loved you exactly the way you are, warts and all?

Now imagine sitting in front of you a person you find easy to love. In your mind, say to this person: May you be well. May you be happy. May you be free from suffering.

And let this person go. Sitting in front of you now is a neutral person. You neither like nor dislike this person. It could be one of your neighbours, the postman, someone at the till in the grocery shop...

In your mind, say to this person: May you be well. May you be happy. May you be free from suffering.

And let this person go.

Sitting in front of you now is a person you find challenging at the moment. Maybe they have caused you grief or you find it hard to be in their presence. In your mind, say to this person: May you be well. May you be happy. May you be free from suffering.

And let this person go.

Sitting in front of you now is yourself, either as you are now or perhaps a younger version of yourself at a time when you could have done with some help. In your mind, say to yourself: person: May I be well. May I be happy. May I be free from suffering.

Now picture the entire universe: all living beings: animals, plants, minerals, and of course humans too. You now say: May all sentient beings be well. May all sentient beings be happy. May all sentient beings be free from suffering.

I found the above meditation extremely powerful to dissolve and release trapped energy and bring in me a feeling of forgiveness and compassion to myself and those around me, regardless of their behaviour. This does not in any way mean that we accept unacceptable behaviour. But we learn to release anger and resentment from our body and energy field, and to remain in that wonderful vibe of unconditional love throughout all experiences in life. It isn't necessarily something that can be achieved instantly. But with practice, you become lighter and lighter each day until you find yourself free from the burden that had weighed you down...



4. CLEANSING YOUR AURIC FIELD

Sea swimming is the most effective way I know to clear your auric field. Perhaps it is the combined effect of fresh air, exercise, sea salts and various minerals... Plunging in the Irish sea all year round sometimes takes great courage, especially in winter months but it never fails to deliver. The sea washes away all your troubles, all your worries, softens your skin and oils your joints and you come out renewed, refreshed, cleansed and energised. Soaking yourself in a bath with Epsom salts is also a great way to clear your energy and release aching muscles.

ALTERNATIVELY, YOU COULD SOAK YOUR FEET IN A BASIN CONTAINING LUKEWARM WATER WITH EPSOM SALTS AND/OR PRACTICE THIS MEDITATION:

Sit or lie down comfortably and bring your attention to your breathing.

Imagine a shower of violet light and allow it to cleanse your whole energy field, transmuting any negative energy into crystal clear light.

Focus on your breath. With each out breath, you have the opportunity to release any fear, anxiety, confusion, any pain whether physical or emotional from your body and your energy field. Blow it all into this violet light. As you do so, repeat to yourself: "I am letting go, I am letting go, I am letting go." Letting go of all that happened earlier today, yesterday, over the last few days, the last few weeks, the last few months, the last few years, and also what may or may not happen in the future. Let it all go. Let it all go. Let it all go. Releasing it all into this violet light which automatically transmutes all that you are letting go of into pure light. Each out breath, a letting go. A letting go into the energy of peace. The more you are able to let go as you breathe out, the more space you create to bring in peace and harmony as you breathe in. Releasing more and more with each out breath, feeling lighter and lighter, more and more at peace.



5. EXPANDING AND PROTECTING YOUR AURIC FIELD

Gently raise your arms wide open, up in the air and breathe in light. Through your crown, at the top of your head, you are connecting with the highest and purest source of light. Allow this light to filter in through your crown spreading this light into your entire body, into every bone, every muscle every organ, every nerve, until you feel completely filled with light.

Allow this light to expand at arm length all around your body: in front of you, to your right, to your left, at your back, above your crown and below the soles of your feet until you feel completely filled and surrounded with light.

Now imagine a thick layer of golden light all around you, sealing your energy field with golden light forming a protective bubble all around you.

YOU CAN REPEAT THIS PROCESS WITH ANY OR EACH COLOUR OF THE RAINBOW:

Red: for energy, vitality, strength

Coral: to assist you in relationships, connectivity, cooperation

Orange: to assist in removing blocks, heal trauma, settle emotions

Gold: to connect with your own inner wisdom, your own inner bliss, to restore balance and equilibrium

Yellow: to breathe in happiness, release fear, and assist digestion of food and experiences

Olive: to reconnect with the divine feminine, breathe in receptiveness, and connect with nature

Green: to help us set boundaries, have a clear direction, own our space

Turquoise: for creativity, spontaneity, playfulness, communication, freedom

Blue: to breathe in peace, trust, calmness, find our own authority and expression

Royal blue: to deepen our intuition and protect our 3rd eye

Violet: to assist us in transformation, transmutation, service, spirituality, grief

Magenta: to tap into the abundance of the universe and receive divine love

Deep magenta: to bring gentle care and nurturing to the deepest parts of our being

Pink: unconditional love, tenderness, gentleness, softness, warmth

Clear: cleansing, purifying, clarity, mirror, light

If you are not sure which colour to use, using Magenta or Deep Magenta may bring you what you need, even if you are not sure what this is.

Deep magenta contains all the colours. The invitation is to move deeper within self and integrate all the parts of self, including those we usually keep hidden. In doing so we are rescuing these parts and bringing a sense of wholeness to ourselves through gentle caring and nurturing of our most fragile self.

Magenta connects us with our soul star, our incarnational star. It represents divine love, love from above manifested in all the little things. This love is caring and connects us with abundance. All our needs will be met.



CONCLUSION

I hope you found this e-book helpful to assist you remaining fit and balanced at all levels.
Feel free to share with me your own healing experiences and what has assisted you in
your journey.

I look forward to hear from you!

May you be well

May you be happy

May you be filled with love and light

May you be blessed and supported every step of your way

Namaste

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