

# DISTANT HEALING



As you may already know, everything is energy. What you see as physical is in truth a reflection of energy.

Energy is the key to create healing in the physical, emotional, mental aspects of your being.

When healers send you distant healing or practice healing, they tap into a Higher field of energy, and energy carries information. When they send you distant healing, they centre and focus on the heart because the heart centre is key to everything. The heart is the portal into Oneness.

The energy they send to your body and your energy has a higher frequency compared to the energy people experience during times of emotional, mental, and physical stress. Because these frequencies are higher, they help the body and the mind to go back to balance.

Energy is not bound by time and space. When I send you a distant energy healing, I do not heal you. I access my heart to send you a higher frequency of Love. It is like Loving someone back to health. It is then up to you receiving the energy (and information) to use it to bring back healing and balance to your being.

This is very important because, saying to a person I am going to heal you, is taking away their energy and their power.

Energy healing doesn't do that! Energy healing empowers the individual to dive deeper within themselves, with the help of a healer who knows how to work with energy. It never takes away from the healee.

In a simple and powerful way, energy healing helps to person receiving to take responsibility for their own healing journey.

Another point to remember is that it doesn't matter what stress you are experiencing. Illness, diseases, emotional and mental issues, programming is just one thing: illusion of separation from your true self.

And your true self is Oneness, Spirit and Divine Love. And separation is the illusion of the dual world.

Please also remember that focusing on what is going wrong actually brings more of that energy. Where you focus your attention is where your energy goes.

It is very important to remember that every person goes through their healing in a unique way. We cannot compare our healing and awakening to others, because our paths are different, and the lessons we are meant to experience change from person to person. The path is different for each one of us, but the destination is the same: Divine Realization.

Last but not least, when you are experiencing any form of stress, illness, disease... it is really powerful to visualize yourself whole and healthy while (at the same time) bringing up and feeling Gratitude in your heart, for your health and wellbeing for 10 min every day.

If you have any questions, please feel free to ask

With Love & Blessings

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