

Foundation Module Class #3: May 2022 Mental Healing

Healing Theory & Skills & Practices:

WHAT IS IT?

It is a form of healing that is using the mind through thought and also addresses the mind.

Mind is everywhere. Or all is mind. The body is also mind, not matter. It is only our perception that says the body is matter.

Mind is not powerful by itself. But mind is powerful because it reflects consciousness. It is the instrument of directing consciousness in creation.

Mind can be clear or shadowy. This will create good or ill.

Mental Healing is a form of healing where the mind is used.

The central nervous system/brain or conscious mind communicates to the rest of the body how to function.

This communication needs to be clear and well executed.

This communication often isn't good and organs, body cells of any kind are not being properly guided and prompted to do their divine work due to programming, interference, distractions, toxins, etc.

As a healer you want to redirect and correct your own thinking first. You want to think correctly which means positively and in alignment with Divine meaning.

Humans suffer from programmings, patterns, imprints, whatever we want to label them give false info to our bodies and the surroundings. We first use mental healing on ourselves and then go on to others.

All organs, body parts, and each cell of the body have a "mind". You are pitting your higher vibratory state of mind against the programmed and instinctive mind.

HOW DO WE DO IT?

Mental healing is done through thought transference or Telepathy.

Correcting one's negative way of thinking to correct thinking is mental healing for yourself.

Visualization and affirmation are also mental healing.

Hold your higher state of thought and "transmit" it to the organ, person, etc.

Prayer is also perfect reset, which also affects the soul and spirit by the way, depending what kind of prayer we speak.

In essence, you raise your own vibration and then "transmit" or "resonate" this clarity to the another. It's pure telepathy: to an organ, cell, other person, place, situation, etc.

Theory of Suggestive Healing

In suggestive healing we go a bit further and we give the thought power. Your thought starts to move and go towards a goal. You suggest an action.

Is **not** hypnosis (putting a person into a trance) but a suggestion that can be followed up with or not. You do not override free will by pushing the soul out of the way.

Each organ and each body system likes to be coached differently.

First listen to the organ/person and then speak something like this:

“Hello dear Heart, I honour, love and appreciate you. You are doing a great job. You have the power to heal yourself. Start healing yourself. Thank you thank you thank you!”

On location healing office/centre uses suggestive healing as the entire environment. The space, your clothing, lighting, atmosphere, scent, visuals, etc.

(On the phone) your **tone of voice** is your main instrument as that is what is key in suggestive healing. In remote work, all hinges on your voice and transmission of energy. Sound, timbre, strength, etc. need to carry properly your suggestive and mental vibration.

Suggestions can **include visuals** like colours or a healed perfect visual of a person or organ, situation, etc.

Avoid using words of disease, negative imagery.