



Healing

By Lynn Bieber

How does healing take place? Does one person actually heal another? Here is how I see it.

1. I come to the situation with a view of the other person as sacred and whole.
2. I connect with my own sacredness and wholeness. I ask the energies that are in affinity with our wholeness to join us.
3. Then I follow the leads I am given, constantly weaving the "direction given" with my own expertise.

I believe I am working with my Higher Self and the Higher Self of the one seeking healing. It is a *co-creative* endeavor. Both of us are deeply involved in this activity. There are times when I simply "balance" the person's energetic system. Other times I "call forth" hidden, or forgotten energies. There are also times when I "ignite" particular energies. The process that is always amazing to me is the strengthening and grounding of the person's core essence.

As these processes take place I see energies that are not in affinity with the person fall away, slough off, and their core essence shines brightly. The one being healed experiences relief and peace.

There are many helpers available to assist in this work. Allies, guides and teachers can take the form of animals, fairies, angels, archetypal figures, saints, symbols, water, fire, air, earth, historical figures, mythical figures, color, crystals, stones, shells, gems . . . the list goes on. Each of us has a particular attraction to the energies that are most suitable and fitting for our own work. As we immerse ourselves into the work, additional forms of working with energy emerge and teach us what we need to know.

Working with one's self to continually grow and improve is critical. Purity of intention and a commitment to living with integrity are required for effective results. The vibrations that are present in the "healer" call the vibrations of the "healee" forward. The more clear and well defined the energies of the healer, the more effective the healing.

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