

## Healing with Pure Love and Energy Vibrations

Health problems are emotional, to heal them you need to: Remember everything you can about where the health problem came from. Calm your mind and receive this information. Intuitively, prayerful, however you conceive the process.

We have an undiscovered ability to influence what happens to us. Sometimes we watch family/friends die before our eyes, because they were told their condition was terminal. We have to be careful with these assessments, because of the power of our minds. We want to focus this power in a positive direction. The body is capable of miraculous regeneration. Body parts thought of in the past, as solid forms are actually energy systems that can transform overnight.

The first step in the process is to identify the fear with which the medical problem seems to be connected: this opens up the energy block in your body to conscious healing.

The next step is to pull in as much energy as possible and focus it at the location of the block. By raising your energy level as much as you can, evoke a heightened sensation of love. When you feel, as though your energy vibration is as high as you can get it, focus on the pain, (using the pain as a beacon) focus your attention on the pain and try to feel it as much as possible. Determine its exact location; place all your attention on that specific area. Be there with all of your being, feel the pain totally.

Next, consciously send higher divine energy into the exact spot identified by the pain, intending that love will transform the cells into a state of perfect functioning. Feel the pain with all your being, and now image your love energy going right into the heart of the pain lifting that exact point of your body, the atoms themselves, into a higher vibration. See the particles take a quantum jump into the pure energy pattern that is their optimum state. Literally feel a tingling sensation in that spot as the vibration accelerates. Without changing focus on the point of pain, begin to feel your energy, the tingle, moving up both legs, through your hips, into your abdomen and chest and finally into your neck and head. Feel your whole body tingling with the higher vibration. See every organ operating at optimal efficiency. Hold this feeling for 10 or more minutes; your whole body will be lighter and more energized.

Does it work? Yes! You begin by looking at the meaning of the injury or illness, what its' occurrence is pointing out about some fear in your life that is holding you back (manifesting in your body) this is what opens the fear block so that visualization can penetrate. After the block is open, you can use pain as a beacon, raising the vibration in that area and then in your entire body. Sometimes the root of the block goes back a very long way (past live). As you explore, and begin to work through the fear that is holding you back, you will

usually discover a fuller understanding of who you are, this sets the stage for the most important step in the healing process.

That is to look deeply enough to remember what you want to do with your life. Real healing takes place when we can envision a new future for ourselves. One that excites us.

Rev. Roseann Mason