

Healing U

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*For you, my friend,
on your healing pathway in life...*

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A True Story

I once knew this woman who you may be able to relate to, as she was like many of you are now – married, children, home life, career, and daily activities. Her life changed in many ways, as yours will, when you embark on your healing pathway in life.

This woman's life seemed to be going great, as her husband had just gotten a new job, they recently moved into a new home, and her children were in a great elementary school district. She thought everything was perfect until one day things really started to go downhill. She felt exhausted and barely had enough energy to even get out of bed in the morning. Her whole family depended on her, as the children had to get to school, she had a business to run, a home to take care of, and lots of activities that she was involved in. She wasn't quite sure what had happened but she knew something was wrong.

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She looked back and thought there was a lot of change but knew things were in a positive way for them all, so she really didn't know what to do. Her situation kept declining and she eventually turned to traditional medicine. The doctors ran multiple tests and had her see specialists in many areas. They diagnosed her with having Fibromyalgia, border line on Lupus, and warned her to change her life around or it would go into full blown Lupus and she would have many more problems.

She simply did not settle for this and said this can't be it. She knew there was something wrong and wanted it to change. She sat down and took a long look at her life. She wasn't happy. She was living her life for everyone else. Her husband was unhappy at his job and she was constantly worried about his well-being. Her children did not like school and she didn't like them being there. Everything that she had taken pride in, her family, had all shifted and her energy took a turn for the worse.

There is a happy ending to this story though. The woman had seen the error of her ways, as she was not taking her own advice, but instead was listening to everyone else's opinion of what she should do. Her husband, soon afterwards, was laid-off from his job (which ended up with their family taking a vacation to celebrate their family's new found freedom), she pulled her children out of school and homeschooled them instead, which was what she originally wanted to do for them, and she spent time re-focusing back on her healing, her life, and taking responsibility for these things. Her life turned around very quickly, and in such a positive way that things sky-rocketed. She and her family were happy, she was healthy again, and her career was back on track and better than ever. She needed a wake-up call to realize what she was doing, and it worked. That woman was me many years ago.

Healing U

*Healing does not have to be a confusing part of your life; as
it is all about understanding your body and what your
desires are to have it healed!*

Healing your life is such an important step, so why not start that step with the best possible knowledge available. Healing, at its basic core, is about correcting something that has gone astray within our bodies that we are now noticing the symptoms or ailments in our life. For healing purposes, it is all about balancing the things in your life to heal them completely.

Holistic, or “wholistic”, healing is healing your body in a variety of formats – the mind, body, and spirit combined plus tackling the underlying issue of what is causing your problem – to heal as a “whole”, not just work on the physical aspect dealing with your symptoms. There are many different forms of healing out in the world today; energetic, vibrational, spiritual, and much more. Holistic healing taps into all of these areas to provide a complete thorough healing to respond in a positive manner.

When you think about healing, you have to first understand that these ailments or symptoms in your life did not appear overnight, nor will they be corrected overnight. Healing is not a magical cure or instant fix, but rather something that will correct the issues as they arise. It will take some time, but if you break this down and look at your life, you may have been suffering from an ailment for years or something has been blocked for years and has just now surfaced as an issue. The problem has been created within your energetic being for *years*, and it can be fixed, but not overnight. Will this take years to correct? Absolutely not, but it does take time, and everyone’s energy responds to the healing process differently. It is important to stay strong on your healing pathway in life and know that you will correct all of the problem areas once you tackle the mind, body, and spirit areas of concern plus the underlying issue that has to be healed for this to be successful!

Anyone Can Heal

*You are full of infinite power and potential – we all are!
Anyone can heal, and the beautiful thing is that you can
start your healing process today!*

The idea of healing can sometimes sound confusing for people and they get stuck on the topic of wondering if they can heal their own bodies. I am here to be a little bit in your face and tell you that you can. Anyone can heal! We are all energetic beings, as everything in this world is comprised of energy. It is just a matter of learning how to heal, using the right tools for this process, following your intuition, and having faith in yourself.

If you break it down into simple terms and understand the concept that we are all energy, you will be able to understand that energy is constantly moving and fluctuating. We are either moving forward or backwards, and everything is always in a constant state of change. Because of this we can change our energetic bodies to heal them in a variety of ways. There are no set in stone rules for healing and nothing is impossible, especially when you place your full intention behind your work.

We are full of infinite potential and power with this energy. There are no limits to what we can accomplish with this and no one can tell you what your limits are. The only person who can place limits on your healing ability, or any ability you have in your life, is yourself. You have all of this inner capability and potential residing at your soul level and right at your fingertips waiting for you to take control and harness this power. If you expand your awareness and believe that you can be and do anything you set your intention to, you can heal yourself and create your perfect dream life in any area you can think of. It is up to you to take the first step and believe that you can do this, as you are the only person that is in control of your choices, life, and destiny.

Anything Can Be Healed

*You read that right – **anything** can be healed within your physical, mental, emotional and spiritual levels; no matter how long you have been suffering with an issue, as you can tackle this in your life today and start your own healing process!*

Think of any issue you have in your life that you want to correct. Maybe it is something physical such as headaches, backaches, feet problems, or even something a bit more serious such as a tumor, Chronic Fatigue Syndrome, or Fibromyalgia. Maybe you are thinking of some mental issues such as controlling your thoughts or staying in a positive mind set. How about healing your own spirit at your soul level? All of these things, and much more, can be healed within your life. There are no limits to what can be healed, as again the only limits that exist, are the limits that you place on yourself.

Healing takes places in a variety of manners, so depending on what you want to heal in your life, this will depend on how you tackle the healing process. But if we go back to the basics, we still have to work on our healing through a mind, body, spirit connection plus tackling the underlying core cause for this to be a successful healing process.

When looking at your life, you have to be honest and open to what you see. There is no sugar coating allowed when working with healing, if you want this to be a successful healing. You have to sit down, take a look at your life, see what is going on, what needs to be healed, where the underlying causes reside, and own up to the fact that they are there for a reason. We all draw issues into our lives on a daily basis, when working with the Universal Law of Vibration and Attraction, so it is important to understand that whatever is in our life is here because it is something we originally put out to the Universe. Now it is our time to understand why, resolve that from within, and heal completely. The key to working with this is taking full responsibility, no matter what it is in your life; it is there because of something you put out to the Universe. That doesn't make you a bad person; you just have to take ownership and responsibility for it. If not than no matter what or how much healing you work on, the issue will continue to return into your life.

How Does It Work

Confused on where to start? Not sure how it all works? I will let you in on a little secret - we have all been there at one point before we started our healing process. You are not alone, and the healing process can be as simple or as complicated as you make it, as you are always in control.

Healing different areas can be done in many different ways. Changing your mind set is one way to jumpstart your healing process, as this is one of the biggest areas that most people will return to throughout their healing process. Since we are all energetic beings, energetic healings are another big key to this process, as energy can become blocked, stagnant, imprinted, torn, have leakage areas, and much more. We have to keep our energy high, vibrant, and fluid to have a healthy energetic body.

With healing work there are a few key stepping stones that you will come across in this work, and throughout your entire lifetime, if you continue to heal. The first key stepping stone is that energy is cleared. We need to correct all of the energetic issues in your life and on all areas – the mind, body, and spirit. The second key stepping stone is that vibrations are sent. When we have cleared and changed everything around these new vibrations, they are then sent out into the Universal Realm and returned to us in a variety of ways and in different time formats. The third key stepping stone is that everything is realized. This is when the awakening process begins to transform even more from within and you begin to open to your full potential of an infinite energetic being.

When you work on healings with these stepping stones they will begin to show up in your life in many different ways. I am here to tell you that they will not come in like a big marching band through your front door, nor will they be like fireworks going off in your backyard. Many believe and wait for these “Big Bang” moments and when they don’t occur they feel disappointed. They are not these huge celebrations on the outside of your being but rather the understanding, knowing, and acceptance from within that will be your celebrations of healing!

Complimentary Alternative

Healing is known as an alternative type of therapy in many modalities. It is meant to get you started with understanding your own body, the symptoms and how they correspond to what's going on, and transform your life with your own firsthand knowledge.

Alternative health and medicine play a major role in many people's lives. It is a wonderful addition to traditional medicine and can complement the experiences that you receive. Many people turn to healings and alternative types of therapy to compliment the traditional services that they are already receiving.

Complimentary alternatives have been around for as long as the recorded word has been passed from generation to generation. This was, back then, their primary way of dealing with the issues that came about in one's life. They had their own ways of healing through Mother Earth's energy, tapping into their own inner power, as well as using their connection to a Universal Source. This was how they healed. They did not have traditional medicine, hospitals, and all of the other technology that we have readily at our fingertips today.

I am not saying that you should give up this traditional medicine, but rather incorporate healing as a complimentary alternative into your life and see where your pathway takes you. These techniques and work can be used on any issue you have, and you will notice how many other areas in your life you will find yourself working on through an alternative standpoint where traditional medicine may not always fit in.

Healings are not meant to replace your traditional doctor, physician, or medical caregiver. They are meant for you to work with, on your own, to heal your mind, body, and spirit with the infinite potential that you carry within!

Religion Vs. Spirituality

You do not have to change your religion or your beliefs to work with healing. Think about all of the teachings you have learned in your faith based religions. Would they honestly begrudge you happiness, better health, and a deeper spiritual connection? That is what healing can give you!

There are many different religions in the world today, but if you look at them all and compare their idea base, they have a common ground. They all have a common link of believing in a higher power that has an influential purpose in our lives. Spirituality is about being open to this higher power and understanding the connection between ourselves and this source of power.

Spirituality generally refers to this higher power as a Universal Source, Divine Spirit, or other general universal term. Religions generally have a more specific name for this power such as God, Allah, Bhagwaan, YHWH, or The Almighty. Whatever your faith based issues are, I am not here to tell you that you have to change them, but rather expand upon them and open yourself up to the possibility that there is more.

You do not have to change your religious beliefs or your faith to work with healing. If you look back at all of the religious creeds, you will see that they all do refer to healing in some manner. They are not against healing the body but rather they are just not expanded upon to the point of understanding your own infinite potential to do this work. There is simply a lack of awareness. I think everyone can agree with me on the point that no one in the world, or even universe, knows everything there is to know about everything. It would be wonderful if we did, but we don't have this expanded knowledge at this current moment in time. This also applies to religions and their creeds as well. These were written by people, just like you, and these people had their own infinite potential and power too! They tapped into this a bit more and were able to produce a source for their religion today in a written format. That does not mean it is the end all be all, but rather something to build upon and expand now in your lifetime. This gives you a good basis to start and can grow in your own healing capabilities.

Tools of the Trade

When you embark on a new career or adventure in your life, you learn how to do your new challenges with additional training or tools at your disposal. Why not start your healing process with the proper tools at your fingertips to expand your knowledge and awareness of how to heal your life?

When we speak of tools for healing, this can bring to mind many different things such as crystals, Tibetan bowls, energy attunements, tuning forks, pendulums, and much more. Healing tools are here to help you along your healing pathway to enhance

the inner vibrational healing aspect to bring about a higher state for your healing needs.

Healing takes place on a variety of levels, but when you add in the use of healing tools, along with your own energy for healing, you are increasing the vibrational frequency at which you can heal. Each tool has its own vibrational frequency to heal with and choosing a tool that is right for you takes some practice and patience but can easily be mastered if you take the time to work with them.

When choosing your own tools, make sure to go into this process with an open and positive state of mind. Next focus on your intention of the issue you want to heal, such as backaches, feet problems, relationship issues, or any other issue in your life. When you focus your intention on resolving this problem, this puts your energy in direct correlation to the vibration that is in harmony with your healing tool. Once you have focused your intention, start your decision making process on which vibrational tool you wish to work with. You will notice that you will be pulled more directly to some than others. For example, let's say you are drawn to working with crystals in your healing. You have now narrowed down your search, but which crystals? You use the same process for choosing your crystals as you did to narrow down the tools you wanted to use for your healing issue. You can also check out some crystal books for more information on crystal healing, as my own series of crystal tip books are Practical Crystal Healing (ISBN 1449035558 and ISBN 1453750339). If you already know what crystals to work with, or you are not sure but want to just experiment, follow the same guidance. Even the same type of crystals in a bin at a rock/gem store will all vibrate in a similar manner, but each will have its own different energy signature. It is all about understanding what feels "magnetized" to you.

Healing tools are easy to work with, but it is listening to your inner guidance that will steer you in the direction of the right healing tool for your specific needs.

Mind Issues

You can change your mind issues before you even finish reading this book. It is that easy! I want you to make a decision that you will commit yourself to your own healing ability and see yourself in a positive and healthy light. Take a moment right now and do this for yourself. Once you have made this decision and can visualize it, you have just taken the first step on your healing pathway.

There are some people who confuse the brain and the mind when you mention working with mind issues. The brain and the mind are two totally different areas. The brain is a physical organ within your body. The mind, however, is a part of who you are, which controls your thinking process and how you work on two separate levels. The mind is an interesting and complex area to heal all at the same time. When focusing on mind issues it is important to understand that we have two topics from which to heal in this area. There is mental healing and emotional healing.

Mind issues can be anything from shifting your mind set, focusing more, stating intentions, changing your emotions, releasing topics and much more. It is more important to understand that there are the two separate areas of the mind that must be handled for a successful healing to take place. The mental healing we will cover and the emotional healing we will cover in separate areas, as they both are equally important for a successful healing.

As we have grown, there have been many barriers that have been placed in front of us on both the mental and emotional level that need healing, and many of these have even transferred to our adult lives. With issues such as this, it is best to work on both areas at the same time for your healing purposes. When you shift your focus and only work on one area you will notice how the other area becomes overwhelmed with either mental chatter or a flood of emotions. These two areas balance each other out for a harmonious vibe within our own energetic bodies.

Mental Healing

There are three key stepping stones for mental healing. Keep things in a positive mind set. Focus on gratitude. Stay in the present moment. They sound easy, and you may wonder why people don't do them every day of their life. We have been conditioned since we were born to focus and see other things in our life such as the negativity and chaos.

Mental healing is all about working with areas of your mental status. This can be a combination of affirmations, goal statements, mantras, positive mind sets, making decisions, removing mental barriers, taking responsibility, and much more. This mental level is where all of these issues reside and this needs to be corrected to have as strong and healthy mental area as possible.

There are many who will have healing work done on their energetic levels, but continue along the same mindset as before, and do you know what happens then? Their mental healing is not completed and this can either leak back into their physical healthy areas or can cause more turmoil to be drawn back into their life because their mind is still in the old pattern as it was before. It would be like someone saying I want to lose weight but then going to the ice cream shop and getting ice cream cones every day. It just doesn't work!

Mental healing is vitally important in any healing work and can be done in the comfort of your own home. The key stepping stones for mental healing are to keep things positive, focus on the gratitude you have in your life, and stay in the present moment.

Starting with a positive mind set shifts your energetic vibrations to bring into harmony what you are focusing on, so staying in a positive mind set and finding that silver lining or hidden opportunity is very important. Focusing on the gratitude in your life is just as equally important. The biggest issue that many people come across is that they focus on the material possessions that they are grateful for. I am not saying to not be grateful for them, but you are forgetting the most important thing you have and that is your infinite potential and power that resides from within. Without this infinite potential, none of this work would be possible. So the statement, "I am grateful" works best. You are grateful, and that is it; you don't have to list the house, car, job, or whatever else that is in your life. Simply being grateful for your life is the key! Staying in the moment is the final step to this process. We cannot change the past and we cannot live in the future, all we have is right now.

Emotional Healing

Emotional healing is something we all need to be doing in our life because we all work with our emotions on a day to day basis. With so many different emotions that can consume our mental state, physical bodies, and energy fields, why not release the negative ones and usher in the positive ones to enjoy a happy and healthy life!

Healing our emotions is something that many people have heard of but very few understand the issues and concepts behind it. When someone says they want to heal their emotional issues they normally experience a few things such as fear that they will have to re-live all of the emotions before letting go of them and wondering if they will ever experience these emotions again.

Emotional healing is not about removing emotions from within your energetic state of being. We are not robots nor can we be programmed this way. What emotional healing is good for is working on the purging and releasement of certain emotions so that they do not control your mind issues or cause any more distress to your physical body.

Will you feel these emotions again? Absolutely, remember I said we are *not* robots. You will experience emotions that you have felt before but not to the same degree. When you go through emotional healing it is about letting go of the emotion that is attached to the issue that has caused distress in your life. It is not about removing this emotion completely from your life, but rather healing the issues that holding onto this emotion has caused.

For example, if you were hurt by a parental influence in your life when you were a child, you may be experiencing some type of negative emotion. Maybe this is neglect, sadness, depression, anger, or possibly resentment. Emotional healing removes the connection between the issue and the emotion. This is then released so that you can see clearly the issue without the emotion behind it to fully understand what happened at that time in your life so that this can then be released. To work with emotional healing, remember to release the emotion first before moving forward so that the emotional area is released and then the physical issue. This will cause a ripple effect for a successful emotional based healing.

Body Issues

Listening to our physical bodies is an important key to healing. Traditional medicine treats the symptoms that have manifested within our physical bodies. Healing works on all areas plus the underlying cause. Treating only the symptoms does nothing but put a Band-Aid on a wound that is eating away at you.

Our physical bodies are always telling us in some manner what is good and what is not good for us at any given time. Many people, however, overlook these signs until they are so huge that they are literally staring us in the face screaming on an energetic level “Fix Me!” When issues get this far out of hand they are largely in part due to our own neglect for not paying attention to them much sooner.

Energetically our bodies give us these signs on a daily basis; such things as feeling tired, drained, weak, anxious, stressed, and many other warning signs for us to pay attention to. We are constantly running from point A to point B on any given day that we ignore some of the basics that are literally put in front of us until our energy is so drained, weak, and scattered that we turn to medical doctors and then alternative medicine for help. Even if you are at this point in your life, there is always hope!

Remember earlier in this book how I said nothing is set in stone, well I meant it. Nothing is set in stone for healing work, and I am glad you decided now to work on your healing, as it is better late than never! It is important to pick up on these key warning signs in your life before they take over and you feel overwhelmed, lost, and ready to give up. There is always hope and you can correct your physical body just as well as you can your mental issues, but it does require you to slow down and pay attention to the signs that it is giving you. Everyone’s body and life are different, so the signs in your life will be different as well. It is about recognizing and acknowledging the signs in your life to turn them into a positive healing experience.

Physical Healing

Your infinite power and potential is a great way to start your own healing process. It is not recommended that you pull on your own energy to try and heal your body, or others, as this can deplete your energy. You can, however, connect to other energy sources such as the Universal Source, Mother Earth and through the use of other tools, such as energy attunements, help heal the negative issues and replenish this with positive energy.

Healing our physical bodies is actually something that everyone can do. We all have this infinite potential and power that resides within us. This is called our personal power and energy. You can use this to tap into the Universal Source energy and Mother Earth's energy to replenish your own energy supply. To do this, you simply visualize an energy cord extending from the top of your head into the Universal Source energy pool and energy cords extending out from the bottom of your feet into Mother Earth as roots or anchors. Breathe in these energy sources at the same time so that they meet together in the middle of your body and extend outward through your whole body and energy fields. It is as simple as that to replenish your energy.

To heal your physical body, outside of replenishing your energy, you have to first learn what your symptoms are telling you that correspond to the needs of your physical body. If you are having issues with your throat, possibly you have an issue with your throat chakra, maybe communication as well. It is about looking past the symptom to see where the issue is and how to fix this.

Once you correspond them to the issues in your physical body you can then start working on the healing process. For this you can use the healing tools we covered earlier in the book. Energy healing is an easy way that helps not only replenish your energetic fields but also can heal areas, remove blockages, repair leakage issues and much more. Other vibrational forms of healing work wonderfully with the physical body. Again, let's use the throat issue and say you are drawn to working with Tibetan bowls. You would want to find a Tibetan bowl that has the sound of "G" as this sound corresponds to the throat chakra and area for healing. For healing with a Tibetan bowl you can have others use the bowl around or over the area, or you can use this in your own healing time that you set aside for yourself. Healing the physical body is about understanding how to correspond the issues with the areas and see where the healing needs to go!

Spirit

Issues

Connecting through Spirit gives you an added bonus in your healing ability. This connection helps you tap into an unlimited source of power and knowledge. When this is established your own personal development skyrockets, along with your healing ability, heightened awareness and enlightenment.

Spiritual connections can be something that sounds confusing as many people don't really know what they are or how to even tap into this area of their life. Remember earlier in the book when I talked about religion and spirituality; it is not about religion, but rather your own spiritual connections from within. We are all spiritual beings deep down to our soul level, and these connections help us heal on many levels.

What is a spiritual connection? Spiritual connections are your connections from within to the Universal Source, Divine Spirit, God, The Almighty, Allah, or whatever you choose to call this, along with connecting to our own higher self and guides along this pathway.

Some common spiritual healing issues that can be corrected are things such as a disconnected feeling, loneliness, abandonment issues, and a loss in faith. These are not the only ones, but are some of the more common issues that one may experience. They can all be healed within your life, along with many others.

Everyone can develop and strengthen these connections, from the very young to the very old, and can do them in some fun and easy ways! Once you start working with your spirit connections in your life you will see how vitally important they are to not only your healing, but also your developmental growth. By tapping into this ability you will notice your own intuition heightens, you feel more at ease, and things in your life flow much more easily as opposed to the times when you are not tapped in.

Spiritual Healing

Spiritual healing is all about you, your connections, and how to develop and expand upon them for the strongest connections possible. You have had these connections since birth, but many were never taught to build upon them. They are still there for you to use at any given time, but you have to start today to strengthen them just as you would with the physical connections in your life.

Spiritual healing is comprised of many different techniques that can help us tap into these spiritual connections. Journaling, meditation, and connecting with your higher self and your spirit guides are some of the more general and popular ones that many people use today.

Journaling is about keeping track of things in your life and your spiritual pathway for you to look back on see how you have grown. To do this, simply get your own notebook or journal and start today by writing down anything that you feel is a sign of your connection through Spirit. Maybe you are not noticing any signs yet and you want to, so write this down in your journal too and ask your questions or ask to be given some signs in your life.

Meditation is a big one to focus your intention and heal your spiritual side. It is important to remember that meditation does not have to be a very long time process. You can start with just a few minutes and work your way up to as long as you feel comfortable meditating. Focus your intention and state your healing process before you begin so that you and your spiritual connection know what you want to accomplish during your session.

Connecting with your higher self and your spirit guides is very important in the spiritual healing process. You can do this by working through journaling, meditation, and your every day to day tasks. It is about tapping into the power from within for your higher self. This is where you will be given the knowledge that you wouldn't normally know the answers to. When connecting to your spirit guides ask them questions on how you can advance your healing, what they are here to teach you, and how you can progress to the next level. They are here to help in any way you let them. Remember too, not everyone will connect in the same way, so practice with different techniques such as writing down your questions, asking them before you go to bed to be answered the next day, working through them in meditation, or even when you have alone time such as in the shower. Water is a great conduit for energy connections and a clearing mechanism for your spiritual healing.

Underlying Causes

With any issue in our life there is an underlying cause that created this. These causes are the root of the issues that need to be healed in order for the issue to stop resurfacing.

Responsibility for our actions is one major issue when working with your underlying causes, as we are in control of our life in every manner, and have to start today taking responsibility for them!

I have mentioned a few times in this book about how important it is to work on the underlying causes for healing to be successful. This is something that is not taught in many classes or programs. Learning different healing techniques and methods, along with the importance of basics is essential, but the one area that many don't touch on is really focusing on healing that underlying cause. If you are not healing this area than you will not have a successful and complete healing session.

For example, let's say you are working on healing stress and anxiety situations in your life. You are already feeling the stress and anxiety in your physical body. You work through energy healing to remove it, but it keeps coming back. Why? You are only targeting the symptoms for this healing – the stress and the anxiety. You have to hit the underlying cause of this, plus work on the mind, body, and spirit connections for this to be successful. So let's check and see where you are at. You know you have a positive mind set and things are all healed on a mental level. You have checked and are working with your spirit connections and things are going great. So what are you missing? The key trigger! You have to find that underlying cause of what is creating this stress and anxiety in your life.

Let's say these issues are brought on by family members in your life. Every time you are around them they happen more and more. So what do you do? You have a few choices, as we all have choices in our lives. You can choose to not be around them anymore. You can choose to heal your relationship with them. Or you can choose to heal the underlying cause of the issue. These are all good starting points, and depending on the situation it could be a combination of them all. But the point is, you have to find that underlying issue and work on this too. Once you do you will notice that the issues do not come around anymore for that area. Does that mean you will never experience stress or anxiety? No, you may experience it in your life again, but it will not be with this area and the same trigger because you healed all of the areas – mind, body, and spirit – plus the underlying cause!

Intuition

Did you know that you have your own unique intuition? You were born with it and have had it residing within your soul since you took your first breath. We all have different strong suits within this ability, as some can sense things on a deeper level than others, but we all have the capability to tap into our intuitive side. The best piece of advice I can give you on working with your intuition is to have faith in yourself and to trust what comes through. Once you conquer that hurdle, everything else is like a walk in the park!

Developing your intuition is a strong factor when working on healing your life in all areas. Everyone has their own intuition because we were all born with these abilities. It is residing within waiting to be awakened to the possibilities that can be unleashed with this unique power. Some people have a stronger intuitive pull than others, but we are all born with this power. Does this make you instantly psychic? No, but it does mean that you have tapped into a knowing or sensing ability without the use of your rational processes and can easily access this at any given time.

This development does take some practice, and some will develop more quickly than others, as this is something that we were born with but have not used in all of these latent years. You can develop your intuition and strengthen your own knowing abilities with simple exercises such as seeing who is going to call when the phone rings (without looking at the caller-id), focusing on what your boss may be wearing before you go into work in the morning, or sensing who you will come in contact with throughout the day before you even leave the house. There are many different intuitive games you can learn to play on your own, such as these, that will heighten your intuitive abilities.

Practicing with your intuition for healings is also very important, as you know your own energetic being better than anyone else. When you feel something is not right you have to work with your intuition to sense what is going on. This development takes time, lots of practice, and a ton of patience, but once you have put this in you will be very thankful that you have developed this intuitive side to use not only for your healings but in your day to day life.

Scanning

Scanning techniques can be compared to traditional techniques such as X-ray or MRI types of procedures, but on a healing level. They can detect issues that need to be worked on for many reasons due to the mind, body, and spirit issues not being balanced and/or possibly the underlying causes have not been healed. Scanning sessions are wonderful ways to detect where work needs to be done for yourself, or others, when you are not really sure where to look or what the cause of the issue is.

Scanning techniques are another form of using your intuition but are in addition to being able to sense and know when things are not right for your healing sessions. These techniques can be accessed visually, audibly, and even sensed on an energetic and vibrational

level. For scanning to be a complete success for a healing, make sure that you are only scanning one person at a time as you do not want to mix energy signatures of different people, whether they are in person or scanned remotely.

Everyone has their own energetic signature, similar to a physical signature when you sign your name, but this comprises all of your energy fields. On an energetic level this says who you are, what your name is, where you are located currently, what you look like, issues that you are still carrying around, how your energy fields are responding to your life, what is going on with them, and much more. These energy signatures are what you have to scan to see where problems reside when you are uncertain.

Scanning energy signatures can be done through your intuition, but can also be done through sensing energy and pendulum work as well. For your intuition, you have to be able to locate the person's energy signature and separate this from your own. Once this is done you will need to scan all of the areas of concern and record your findings so you know what needs to be done for a healing. For energy sensing, this can be done through your hand chakras, located in the palms of your hands, and once you have activated your hand chakras and move them over the person's energy you will be able to detect "hot spots" of issues. Once you do this, use your intuition to determine what the issue is caused by, such as an energy leakage, blockage, imprint, tearing, attachment, and so on. For pendulum work, you can simply dowse over the person with a cleared pendulum asking to locate these "hot spots" for healing. Make sure your pendulum is cleansed and programmed for a successful session.

Scanning techniques are to be taken very seriously as this can determine and locate many issues that need to be healed. Done correctly, this can speed up healing sessions within a person's mind, body, and spirit levels.

Maintenance

As with anything else in life, maintenance is important for your healing process too. You would not go and buy a new car and not maintain it, would you? Would you suddenly start eating foods that were not good for your physical body just because you finally reached your ideal weight? There are many things in life that need maintenance, and your healing process is one of them. But don't think of maintenance as something that is a chore, but rather something that will sustain your happiness, health, and personal development. Our energy is constantly changing, either moving forward or backward, and you want to keep progressing with your healing pathway in life.

Healing your mind, body, and spirit levels, plus tackling those underlying causes are a way of life. I know it sounds like a lot to do, but if you really want to progress in this lifetime and have a healthy energy body, sound mind, stable emotions, and be at your tip top best, healing is a wonderful alternative to keep handy in your toolbox!

This is not a quick fix for anything, or a magical cure. It is not instantaneous and can sometimes take some soul searching to get to the root of things, but if you don't, the issues will continue to resurface in your life. You are reading this book for a reason. What is the reason in your life? Do you want to physically heal an issue that you couldn't before with other techniques? Maybe you want to be happier and full of peace and joy on a day to day basis? Maybe it is working on releasement issues because you feel trapped from your past? Whatever your decision is to read this book, there is one factor linking everyone together and that factor is all about healing you.

We are all connected on an energetic level and through our spiritual connections, so when one is hurting and not advancing we all feel it at some point in our lives. We are in this together and need to stay connected and help each other to the best of our ability, and to do this, we have to be in our best shape ever – physically, mentally, emotionally, and spiritually. Get started on your healing pathway in life today and notice how much happier, healthier, and full of life you are in a few days, weeks, or months and continue to grow and expand on your own infinite potential and power.



About The Author

Nicole Lanning is a natural born empath, psychic intuitive, and healer that has focused her life on energy, holistic, and spiritual healings and teachings. She is the founder of Healing Art Forms Institute and Holistic Healing Minute and has dedicated her life to sharing her wisdom so that others may grow and learn.

Nicole always knew she was different from other children growing up as an early Indigo child and having a passion and love for her guides. She has transformed her life, being raised in a very strict religious God-fearing background, into a successful Spirit loving entrepreneur. Her spirit guides had set her on an energetically enlightened pathway through many different venues, such as being an Ordained Minister, Spiritual Life Coach, Reiki Master Teacher, and a Certified Energy Healer. Through her work now with psychic intuitive readings, holistic teaching, spiritual healing, and over 60 of her own channeled energy forms, Nicole has been honored with accreditations through the International Natural Healers Association and the World Metaphysical Association.

For more information about Nicole Lanning and her work, please visit:

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