

# PERSONAL HEALING

What is healing? True healing is balance in all four levels of our being - Physical, Mental, Emotional and Spiritual. All these four bodies must come together in complete harmony to attain perfect balance. But this is not easy. Each body has its own thought patterns and is much influenced by the karmic energies, our belief systems and the energies of the matrix - which is the combined thought energies of all on the planet.

To harmonize all the four bodies, one must first become aware that they are a four-part being. Focus and concentration is needed to imprint new thought patterns on all the bodies simultaneously. It requires much work and effort. But you will see much benefit in doing this.

We can and are easily affected by the events unfolding on the earth plane. When we see what is happening in our personal lives and on the world stage, our senses react to it and it triggers our emotional and mental body and affects the light in the spiritual body.

Coffee with Master Buddha  
Channeled Irhaan Rae Chandran  
2nd Aug 2020

One of the ways of creating balance in all the four bodies is being Non-Judgmental and Detachment. Our lower ego mind reacts to every outside event and it creates a reaction mainly in the mental body which in turn affects our feelings and emotions.

These energies affect our Chakras and our Cellular memory of our beliefs - of what is right or wrong kicks in, and this can create a feeling of joy or sadness within you. But is it the true emotions or feelings of your soul, or just a triggered memory reaction based on your beliefs?

The world you live in is a polarized world. There is polarization even within one's own family - within one's love relationships, with other members of the family etc. When there is polarization, then there is judgement, and this can show itself in all the four levels - physical, mental, emotional and spiritual.

Polarization happens when two or more people are not in the same thought pattern energy or does not share common values.

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Yes, individuals must have their own independent values, but in a relationship, they must also have common values.

Many human beings who are on the spiritual path are going through this challenge in their love relationship - where one partner has a differing view about life and soul evolution and this creates different energy signatures and it can affect all your senses, all your chakras and all your four bodies.

This sets up an interesting scenario. You love and care for this person - but your viewpoint in life is different.

How do you deal with it?

We can be non-judgmental and detached with others - but with our loved ones, is a different matter.

This requires great compassion and love - to allow the other person to walk in their own path and you are still able to maintain your composure and balance. Added to this, because of the dense energies on the planet, your physical bodies are affected.

With much electro-magnetic frequency blanketing the earth now, your immune systems are weakened, and your auric energies gets weaker. This again affects your mind and emotions.

When the physical, mental and emotional bodies are affected, your spiritual body gets affected. You are not able to draw forth the light within you and therefore, your awareness drops.

How can one create healing and balance in all the bodies?

It is in working with your DNA strands. Giving intent to recalibrate your DNA to strengthen your auric field and to open up the Soul Light inherent with in your DNA, so that you are not affected by the outside influences.

## EXERCISE

While you are in the water (bath or shower or otherwise) touch your belly button with both your thumb and gently massage that part of the body. Imagine a golden sun appearing in your belly button area and this light expands and covers your entire body. You are inside this cosmic light.

## EXERCISE

Sun light has the capacity to recode your DNA strands, dissolve certain DNA strands, activate dormant strands and also to create new DNA strands.

This process is called Seeding.

There are 13 specific strands of light emitted from the Sun which helps with your DNA. Sun is a living Spirit and is aware of each and every one of you. Request for these strands of light from Sun.

The last exercise is to bring your right palm facing towards your heart area, half an inch in front of your heart area. Bring your fully opened left hand two inches above your left eye area. Be in this process for seven minutes.

This position will draw forth energies into all your four bodies simultaneously and your auric field will strengthen, and you will not be influenced by other energies or reactions. You will be in your own space, while still maintaining harmony with the people in your life.

Your four bodies will then start to carry this new consciousness. Human beings are very much capable of achieving this.