

HEAL with ENERGY

Free Energy Healing Course

Healing Journeys Energy
Elmarie Swartz



*“Look at your life as a patient
and a doctor!”*

~ Tae Yun Kim ~

A Practical FREE Self-Healing Course

BY ELMARIE SWARTZ

To contact Elmarie please visit her main website at:

www.healing-journeys-energy.com

Or you can send an email to:

elmarie@healing-journeys-energy.com

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Your body's system is what cures. Everything else supports the process, but the body is the healing engine. Support this system: eat well, breathe well, sleep well, and exercise.

The human body has the ability to repair any damage that is not extensively injured beyond restoration.

When there is damage to your body tissues, healthy cells from other areas, will rush to the affected part, remove the dead cells, replace them with healthy cells and restore the part like new.

As long as the agent causing the damage is removed, the obstacles to healing will be removed.

When your body is in need of healing, it communicates to you with many signs which generally are in the form of pain and suffering.

These are nature's signals to you that you have to change your ways and remove the source of the dis-ease that is causing pain and suffering.

The right step to take is to remove yourself from the Cause of the Disease, and the law of Nature in your self-healing body, will bring about a miraculous recovery.

This law of healing has been set in place so that we can continue to exist, reproduce and replenish the earth.

Healing Leads to Health

Your body has an in-built desire to self-heal, because it wants to be in good health and remain healthy.

Self-healing takes time. Your body is improving itself, bit by bit, moment by moment, and day by day.

You need to be patient and have some degree of commitment and diligence.

When you change your lifestyle to possess emotional balance, good energy and healthful habits, you will attain health.

There is no shortcut to health; the whole process of self-healing is so that your body will achieve health.

In self-healing, your body is constantly working to repair its parts, regenerate, rebalance and optimize all the functions of your body systems and energy systems.

You may need emergency care or medical treatment to facilitate the natural healing process of your body from time to time. However these measures should never be done at the expense of interfering with your body's self-healing actions.

Sometimes treating the body with poisonous drugs only delays the healing and prolongs the suffering.

Occasionally the body heals not because of the drugs, but in spite of them as most drugs are toxic and have a poisoning effect on the body. This is where energy healing is an amazing tool.

It will help you to cooperate with your body by making it conducive for the work of healing to be achieved in the shortest time.

"Human Beings are natural creatures, requiring natural nourishment to live natural lives in perfect natural health."

You want to be healthy physically, mentally, emotionally and spiritually.

Being healthy is not just absence of dis-ease in your body.

You want to be well in your spirit, your soul, your mind, emotions and your body too.

Of course, this is not possible for everyone, at any one particular moment.

This is especially true for those with chronic or degenerative dis-eases.

When you are in such a predicament, it takes time to experience healing on all levels.

It takes time for the body to heal itself, and to repair and restore your natural healthy state.

Energy healing is not a modern concept or approach. Energy medicine or energy therapy, an emerging form of complementary and alternative medicine has origins throughout the ancient world.

Energy work was part of many early approaches to medicine. Early medical practitioners believed that when the energy within the body was out of balance, people became ill.

In Asian countries, medical people felt the only way to a healthy body lay in correcting this imbalance. China and Japan, for example, developed a medical system based upon energy levels within the body.

Yet, the belief in the role of energy is not restricted to the physical.

Traditional Chinese Medicine (TCM) practitioners have always perceived this energy (Chi), as having a holistic impact.

In other words, the quality and amount of energy found circulating within your body affects your emotional, psychological and spiritual well-being.

It is not restricted to your physical health.

The use of energy healing to restore health – physical, mental and spiritual, is a component of alternative and complementary medicine.

Practitioners can utilize many different approaches. Yet, the purpose is the same – to heal by channeling the energy from one individual into another or for yourself. This will reduce or increase the levels within to achieve a balance and therefore healing.

Scientific research still questions the ability of energy work to heal. Nevertheless, some methods, such as Reiki and Therapeutic Touch are accepted as viable in many modern medical practices.

Energy healing is defined as an aspect of alternative and complementary medicine.

It employs diverse methods such as Meditation, Visualization, Affirmations, Reiki, Quantum Touch, EFT, Qigong, Chakra Balancing, Aura Cleansing and Clearing, Crystal and Colour Therapy, Angel Healing and much more to modify and manipulate the flow of energy within the body.

The intent is to realign, replenish or stabilize the amount of energy within the human body.

Ted Andrews writes in The Healer's Manual, "The human body is an energy system ... imbalance on any level will ultimately manifest itself into the physical..."

What is Energy?

During my years in the energy healing field as an energy worker, teacher and healer I have often been asked this question. When we start our energy healing training, it is more often than not the one thing we battle to wrap our heads around... what is energy?

I want you to consider the following...

Everything on our planet is energy; well actually... to be more accurate... energy is in everything - the entire universe.

It heals us, helps us do things, gives us light, warms our bodies and our homes. It makes us grow and move and think.

Energy is the operating system of your body and just like a computer; this energy system which includes your chakras, aura, and meridians has different levels of power, speed and abilities.

Just imagine if your body was a perfect energy-efficient machine not only would your body be healthy but it would change all the energy you put in into useful energy enabling you to function at optimal levels of well-being in body, mind and spirit and if this ideal would be possible, energy healing would not be necessary.

However your body is less than 5% efficient most of the time.

When you do energy healing you change energy from "imbalanced to balanced" or allow the energy that is available to us to be "absorbed and used" more efficiently so to speak.

Energy is the power to change things; it is the ability to do work. It is neither created nor destroyed and when we use energy, it doesn't disappear.

We only change it from one form of energy into another as it has always existed in one form or another.

*Happiness, love, and health
are three legs that can
balance an exceptional life.*

The knowledge that our bodies are filled with life force energy - Chi / Prana / Ki - and that this is directly connected to the quality of our health, has been part of the wisdom of many cultures for thousands of years, and has resulted in the development of many different forms of energy medicine.

The amount of Ki or life force within you varies from day to day. There is a natural rhythmic ebb and flow in the energies within our bodies - but we absorb Ki in various ways in order to "top up" our supply of life force, as we naturally use some each day.

We absorb some in the form of food and drink - remember all animal and plant life and even water, is filled with Ki too. We also take in Ki from the air we breathe and absorb it through our auric fields. Ki energy is everywhere; it is the connective force of the Universe meaning there is a limitless supply.

Types of Energy Healing

There many types of energy healing -- I can't possibly list them all here. My goal here is to give very brief overviews of some of the more widely known kinds.

Angel Healing

Through the guidance and energy of Angels, Guides, and the Archangels, healing vibrations are increased. This energy stream helps to release old patterns and heal emotional wounds of the past. Purity, love, and light replace these patterns and allow us to fully "live" our journey.

Aromatherapy

Aromatherapy is an ancient therapeutic art of blending essential oils distilled or extracted from aromatic flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being.

Affirmations

Affirmations are powerful statements that are used to build a positive internal dialog that can change your life on many levels - physical - improving not only muscle strength as recent studies have found but also supercharges your energy levels, mental - bringing your capabilities, strengths, talents, and skills to life and emotional - ensuring a happy outlook on life as your happiness and your success in life is determined by the thoughts you hold in your unconscious mind.

Colour Healing

Colour Healing is a complementary therapy for which there is evidence dating back thousands of years to the ancient cultures of Egypt, China and India. It can induce healing and regeneration of the body, balances mental stress and turmoil, expands and stimulates the mind, energizes and rejuvenates the body's energies, calms and relaxes tensions and anxieties.

Although the world is full of suffering, it is also full of the overcoming of it.

~ Helen Keller

Eventually you will come to understand that love heals everything, and love is all there is.

~ Gary Zukav

Forgiving does not erase the bitter past. A healed memory is not a deleted memory. Instead, forgiving what we cannot forget creates a new way to remember. We change the memory of our past into a hope for our future.

~ Lewis B. Smedes

I've experienced several different healing methodologies over the years -counseling, self-help seminars, and I've read a lot but none of them will work unless you really want to heal.

~ Lindsay Wagner

Healing is a matter of time, but it is sometimes also a matter of opportunity.

~ Hippocrates

Crystal Healing

Crystal healing is an alternative medicine technique that employs stones and crystals as healing tools. Crystals are placed on different parts of the body, often corresponding to chakras, or crystals are placed around the body in an attempt to construct an "energy grid", which is intended to surround you with healing energy.

Homeopathy

Homeopathy is a system of medicine which involves treating the individual with highly diluted substances, given mainly in tablet form, with the aim of triggering the body's natural system of healing. Based on their specific symptoms, a homeopath will match the most appropriate medicine to each patient.

Reiki

Reiki is a Japanese holistic, light-touch, energy-based modality. Working as a support mechanism to the body, Reiki re-establishes a normal energy flow of ki (life force energy) throughout the system, which in turn can enhance and accelerate the body's innate healing ability. It allows for the unencumbered flow of energy through the body through a series of hand positions either directly on or just above the body. The body then draws off the amount of energy that is required.

In a few decades scientists have gone from a conviction that there is no such thing as an energy field around the human body, to an absolute certainty that it exists. Moreover, science is explaining the roles of energy fields in health and disease. The main reason for the recent change in outlook is the development of sensitive instruments that can detect the minute energy fields around the human body.

~James Oschman, PhD~

Live your life from your heart. Share from your heart. And your story will touch and heal people's souls.

~ Melody Beattie

All healing is first a healing of the heart.

~ Carl Townsend

Healing may not be so much about getting better, as about letting go of everything that isn't you all of the expectations, all of the beliefs and becoming who you are.

~ Rachel Naomi Remen

Healing yourself is connected with healing others.

~ Yoko Ono

The Chakras

Chakra is a Sanskrit word meaning wheel, or vortex, and it refers to each of the seven energy centers of which your consciousness, your energy system, is composed.

These chakras, or energy centers, function as pumps or valves, regulating the flow of energy through your energy system. The functioning of the chakras reflects decisions you make concerning how you choose to respond to conditions in your life. You open and close these valves when you decide what to think, and what to feel, and through which perceptual filter you choose to experience the world around you.

The chakras are not physical; they are aspects of consciousness in the same way that the aura is an aspect of consciousness. The chakras are more dense than the aura, but not as dense as the physical body.

They interact with the physical body through two major vehicles, the endocrine system and the nervous system. Each of the seven chakras is associated with one of the seven endocrine glands, and also with a group of nerves called a plexus. Thus, each chakra can be associated with particular parts of the body and particular functions within the body controlled by that plexus or that endocrine gland associated with that chakra.

All of your senses, all of your perceptions, all of your possible states of awareness, everything it is possible for you to experience, can be divided into seven categories. Each category can be associated with a particular chakra. Thus, the chakras represent not only particular parts of your physical body, but also particular parts of your consciousness.

When you feel tension in your consciousness, you feel it in the chakra associated with that part of your consciousness experiencing the stress, and in the parts of the physical body associated with that chakra. Where you feel the stress depends upon why you feel the stress. The tension in the chakra is detected by the nerves of the plexus associated with that chakra, and transmitted to the parts of the body controlled by that plexus. When the tension continues over a period of time, or to a

Root Chakra - Represents your foundation and feeling of being grounded. It is located at the base of the spine in tailbone area.

Emotional issues: Survival issues such as financial independence, money, and food.

Sacral Chakra - Your connection and ability to accept others and new experiences. It is located in the lower abdomen, about 2 inches below the navel and 2 inches in.

Emotional issues: Sense of abundance, well-being, pleasure, sexuality.

Solar Plexus Chakra - Your ability to be confident and in-control of your life. It is located in the upper abdomen in the stomach area.

Emotional issues: Self-worth, self-confidence, self-esteem.

Heart Chakra - Your ability to love. It is located at the center of chest just above heart.

Emotional issues: Love, joy, inner peace.

particular level of intensity, you create a symptom on the physical level.

The symptom speaks a language that reflects the idea that we each create our own reality, and the metaphoric significance of the symptom becomes apparent when the symptom is described from that point of view.

Thus, rather than saying, "I can't see," it would be described as a person keeping themselves from seeing something. "I can't walk," would mean the person has been keeping themselves from walking away from a situation in which they are unhappy. And so on.

The symptom serves to communicate to you through your body what you are doing to yourself in your consciousness. So when you change something about your way of being, getting the message communicated by the symptom, the symptom has no further reason for being, and it can be released, according to whatever you allow yourself to believe is possible.

Understanding the chakras allows you to understand the relationship between your consciousness and your body, and to thus see your body as a map of your consciousness. It gives you a better understanding of yourself and those around you.

Weaknesses in your Chakra System... Can Sabotage your Life!

The sheer scope of challenges you face in life can be jarring, which is why learning about your Chakra System is a priceless lifelong asset.

This comprehensive Chakra Course will give you a full understanding and background of this unique part of the human energy body and exactly how the chakras affect you!

10% Off The Chakra Course

Your Discount Code is ... healing4u4 ...

Learning to manage your chakras puts your life back in your hands by allowing you, at any given time, to know which area of your life needs improving, and most importantly to know exactly how to improve it.

Throat Chakra - Your ability to communicate. It is located at the throat.

Emotional issues: Communication, self-expression of feelings, the truth.

Third Eye Chakra - Your ability to focus on and see the big picture. It is located at the forehead between the eyes. (Also called the Brow Chakra)

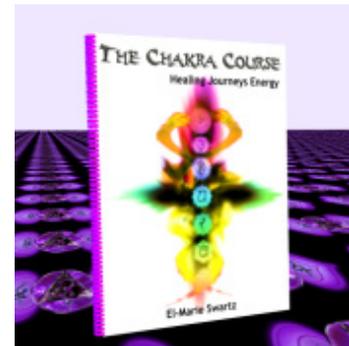
Emotional issues: Intuition, imagination, wisdom, ability to think and make decisions.

Crown Chakra - Represents your ability to be fully connected spiritually. It is located at the very top of the head.

Emotional issues: Inner and outer beauty, our connection to spirituality, pure bliss.

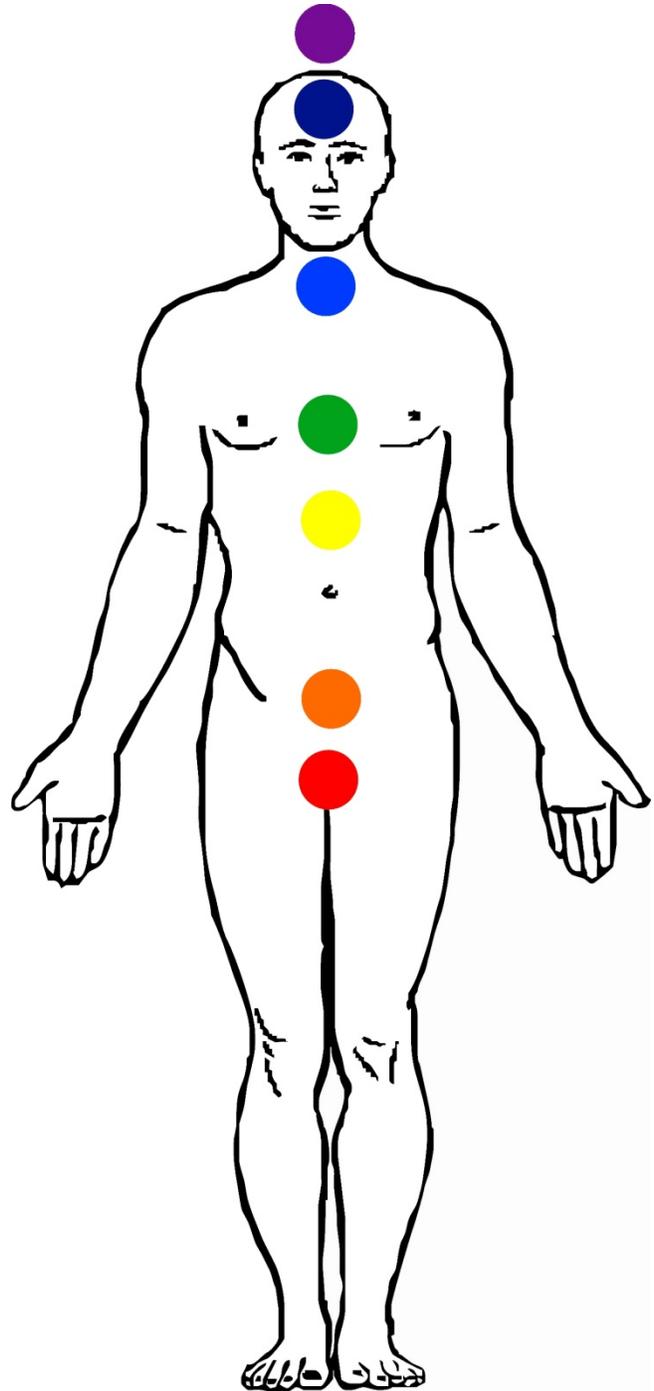
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Chakra Diagram

- CROWN
- BROW / 3RD EYE
- THROAT
- HEART
- SOLAR PLEXUS
- SACRAL
- ROOT / BASE



The Aura

The human aura is a field of subtle, luminous radiation surrounding you and extending outward from your physical form, it's a living energy body made up of invisible subtle matter or etheric matter. Auras are related to the electromagnetic field of the body and serve as a visual measure of your mental, emotional, physical and spiritual states.

Everything that you do or think affects your aura so it is usually in a state of flux, ever changing, based on your mental meanderings and physical health. Your aura is also affected by the energies of the environment, the force fields of the planet and the radio frequencies that interpenetrate all forms of matter. Your aura is an electronic signature of who you are.

Think of your aura as your own personal energy field that protects you from harmful outside influences.

Just like your visible physical body, it has a head, two eyes, two arms and so forth. In other words, the aura is a mirror image of your visible physical body and is also known as the etheric double or etheric body.

Your aura is also made up of different layers. Some of these layers follow the body's contours while others form the shape of an oval, which is commonly known as the auric egg. This "auric egg" emits out from the body approximately 60 centimeters (2 feet) to 90 centimeters (3 feet) on all sides. It extends above the head and below the feet into the ground.

These energies make you what and who you are and in turn, are affected by your surroundings and life style. It reflects your health, character, mental activity and emotional state. It also shows disease - often long before the onset of symptoms.

There is a misconception that your auric body/field is always the same and it is just that, a misconception. It changes with emotion, feelings, thoughts, spiritual awareness and even your health, but one colour may remain more prevalent than others. A special type of photography called Kirlian photography has even been able to capture the aura on film.

*The **Etheric Layer** or first layer of your Aura is associated with the physical aspects and awareness of your material body and is related to the First (Root) Chakra.*

*Your **Emotional Layer** or Second Layer of your Aura is associated with your vibrational level of inner feelings and related to the Second (Sacral Plexus) Chakra, the emotional aspects of your life and being.*

*The **Mental Layer** or Third Layer of your Aura is associated with the vibrational level of thoughts and mental processes of your ego and is related to the Third (Solar Plexus) Chakra as well as your personal power.*

*Your **Astral Layer** or Fourth Layer of your Aura is associated with areas of expression on a physical, emotional and mental level and is related to your Fourth (Heart) Chakra.*

Most people consider the material world and the physical body to be the only reality that exists, as only these things can be discerned with the physical senses and grasped by the rational mind.

However, physics states that everything is energy and energy is never lost in the universe, it is merely transformed. The power at work behind the body's material appearance with all its functions and capabilities consists of a complex energy system without which the physical body could not exist.

This system of energy consists of three basic components:

- ❖ The aura or the subtle or energy bodies.
- ❖ The chakras or energy centers.
- ❖ The meridians, nadis, or energy channels.

Dis-eases are caused by the depletion or congestion or blockage of chi, prana or life force energy in this energy system. These abnormalities can be seen and in a lot of instances they are distinguished by certain colors seen in the different layers of the energy body.

Aura Balancing is a good idea to do from time to time to clear out any negative thought patterns and emotional blocks as well as to set a shield of protection around yourself thereby assisting your body to retain much needed life force energy.

YOU already POSSESS the most PRECIOUS of GIFTS!

... A magnificently splendid SELF-HEALING BODY!

Enroll for the Energy Body Course today and take part in this powerful and exciting journey. The time is now... take control of your own life and well-being!

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There is more to the human body than the physical body, your energy body... and you can like hundreds of thousands of people before you learn about this most precious of gifts, take the self-healing route and actualize joyous, vibrant disease-free health.

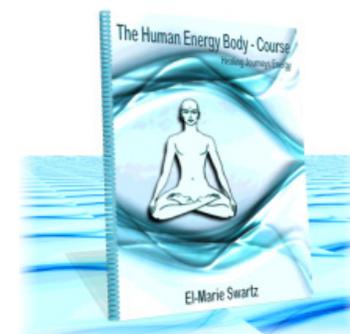
*The **Etheric Template** or Fifth Layer of your Aura is associated with aspects of your physical body and is related to the Fifth (Throat) Chakra.*

*The **Celestial Layer** or Sixth Layer of your Aura is associated with processes of enlightenment and related to your Sixth (Brow or Third Eye) Chakra.*

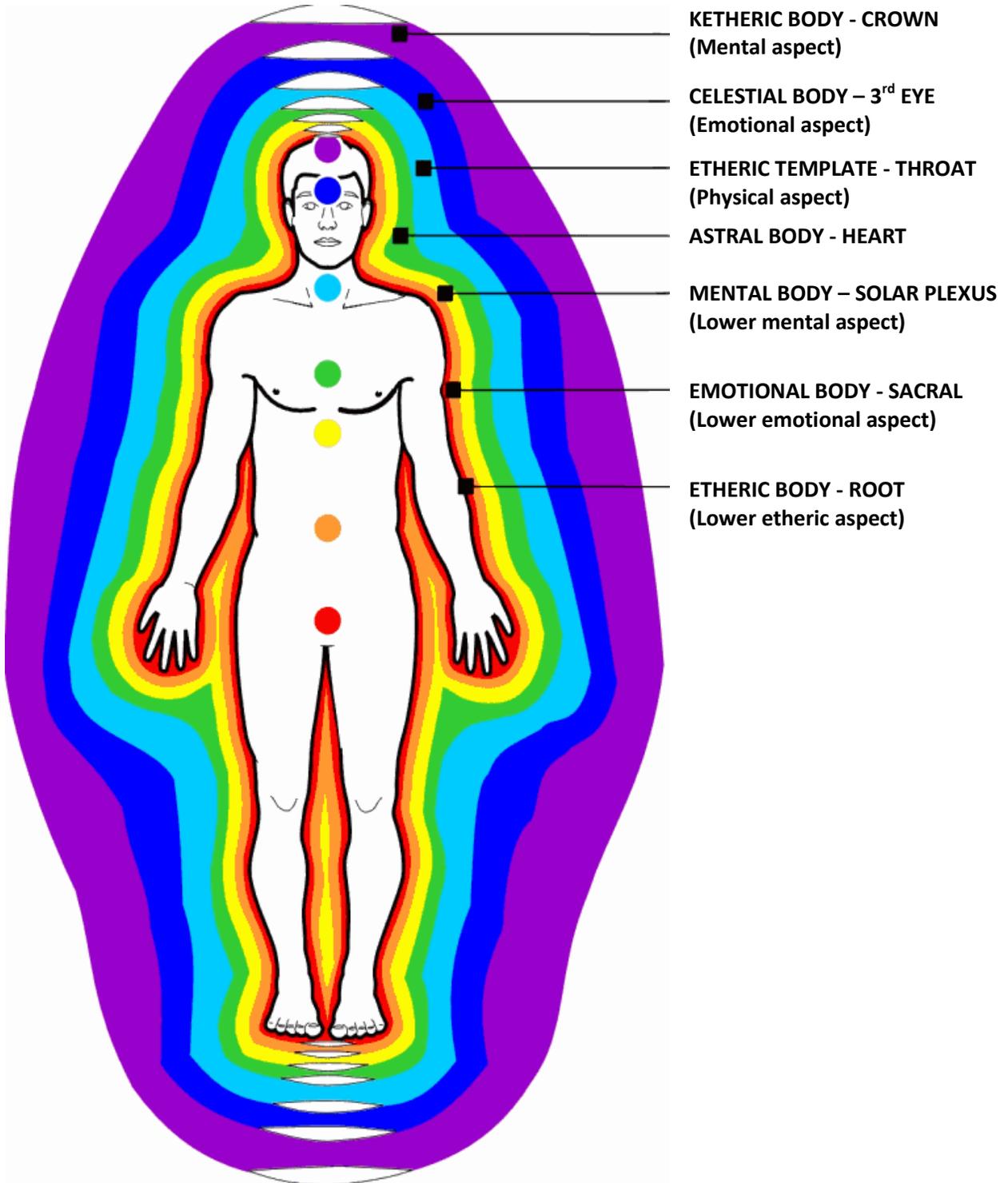
*The **Ketheric Template** or Seventh Level of your Aura is associated with the Divine or Universal Consciousness and is related to the Seventh (Crown) Chakra.*

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Anatomy of the Aura - Diagram



Angel Healing

The idea behind healing with angels is that by establishing this communication or connection with the angelic beings and their energy source, it becomes possible for you to identify, transform and treat a wide range of health ailments for yourself or others as angels and archangels have limitless healing capabilities and their desire to help you can free you from every issue, situation, physical or emotional pain, thought, pattern or program that underlie your ill health.

Healing through and with angels can be effective, instant and permanent. There are no restrictions of time and space. You do not have to be clairvoyant or psychic to experience angel healing as the veil that separates us from the angelic kingdom is very thin.

It is important to note that angel healing is not just about healing of your body, mind, or spirit. At times it has to do with receiving inspiration or obtaining guidance in making important decisions or choices that may alter the direction of your life.

Angel healing may also help you to become free of self-destructive habits, bring inspiration, solve problems, provide protection, improve your relationships or may even involve helping you learn how to forgive yourself or someone that has hurt you deeply.

There is no task too large or small for them to handle as they are omnipresent, which means that they are everywhere and can help everyone including you simultaneously.

Ask for their help...

All angels and archangels need from you is that you ask their help, give them permission and allow them to remove issues, cut through negative energy cords, shield you from psychic attacks, dissolve pain or release you from your past and your willingness to fully let go.

Because the "Law of Free Will" states that everyone is blessed by God with the right to make decisions based on their personal beliefs and although the angels always know what is best for you, they will not intervene on your behalf without your permission.

Not only have we all heard about the gentle angels and their healing angel energy but we've been completely fascinated by them for centuries.

I have no doubt that you have heard many incredible stories of people being whisked out of dreadful situations by angels; appearing from nowhere and helping people heal their lives.

At this momentous time in the history of humanity and the Earth, the angelic realm is making themselves and their healing angel energy available to you to be called upon for their divine help and guidance.

So much knowledge and information that has roots deep in the past is surfacing giving you the opportunity of understanding your unique and important role as the creator of your own reality and therefore the "All that Is".

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