

## Centering Emotional Life and Physical Body thru Touch

by Nettie Meissner

### A THOUGHT FOR THE DAY

No-one can choose your mountain or tell you when to climb...

It's yours alone to challenge at your own pace and time.

By: Patricia J. Hacker-Harber

Bernie Siegel and other emotional-body advocates have stated that a mind has the power to produce and maintain illness as well as being an effective healer. Some people remain ill because at some time they have chosen to do so. The mind-prayer within us can be opened to healing, only if allowed. Because of the choice to remain ill, the healing powers within us are rejected by our energy fields. Allowing yourself to stay emotionally upset will hinder your bodily functions by causing constrictions, therefore slowly closing down the physical body.

Never let the sun go down on your wrath. This tells us that we must forgive and work at forgetting. Sleep on the problem and if you are still angry, then it is worth talking about. Some people get pure joy from making life miserable for others because they have a problem with reality. When you think about it, they are angry at themselves for being angry at others. Many major diseases have been put in remission with a combination of physical and emotional release. The emotional link is to forgive and use prayer as the strengthening hand.

Much research has been done by Walter L. Weston, D.Min. about how we can get caught up in a destructive emotional state. Studies have been done showing that twelve to eighteen months prior to an onset of major illness, a tragedy usually occurred and the person has not let go. Normally much rage and resentment (divorce, death, being left alone) still burning within will break down the immune system and now the major problem has developed. Along with the treatments, Dr. Weston has counseled many people into remission. It normally hold as long as you let go and let God. When you are ill, this is the time not harbor any ill, try to let go and remember that your life has to change. Diet and exercise, a sense of re-evaluation of who

you are, where to go, and a plan to get there is of major importance.

The late Dr. Christopher believed to cure an illness using God's natural methods was the way. Before his death, he taught Dr. Richard Schulze everything he could think of about how nature with her cleansing ability can cure with the help of herbs. Dr. Schulze with his world wide knowledge of herbs and how to mix and apply them has helped many people thru major illnesses. One of the more important things he talks about is why herbs and vitamins don't work. Here are a few reasons why herbs don't work. Other countries do not have the regulations we do, and toxic waste dumps will burn next to the fields of herbs. Bales of herbs are sprayed before leaving the ship, and then we fumigate and irradiate herbs because of our laws for cleansing. What does one do? Most tinctures have little, if any product in it.

Make your own tinctures by soaking the proper herbs in proper alcohol, starting on the new moon to the full moon, 14 day cycle. A bitter tincture should be BITTER, to make you shrug your shoulders. Read, look and learn from many books and any other source to help you to make the real thing. To get well, we have to take back herbalism from the herbal companies and take the responsibility for our own health. Doctors are to help us when we can no longer help ourselves.

In this fast pace world today we have moved away from touch because some have abused it. Touch can be like a sweet elixir dripping from the top of the head and seeping thru every inch of our body. It is like the kiss of the sun, the breath of fresh clean air, the taste of water on our tongue. Now you know why all things work together and no one thing is all in itself. Reflexology, Touch for Health, Spiritual Guidance, Herbs, Diet, and

Meditation are only a few of the important needs.

To help you reunite your mind-body, use this meditation as an example;

Sit comfortably, feet flat on the ground, (floor) hands on lap open and facing up. Close your eyes and listen carefully, let the white light from the sky come down and surround you gently, now let the yellow of the sun's energy come down through your soft spot in the head and let the warmth roll around in your brain to energize and heal the stress as it moves down through your ears and neck onto the stressful shoulders. As you look in your minds eye to the blue sky above with its peace and tranquility, the yellow sun has reeked through your whole body and peace and healing has relaxed the spine. The green of the grass has started its rich energy up your toes, into your legs, and you feel the security of its healing. By grounding the feet into nature, your energy will drain and seep into the earth and the earth will replenish with good energy and peace. Now that you have been nourished with the clarity of the white light, blue peace of the sky, yellow

rich energy of the sun, and the green peace of nature, it is time to come back to reality. Relax a moment and then open your eyes. At any time of confusion in your life, dash back to the moment of peace and tranquility for breath of freshness.

Learning to center emotional life with physical body thru touch can take a few moments or minutes. Learn and practice, for this can be the great escape. Megatrends, states, "the more high tech, the more high touch is needed."

#### References:

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