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Short Communication

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Self-Healing

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Effective healing is about self-mastery. Our body is a system of energy that we can operate in harmony or disharmony. The divine power that loves us enough to give us life challenges has the ability to wisely provide all that we need to resolve them in a good manner.

Self-mastery is about creating and maintaining perfect health on a physical, emotional, mental and spiritual level, in a way that respects and harmonizes with all. If we know how to release all of the energy of negative emotions, then we learn how to be balanced.

“Alternatively, simply release all harmful vibrations with this affirmation: I now release all dross, all toxicity, all pollutants, all stress and all negative emotions stored in my cellular memory and everything that no longer positively serves me at this point in my life! Affirm: In joy, in safety, in harmony I step into the unknown. I willingly embrace all that is for my highest good [1].”

We need to have faith in the healing path, focus on fulfilling it and harmonizing ourselves back into health, faith that we can regain health. This is part of healing process. It is about having faith that our body has the innate intelligence to self-heal. If we feel our time is completed, we can exit consciously, however, it can also mean that we are on the crossway and we can choose different mission and continue to live in the same body. All we need to do is ask and then focus – with faith – on applying what we receive.

The journey of harmonious health is also the journey of enlightenment, as the light that we are in essence flows most brightly within us the more we are in harmony within. The more it flows, the healthier and happier we become. Having the faith in its-ability to heal us is a challenge that we all face from time to time, for everyone needs to be healed of something – whether it is deadly disease or feelings of loneliness, sadness or separation or the mental illness or greed or jealousy or the spiritual illness of “one way, my way” and self-righteous behavior.

If you are healthy and your chakras are all healthy we are able to maintain healthy body, mind and spirit. “Closing second chakra

in response to emotional or sexual issues destabilizes your energy center that houses your emotions and your gender sexuality, you cannot move beyond your difficulties. How can you, when this basic life energy, healing ability, and information is unavailable to you?” [2].

When the second chakra is open and flowing with healthy, clear, warm orange energy, the body has a peaceful and sensual fluidity. It confers an emotive, responsive connection to nature, to animals and humans, to the self, and to the spiritual world. A healthy gender balance creates deeply nurturing, focused, and capable people who are also spiritually aware and emotionally responsive. People with healthy second chakra have a very deep understanding of the flow of events and people around them. By connecting to their own emotions, they connect to the world.

Energy troubles in your aura are a reflection of what is going on in your life, but the root cause of the troubles can usually be found inside your chakras. Keep grounding. Keep things simple. Go back to the place where you were overwhelmed, and you will find that you can come at the issue differently. By keeping your feet on the ground, you will learn how to fly. When you fly over your own issues, you won't have time to look down on other people.

“Life force is the central core of every enzyme, or you might say that enzymes are one of the vehicles through which life force works to make things happen.

Life force is the key to the spectacular feats of the yogis. It is said that some yogis have been able to live buried underground for weeks at a time. Some can heal a life-threatening disease by touching the patient. Others are able to prolong their lives for hundreds of years. They can, without effect, drink poisons that would kill an average person; cobra bites have no effect. All these feats are based upon their ability to control life force. [3]”

The aura is the radiant life force surrounding all living and so-called non-living substances of the Earth, such as water and rocks.



“The word “aura” is derived from the Greek aura meaning breeze because it is said to be continually in motion. It shimmers and alters in color depending on our thoughts, emotions and physical state. Muddy colors in the aura indicate negative emotions or ill health; clear colors are generally a positive sign.

Although psychics describe the aura differently (according to their own level of psychic perception), it is generally agreed that the aura is composed of at least three layers or levels. These levels vibrate at different frequencies. The physical body or matter vibrates at the slowest or densest frequency; the subtle body, like electricity, vibrates much faster and for this reason we are usually unaware of its existence.

“The function of etheric body is to receive and transmit energy or life-force (prana) from the air we breathe.” [4]

“We are all born with a vital energy life force. In its microcosm, it can be understood on an atomic level in terms of the cellular structure, as the very essence and core of our existence. The specific energy areas discussed are related to basic human needs and emotions. We will focus on the basic human needs to be loved, close, intimate, and warm, and the basic human feelings such as fear, sadness, anger, pain, anxiety, and hopelessness.

The body-mind constantly strives for balance, harmony, and homeostasis. When a force acts upon the body-mind from within or without, there is a reaction, and the entire system may be affected. The homeostatic forces are constantly in operation, seeking to create the necessary exchanges to maintain the vital life force [5].”

Toxicity in the form of acidic waste is the primary cause of degenerative disease. Pure air is invigorating because with the acidic, toxic pollutants removed, it carries more oxygen. This additional oxygen is transported by the blood to the cells, where the process of respiration into energy converts it. Increasing the body’s energy level not only promotes a sense of well-being but also enables the metabolic processes within the body to work efficiently in eliminating the acidic wastes that lay the groundwork for degenerative disease.

“When you sleep on a magnetic pad or place a magnet anywhere on your body, the positively charged ions in the iron in the blood are attracted to the negatively charged ions emitted by the magnet. This increases the blood supply in the area, and this increased blood flow oxygenates the tissues, reducing acid wastes and the inflammation they cause. Dr.Philpott says that he has normalized high blood pressure in individuals with magnetic sleeping pads, which lower blood pressure by removing the fatty plaque buildup on artery walls [6].”

Diet advocates a sensible food-combination program in conjunction with herbal medicine therapies to balance the positively charged acidic particles in the body with the negatively charged particles.

Ayurveda teaches that each individual has the power to heal himself. This science of life offers everyone the freedom to recover health by understanding the body and its needs.

“Fundamental to the individual’s ability to remain healthy, according to Ayurveda is the maintenance of a sound diet and a stable, healthy routine. Also important are the pursuit of traditional practices such as yoga and breathing exercises: and an understanding of the spiritual practices that can create harmony and happiness [7].”

The intake of the food should be regulated by the condition of the agni, the digestive fire in the body. Do not eat unless you feel hungry and do not drink unless you are thirsty. Do not eat when you feel thirsty and do not drink when you feel hungry. If you feel hungry, it means your digestive fire is enkindled. If you drink at this time, the liquid will dissolve the digestive enzymes and the agni will be reduced. It is food that nourishes the body, mind and consciousness. How you eat is very important. While eating, one should sit straight and avoid distractions such as television, conversation or reading. Focus your mind upon and be aware of the taste of the food. Chew with love and compassion and you will clearly experience the taste.

Raw foods are full of enzymes. Cooked and processed foods have none, for enzymes and many vitamins are destroyed at a temperature of about 118 degrees. Enzymes play a vital part in the digestion of our foods, in fighting disease, in breaking down foreign matter, and supporting our immune system. Some theories state that cooked foods draw from our internal enzyme reserves, depleting the body’s precious life force.



Exercise eliminates toxins and mucus and hard breathing helps draw the life force back in. It is, however, dissipated or destroyed by drugs, negative emotions and dead foods. Foods that have been cooked, frozen, canned or processed have had the life force removed. Each time dead foods are consumed; we are, in effect, killing off our energy, our health.

On the other hand, eating raw foods helps build the life force and energy while keeping the body free from congestion. Eating raw food fuels, the body like a battery charger. That same prana which comes from the sun is stored in fruits and we absorb that energy when we eat fruit. Once we have eliminated all congestion from the body, mind, and emotions, obstructions to the flow of life force are eliminated and greater amounts of energy can circulate through the body and being. Without congestion, the cells easily repair themselves.

It is important to drink plenty of water each day. Drinking fresh juices made from organically grown fruits and vegetables on a daily basis is one of the wisest and most important things anyone can do to achieve and maintain good health.

As mind creates body, so body influences mind. Cleansing is essential to transformation. "The Cleanse and Purify Thyself Series offers a comprehensive look at how to restore healthy digestion, vitality and how to remove negative emotions that block metabolic processes [8]."

We are also achieving spiritual growth and emotional cleansing if we stop criticizing ourselves and others, strive to eliminate all guilt, and stop telling ourselves and others how bad it is for us. What we criticize, we become. Anything we run from chases us. But to admit our weaknesses, face them, takes away all the power of our desire monster. There are some who apparently had never created these overwhelming desire entities, and they can just say, "Well I'm not going to have this anymore."

"Choice not chance, determinates human destiny."

-Anonymous

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Conflict of Interest

Author declare no conflict of interest.

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