

# HEALING

*by Marijke De Coninck*



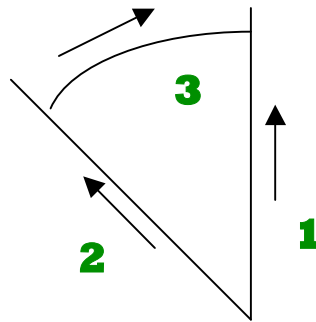
I have been blessed to have the possibility to guide many people on their healing path during the past years; I think, actually, that healing is one of the big aims of our being here on earth. In this lifetime we are all on our healing path and as a teacher or a counsellor this is no different than for each of you. We are all walking on the same road, albeit one is a bit more further ahead and looks behind to warn the others, where the traps are, the stones where you can trip. Others are even further ahead and warn the others who are behind. They teach you how to avoid the traps or how to get out of them.

**To HEAL is something completely different than TO CURE.**

Lots of people heal from physical problems but never heal fully. Others heal but never cure. I will try to explain myself more clearly; when we incarnate ( Lat., incarnis = to come into the flesh ), we see our destiny very clearly, we arrive on earth with a purpose Fig. 1 (arrow 1) but we stray from our path and often this is due to our upbringing, our education and circumstances Fig 1 (arrow 2), we were trained to "behave", to do what others expected us to do, to make them happy, to fulfill their expectations. How often did we hear: "If you behave this way, you'll be my good little girl or my good big boy ".

Some parents, teachers and partners succeed in getting you to live your life the way they want you to and often that was the life they wanted to live. It is perhaps like they took your power away and tried to possess your body. You became scared and thought that a situation had to be a certain way. Deep inside you, you are not happy with what happened and with yourself because you are not in contact with yourself and with your core, with your source, with your 'Higher Self'. You are not the light that can shine fully; your ki (energy) doesn't flow freely. Sometimes you are in touch with yourself and your feelings, but you escape into your work or into food or into drinking alcohol

**FIG 1**



Until at a certain moment in your life, the ground under your feet threatens to disappear: you are diagnosed with a life threatening disease or your partner leaves you for someone else, or your company goes bankrupt or you have a severe car accident..... All in a sudden moment, it doesn't matter anymore, you don't want to please anymore, you want to heal your wounds and you want to go back to the source; you want to become the light that shines. Our non-active lifestyle contributes to this process taking us back to the master inside you.

The way back Fig 1 (arrow 3) is a jump, a leap, in the dark, into the black hole. You don't know where you'll arrive, this is unknown however we all want to jump but how bad it is here? this is known, the other side not.

The way back is our spiritual journey we are travelling. Often we undergo physical changes, we start to make conscious decisions concerning our eating and lifestyle habits and by doing this we cleanse our body. This phase often goes along with ELIMINATION (getting rid of old poison in the body). We commence a big cleaning of our body

and by using clean food, we make clean blood. Our blood nourishes every cell of our body.

What often prevents us on a physical level to let our energy flow freely is a condition which is called:

## **ARTERIOSCLEROSIS**

Arteriosclerosis is one of the most common problems of our time, children in the USA are diagnosed with arteriosclerosis from the age of 10 years onwards. We find the cause in our daily eating pattern which contains too much saturated fat that sticks to our arteries and in the end to the whole body. After using saturated fat for years, it is like as if body glues completely together.

I compare this often with frying sausages in a saucepan, if you cool them down, they set. You don't throw that fat into your sink because you know it will stick together and will block your drain, but everyday we throw saturated fat (as in eggs, cheese, milk, yoghurt, cream, butter, meat, ice cream, chocolate, cookies,... in our body and we use our body often as a bin. The more we do this, the more we create the possibility of clogging the body completely which hardens every part of the body.

The more we learn how to love ourselves, the more we respect our body and look after it. These are acts of spiritual mastership, we don't use food anymore to deaden ourselves and not as a tool to deal with our emotions.

Saturated fat (from animal food) collects in all the cavities of the body, the lungs, prostate, ovaries, sinuses, ears, brain, breasts, uterus,..... Our non-active lifestyle contributes to this process. Activity together with eating a healthy, balanced diet, belongs here to our **PHYSICAL HEALING**.

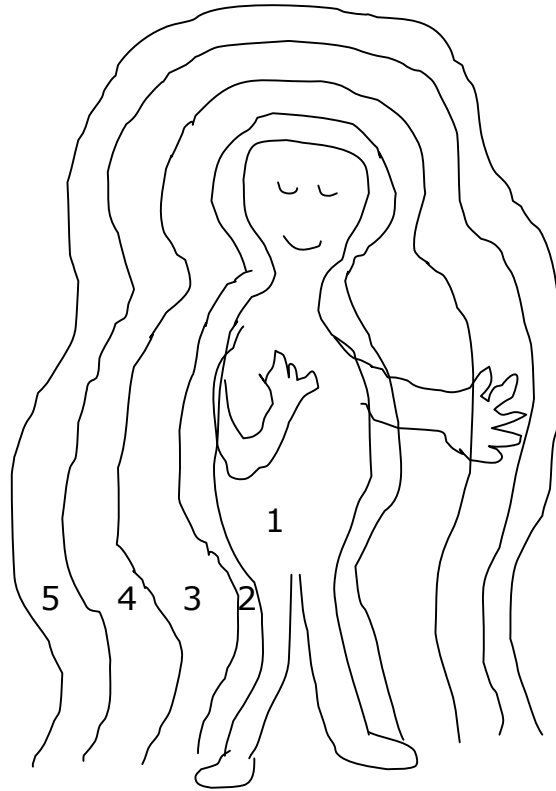
Getting blocked on a physical level makes separation in the body. The body functions slow down and we block the ki in the body.

**TO HEAL** is the opposite of **TO SEPARATE**.

**TO HEAL** = bringing us back together again from where we were separated from.

Separation on a physical level-1- .When we start the healing process we heal on all levels and that includes our etheric -2- body, our emotional body -3-, our mental body -4- and our spiritual body -5-

**FIG 2**



## **EMOTIONAL HEALING**

We cannot separate our physical body from our emotional body. Each of our organs hold certain feelings the more we are blocked, the more negative feelings we pile up.

Our LIVER and GALL BLADDER are holding, our PATIENCE when in harmony,

When out of balance our RAGE, ANGER, IMPATIENCE, IRRITABILITY

Our LUNGS and LARGE INTESTINE are holding our ENTHUSIASM, when they are in harmony

SADNESS, STUBBORNESS, MELANCHOLY, DEPRESSIVION, when they are out of harmony

Our HEART and SMALL INTESTINE hold in harmony our JOY. When out of balance it changes into HYSTERIA and SEPARATION from our heart

Our KIDNEY, BLADDER and SEXUAL ORGANS hold in harmony our COURAGE, WILLPOWER, ENDURANCE when out of balance we feel FEAR and sometimes feel RECKLESS

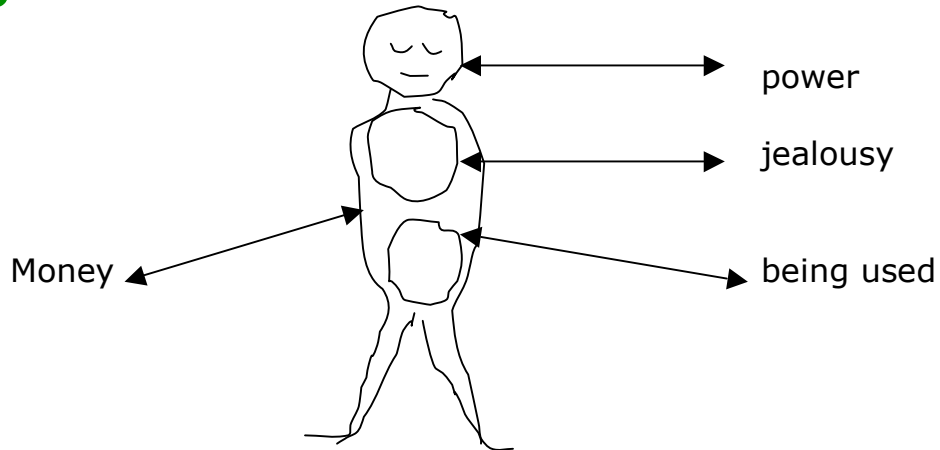
Our SPLEEN, PANCREAS, STOMACH are holding, in harmony our SYMPATHY, our SENSITIVITY, our EMPATHY, our COMPASSION. Out of balance we feel WORRY, we are CONCERNED, we become easily CYNICAL, suffer from OBSESSIVE BEHAVIOUR, OVER-SENSITIVITY.

By healing, by going back to looking at our feelings, by allowing the feelings, we heal deeply. Our physical and emotional body strongly influence each other. Real healing, real changing is always on a variety of different levels; to change, we need time, commitment and practise. Deep emotional healing encompasses looking at and going through our fear, our anger, our sadness. If we face this, we can feel compassion for ourselves in order to meet our needs. By changing our lifestyle we meet our needs and start to feel gratefulness for the lessons we've learned. We start to feel joy and love : UNCONDITIONAL LOVE

Unconditional love doesn't act out of control or out of needyness but flows from the heart, from the well of love, the universal love.

Emotional healing, is bringing back those parts we were separated from, back into the hole, to feel the oneness again. We all have our dark sides, our dark agenda. We all have our wounds to heal, wounds that are connected with power, jealousy, being used, money, ...which we can bring back into the light of love.

**FIG 3**



Once we discover our deepest patterns, which are often there for generations, we can break free of them and gradually they 'll be changed. We free ourselves from our karma, even: we change karma from the past, from our parents and for the future, for our children. This is our SPIRITUAL HEALING which includes moments of silence, prayer, reflection, meditation. Techniques such as breathing and energetic exercises can help us accelerate the process. To support this healing process it is important that we "know" what we are doing, to acquire insights in cause and effect or the result of our acts. This helps us make the choices we are making. If we understand why we are doing certain things, we can make profound changes without blaming others or ourselves, but with a deep understanding for the laws of nature and our dear body, which is the house where our soul lives, then we can act.

Feeling guilty doesn't help us. We all know where we are up to at that very moment in our life. As a watcher, we look at ourselves and discover that actually there is no good or bad, just cause and effect. To understand this, we become milder towards others and ourselves and start to forgive. Forgiveness is the path to "feeling the love in our heart".

About all these "tools" and levels of healing are what I want to write about in the coming newsletters. If you have a question, concerning your own or others physical, emotional, mental or spiritual health, please contact us and I'll write about it in the next newsletter. You can also contact me for personal consultations  
email: "de.meridiaan" [de.meridiaan@gmail.com](mailto:de.meridiaan@gmail.com) with two aa's!

With love,  
Marijke