

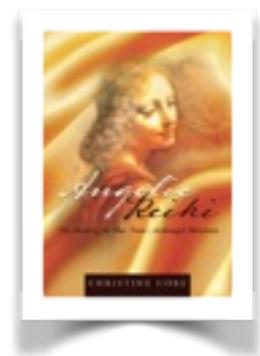
# Self Healing

A founding philosophy of Angelic Reiki is that in these turbulent and challenging time we are to hold a still centre in the storm and for this to be an anchor point for or family, friends, community and this earth. This can only be done if our own stuff can be moved beyond. This can only be done from a connection to the divine self. This is our primary 'duty' before setting out to heal others or teach.

It is a personal journey of discovery, personal discipline and empowerment. Many of the challenges are describes in the Angelic Reiki book many of these insights born our of our journey together with cancer. (Please see side bar)

Below is a chapter from the book giving information which is useful for the traveller.

## CHAPTER EIGHT FROM THE ANGELIC REIKI BOOK



### **The Symptoms of Ascension.**

An interesting and unique phenomenon has been occurring since the Harmonic Convergence in 1978. This phenomenon has affected virtually everybody on the planet to varying degrees over the last thirty-two years. It started, remarkably with what in the West was called *Yuppie Flu*.

It is important here to look at the relationship between the physical bodies and how we feel and how we think; in other words the link between consciousness and chemicals of our body. There is a lot of medical research that shows that what we think and feel affects how our nervous system works and the balance of hormones in our endocrine system. The endocrine system is our chemical communication and feedback system that influences almost every cell, organ and function of the body. We are familiar with the physical feelings associated with fear. It is not just an emotional experience. There is an increase in the amount we perspire; we get sweaty hands, and sometimes tremble. So just with the feeling of fear, the whole body changes how it works and this is due to a hormone that is released by the endocrine system. This is a relationship between thought, feeling and physical body with which we are all very familiar. It does not stop there though. All our feelings and emotions are preceded by a thought. That thought triggers a related emotion and a physical response.

The acceleration of the Ascension process started in 1987. As this has progressed, we have become more and more aware of the changes that it is bringing. These changes have not just been the external ones that are on the daily news, but there have been great changes in how we think and feel. There are more people aware of spirituality now than probably since the time of Atlantis over 11,000 years ago. This awareness has increased rapidly over a comparatively very short period of time. The changes in energy are actually affecting everyone but for those spiritually aware this effect has been the greatest.

We have had a change in consciousness and a corresponding change on a physical level. These changes are probably greater than you would ever imagine, and have occurred quickly. It has sometimes been difficult for the physical body to adapt. This processor of adaptation has created physical sensations which have been very similar, if not identical, to symptoms of diseases.

The unique phenomenon, which many people are experiencing, is of physical symptoms being like those of the disease but without any pathology being present. At the moment, we have an unusual situation where physical symptoms are being felt, but there is no disease state.

This is a difficult situation for both healers and the medical profession alike. I have talked to many people who have either experienced for themselves or have known someone who has undergone medical investigation because of symptoms they were experiencing, but no problem was found. Not understanding what is going on here can be a challenging situation.

The Ascension process that the whole of humanity is experiencing is causing physical changes as well as changes in consciousness. In fact, it is impossible for there to be changes in consciousness without these being mirrored in the physical body. There are cellular, molecular and DNA changes. On a chemical level, this is involving the endocrine system and the chemical makeup of cells. Changes to brain structure and the nervous system are also occurring. There are also physical responses to emotional cleansing.

This situation needs to be handled very sensitively in terms of the information and recommendations that healing practitioners pass on to their clients. Part of our purpose as the healer is to pass on information so that the client can make an informed choice. Below are listed the *symptoms* which many people have reported in association with the Ascension process.

Kevin and I first experienced this phenomenon in our healing practices in the mid 1990s. We found that by making our clients aware of the various physical symptoms that can occur due to their changing consciousness alleviated their concerns. It is always important of course to recommend appropriate medical advice when symptoms of disease are displayed, but we found that for most people they intuitively knew what was true.

One of the main reasons Angelic Reiki was given at this time is to support us in moving gracefully through these changes.

## Physical Symptoms of the Ascension Process

### **Headaches**

These are one of the most common symptoms of change. Our brains are literally being rewired. As you probably know, generally we only use 5 percent of our mind's capacity and the good news is that more of its potential is being made available to us now. We also have used the two halves of our brain separately. The left-hand side is masculine, logical and analytical. This is the part of our brain that collects information from the past and uses that information to anticipate what might happen in the future. It is a very important part of our mind, but it is firmly fixed in 3-D in the way it is working at the moment. The right-hand side of the mind is feminine and intuitive. It already has the potential to understand that we are connected to everything. It does not see us as a separate individual. This means it can connect to a web of information, which is much vaster than the left, logical mind. It is from the right brain that we receive all our messages through intuition and insights, even sometimes predicting an event that may happen in the future. Part of the experience of being in separation has been for these two lobes of the brain to work independently and we have become over reliant on the logical part that only sees a limited picture. Therefore, as we move out of perceiving everything from this perspective of duality, the two halves of the brain are re-establishing connections. As our intuitive side becomes stronger and we start to take more notice of the insights and information that comes to us, this connection with the logical side becomes stronger and starts to influence it. Our brain actually responds in exactly the same way as training the body to any skill. If we want to play tennis or run a marathon, we practice the skills needed for this. The more that we practice taking notice of the intuitive messages from the female side of the brain the stronger these impulses will become and the greater the connection between the two halves of brains.

The knots in the Etheric aspect of the whole brain are untangling and this is bringing online some of the percentage of brain function that we have not been using for a long time. It is this that is enabling us to have new concepts and understandings of spirituality, creation and the world.

As these changes take place they are creating physical sensations and we feel these as headaches. Sometimes they are as strong as migraines and other the times they are simply a localised pain in a smaller area that passes quickly.

I recall when Kevin and I were teaching in Athens in the very early days of Angelic Reiki. We were teaching together as we always did and it was his turn to do one of the attunements. During this attunement, I felt an acute flash of pain from the left-hand side of my head through to the nape of my neck. It was nearly enough

for me to call out "Ouch." My analytical left-brain questioned what this might be. It searched its database of information and came up with the fact that it was probably a stroke. In the meantime, the right-brain was telling me it wasn't and just part of the activation. This war of the two sides of my mind continued for a couple of days. When I let the left logical side of my mind take charge and fear came in, I wondered what I should do. Luckily when nothing had happened to me for a week the logical side of me starting to accept what the spiritual part of me knew: it was just part of the activation. If I had not had the information that pain like this was possible due to changes in consciousness, then I would have been most concerned.

Headaches can also be experienced due to hormonal changes and this is more common for women.

If you work in a spiritually balanced way, which most people do, the opening of the crown chakra rarely causes pain. It does cause heat on the crown of the head and this can be both just a sensation and a physical reality.

Another symptom we can experience is a general tingling around the scalp. This is due to the electrical changes that are taking place in brain function.

### **Loss of Memory**

As these changes take place, our normal ability to remember things can change. I am sure a lot of you reading this will recognise this one. The main symptom has been, that, whilst long-term memory becomes more acute, short-term memory starts to fail. It can feel like a state of senility as you walk into the bathroom and cannot remember why you have gone there.

By far the best solution to this is to laugh. Worrying about all of these symptoms is part of the logical, left-brain function and simply tells that side of the mind that it still has an important part to play. All fear is generated by the left-hand brain which either references past information or responds to our fight and flight mechanism. Laughter causes our minds to relax. We can accept things as they are and not be concerned about this temporary state of senility. A new expanded awareness is coming online where are ability to remember the past and work out what to do is becoming less and less important. Synchronicity and intuition will take its place as we start to live more in harmony with the greater reality. It is a time of celebration, not concern.

### **Flu-Like Symptoms**

This can feel exactly like flu and it is a matter of speculation just how much of the reported incidence of flu worldwide are actual the disease, or are physical symptoms of the Ascension process. The Ascension process is creating emotional cleansing. Every past event and emotion is registered in cellular memory. The American researcher Dr. Candace Pert has done a great deal of work on this. This of course includes all of

our good memories and emotional traumas. Happy thoughts and emotions do have a different vibration than sad and traumatic ones. Specific research has been done on this; cataloguing the different levels at which various emotions vibrate. The lowest, densest vibration is that of shame. As our body and consciousness change these denser vibrations are literally spun out. The light that is infusing every cell and molecule of our body is dislodging all of these denser energies. On one level, we are experiencing this as a lot of emotional stuff coming up but it is also having a physical effect. This physical effect is experienced virtually identically to flu symptoms. It is very difficult to tell them apart and it would be reasonable to ask the question as to whether there actually is such a disease as flu. Every wave of a flu epidemic has come with a wave of energy that has flooded the planet. I leave this idea to your own intuition and discernment. As our body cleanses the lower density emotions, we experience a general malaise, lack of energy, changes in body temperature and sweating, dull headache, nausea, and lack of appetite and energy. These are also very similar symptoms to those experienced during a cleansing diet or fast. As our body cleanses, exactly the same process is taking place that occurs during fasting. Toxins, whether they are emotionally based or dietary and environmentally based, are stored in the deep tissues of the body. When we do something that triggers the body to cleanse, the first step is that they are released into the bloodstream. This is why we can feel so toxic when cleansing is taking place. This has been a very common experience and the best treatment is to, where possible, respond to the body's needs through rest and drinking plenty of water.

### **Changes in Energy**

It would be wonderful if over the last few years we could all take time off work because our energy was low. It is ideal if we can rest when we are going through a period of low energy, but this is often not possible. Symptoms of Ascension can definitely cause great variations in energy. Sometimes our energy can be high, but generally people have experienced times of low energy and sometimes even extreme exhaustion.

I can remember when I was doing my professional homoeopathy training in the late '80s and early '90s. One day I was sitting at my desk in my little office studying the healing properties of the various remedies, and I absolutely could not continue. I didn't even make it out of the door but felt compelled to just lie down on the floor where I was. I didn't feel ill in any way I just had to lay down. There was no way I could continue sitting at my desk. It did pass in a short time and I soon felt okay again, but these periods of extreme exhaustion can be quite difficult to get through. It is really important not to worry about them and if possible take some rest. I guess I was lucky I was not in a supermarket at the time.

Great difficulty in waking up in the morning can also be a symptom. During sleep our consciousness is only tenuously connected to the physical body and sometimes the re-grounding on waking takes some time. Unfortunately coffee is not really the answer.

As our bodies change and new amounts of energy run through our etheric and chakra systems, we need time to adjust. Also it does require physical energy by the body to go through the adjustment process.

Chronic fatigue is rather a different situation. We are going through profound times of change. This can create difficult decisions and choices that we need to make in our everyday lives. Resisting making the changes our higher self and Soul journey have laid out before us takes a great deal of energy. This is one of the main challenges of this time. The left male, logical brain and the fight flight instinctive part of us resist change in order to keep us safe. It likes us to continue doing the same as we have always done. It understands and has references for this. To leap off into the unknown and take decisions which cause great changes in our lives takes courage. But if we resist these changes and allow the fear to hold us in a place of stasis, this sucks on our energy. The amount of energy it actually takes to not change is enormous. We are going against our life's path and pushing against all the changes in energy that are happening around us. This causes a state of ongoing fatigue. The problem then arises that the fatigue makes it more difficult for us to make the changes. So a vicious circle is created. At this point, people do need help to break free of the situation. Angelic Reiki connects us to our soul-self so that its purpose can come through more strongly and we can find the courage and strength to make the changes needed. It is a time where we need to let go of control of our lives and follow our heart and intuition, and to the logical side of ourselves this may seem rash and unreasonable. The alternative is the tiredness and lethargy that comes with inertia.

### **Crying for No Reason and Feeling Emotionally Vulnerable**

The new energy has caused a quickening in everything and this includes the molecular spin of our body which is literally spinning to the surface dense emotional energies like a spin dryer. We experience the result of this in a number of different ways. Sometimes emotions come to the surface. Spontaneous crying, feelings of anger or fear come from nowhere and there seems to be no reason. The answer is to allow these emotions to come up and not shut them down again. We can feel quite silly suddenly bursting out into tears for no reason but it is simply a beautiful cleansing. We need to be able to appropriately process anger without throwing it at other people or situations. Being still and simply allowing the anger to be there will cause it to burn itself out and the energy to dissipate. Fear is actually a normal and natural feeling of the human being. The animal part of our brain which holds the fight and flight reflex is a necessary part of our makeup. I cannot guarantee that it would work to send Love to a hungry lion bounding in your direction. The trouble is that fears entered our lives in many inappropriate ways. Not only does our memory create fear because of past experiences, but the nature of media and news reporting engenders and whip up fear and it is doing a very good job. Fear is a constant nagging energy that undermines our vitality and ability to think freely and make intuitive choices. Letting go of fear does not mean letting go of being appropriate, sensible

and practical. Fear is by its very nature irrational. When fear is the driving force for decisions and actions it severely compromises our ability to make changes and choices in the best possible way. But as fear is part of our makeup, we have to learn how to respond to it appropriately, discerning when it is reasonable to be afraid and when it is better to put the fear to one side and make decisions from the heart.

### **Hot Flushes and Night and Day Sweats**

These are quite common in both men and women. It has to do with the energy flowing too quickly through the body and hormonal changes. You may not be going through the menopause.

### **Muscular Aches and Joint Pain**

Aches and pains in the muscles and joints can be experienced as a result of the changes. This can also be a symptom of cleansing. Our bodies hold toxins in deep tissue and part of the releasing process can cause stiffness and aching in joints. I have experienced a lot of stiffness and some degree of pain for quite a few years. After the death of Kevin, this became worse, sometimes actually making it quite difficult to walk. I went to a physiotherapist who successfully freed up some of the muscle tension. She suspected arthritis and degeneration of the hip joints. She gave me a letter to take to my medical practitioner suggesting X-rays and told me I will probably need to have hip replacement surgery in the coming years and it was better to deal with it now rather than later. I thanked her for the advice. I suspected there had to be a link between the increase in stiffness in my lower back, support issues, and right hip joint, male issues, and Kevin's death. It had got worse within weeks of his death so I felt I was holding emotional issues in this area of my body. For my own personal healing I use Angelic Reiki, Homoeopathy, "The Journey", created by Brandon Bays, and massage. So the first thing I did was book appointments with my homeopath and journey practitioner. I was in England at the time, teaching some workshops, so it was easy to make appointments with these two people. When I got back home to Luxor I went to see my friend, who deep massages every week. This was a painful experience both physically and emotionally. As she massaged the deep tissue, memories and grief surfaced. I went through a deep healing process for three months. I also did yoga and stretching exercises. Now I walk perfectly well and only have slight lower back stiffness.

Exercise at this time of change is very important and beneficial. Any exercise is better than none at all but taking part in something that also incorporates working with energy like yoga and *Chi Gung* is particularly helpful.

### **Heart Symptoms.**

Kevin published an article in 2004, which spoke of the link between changes in consciousness and physical symptoms. We received many e-mails and phone calls from people who were grateful for the information,

especially for the information regarding the heart symptoms which are related to the process of change. Of course it is important for appropriate medical investigation to take place if someone is experiencing heart symptoms. It is also important to ask one's medical practitioner for information and clarification. The medical model is that if there are physical symptoms there must be something causing this and the most likely thing is some kind of pathology. This is a most reasonable and correct opinion for a medical practitioner. The consequence of this standpoint is that if there are physical symptoms and medical investigation does not uncover the problem then more invasive investigations are recommended. Kevin and I know of a woman in Greece who was experiencing heart symptoms and a doctor fixed a pacemaker even though no pathology was found.

Heart symptoms naturally cause concern and our fear of death can come up. This is not necessarily because we are a fearful person; it is part of our natural response to the symptoms.

There are two main ways symptoms of change are felt in the heart region.

Palpitations and arrhythmia are the symptoms that most frequently manifest and cause the most concern. For me the symptoms were mild and as I was doing a lot of athletics training at the time I thought that was the cause. Kevin's story was quite different. One day when they were particularly bad and had been there on and off for over a week, he decided to go to the hospital emergency unit. On arrival, the waiting room was full. It was early Saturday evening and all the sports injuries of the day had turned up for treatment. As he sat quietly waiting, the voice, which he now knew to be Djwhal Khul, suggested he go home. Kevin knew the energy of this Ascended Master well, he had been with him all his life and every time he had followed these messages he had subsequently found them to be right. So faithfully and trustingly he went home and commenced self-healing. Sometimes I could actually feel the bed moving when his heart was going through a particularly strong phase of arrhythmia. I would put one hand on his heart centre, call in Angelic-healing and gently his heart would settle.

As the energies of the Ascension change and we find ourselves more connected to the beauty around us and feeling more Love toward both those close to us and everyone we meet, the heart chakra changes. This change on an energetic and consciousness level has to have an impact on the physical heart itself. It has actually been shown that our heart beats to the rhythm of the Love we feel. It also beats according to our level of consciousness. We do connect from the heart. If our connection is with the world around us, our heart beats in sympathy and synchronicity with the physical world. If our awareness expands so that we see ourselves to be members of a greater consciousness, that of a solar system, then our heart starts to beat at the rhythm of solar consciousness. Many people doing spiritual work are now connecting to Galactic consciousness. We understand how the Mayan calendar uses a Galactic concept of time. There are writers channelling books from the Pleiades and other Galactic collective consciousnesses. When we start to

perceive ourselves as part of a Galactic family, our hearts start to beat to the rhythm of the galaxy. It takes some time for the physical muscles to adjust to the new rhythm and we experience this process of adjustment as arrhythmia and palpitations.

The second category of symptoms is a dull pain in the heart area. This is probably being caused on an energetic level. The heart does not include a pain sensitive nervous system. All pain from heart pathology is transferred pain mainly being felt in the left arm. The pain I have personally experienced associated with the heart chakra is a dull ache in my back between the shoulder blades. It was more noticeable at times of grief.

## **Weight Gain**

I don't know whether it is good or bad news to find out that the Ascension process can cause an increase in body weight! Our bodies are starting to recognise light as an energy and food source. This has caused changes in the way that our ATP molecule (Adenosine triphosphate) functions and also changes in the mitochondria of the cells. It takes the body time to adjust to the new intake of energy from light and it also takes time for us to adjust to realising we need to eat less.

Another cause of weight gain is that with the increase in energy flowing through our energy and chakra system the first response of the body can be to increase its mass in order to hold this energy.

Mind and consciousness are electrical in nature, and water is a very good conductor of electricity. The changes we are experiencing can alter the fluid balance of our bodies. Diet and the use of herbs may be the best way to bring this back into balance. Stopping drinking water does not help and in fact it is often better to increase the intake of water so that the body's natural response to what it perceives as a drought situation is not triggered. The body holds onto water if it thinks it is not going to be given enough.

## **Feeling Spacey**

Many people have experienced feeling spacey and ungrounded. Although this is a symptom of the Ascension process, I feel it is very important that we work with it and correct it. Part of our purpose in taking this incarnation is to ground the energy and we are not doing this when we are floating around on other plains. There is a large proportion of people doing spiritual work who are not grounded properly. This is usually not regarded very seriously; in fact a lot of people rather enjoy not being grounded. I feel it is an issue that needs to be taken very seriously.

The first point is very simple. If we are not grounded here, then we are not fulfilling part of our purpose of actually taking this incarnation. An important part of the purpose for all people who are working in a spiritual way, often called *Light Worker's*, is to bring higher energies into the physical world. Sometimes there is a great resistance to doing this and people will often say after meditations that they did not want to

come back. This is based on a misconception that the more spiritual realms are somewhere in the higher dimensions. Just as light from different sources can coexist in the same place so do all of the dimensional levels, whatever level that might be. There is nowhere to come back from as all of spirit is all around us here and now. It is simply a matter of changing focus from one dimensional vibration to another. There is nothing spiritual about not being ungrounded. The concept of being grounded has been very misunderstood. It is a state of mind. It is the willingness to totally engage on every level with life on this Earth. It is to see the Divine beauty in nature around us and the Divine beauty in everyone. It is to relish being in a physical body and enjoying all the experiences and sensations being in physicality can give. It is a state of mind that has often been very discouraged by certain religious philosophies. New age spirituality has also perpetuated the idea that the higher dimensions and Galactic consciousness, for example, are more spiritual and more Divine than life here on this Earth. Divinity has no hierarchy or preferences. Everything is equally Divine and created by source/God. It is up to us whether we recognise the Divinity in everything or not.

Being ungrounded is actually quite unhealthy on every level, including the physical, and can contribute to the exacerbation of other Ascension symptoms especially fatigue. Our life force energy, Chi or Prana filters through our etheric body bringing energy to the physical body. If we are always 'off planet' then this life-giving energy does not flow fully through our etheric body in the way it should. Physical exercises and breathing practices like Pranayama strengthen our connection to Chi energy bringing vitality and health.

### **Pains in the Ears and Hearing Problems.**

Ringling in the ears is a common symptom and sometimes there may be pain. It can often seem like tinnitus and can be quite disconcerting. Many animals do not just hear through the ears. They are capable of picking up subtle energies. We can do the same and disturbance in hearing is the physical ear adapting to this ability. I remember once walking in the countryside, through the beautiful Yorkshire Dales, which were near my home in England. As I walked along the path next to the River Wharf, my ears suddenly started ringing. There was an increase in pressure and a slight sensation of pain. It only lasted two steps. I decided to turn round and walked back on that particular part of the path and at exactly the same point the same thing occurred. Looking at the countryside around me, it was obvious I had crossed a lay line. My ears had picked up the change in energy. We know from flying that our ears are very sensitive to changes in pressure and this ability to pick up subtle energies is developing for us.

### **Extreme Sensitivity**

The changes are affecting our nervous system as well as the hormones in our endocrine system. We are becoming more sensitive. Some people are finding that their extra sensitivity means that it is difficult to tolerate some situations which in the past were normal. These can include loud noises, crowds, strong

smells, certain types of music and even physical touch. These can be quite difficult to cope with but it will pass as we integrate ways of coping with our new levels of sensitivity.

## **Depression**

This is quite a common symptom and especially prevalent in people who have experienced depression in the past. Depression is the emotional counterpart of physical fatigue. We feel depressed when for some reason emotions are not freely flowing through us. The word *e*-motion tells us exactly how it is meant to be. The healthy way to deal with emotions is to allow them to flow. As we become more spiritual, we will not necessarily encounter fewer emotions. There is nothing wrong with emotions. They are totally natural. Problems only arise when we do not allow the free flow of this energy. Western society teaches us to control our emotions and this usually ends up as suppression. Letting emotions freely flow through us does not mean that we can throw our feelings around. The free flow of the motion happens when we are still and allow the feeling to fully be there. As soon as we do not resist it, but fully feel it, it dissipates and melts away.

Depression can arise if the changes are causing cellular release of painful memories and we try to push them down again. The energy that it takes to do this is exhausting and leaves us drained and depressed.

A sense of despondency can also arise when we feel that we have done so much to release past pains and still stuff keeps coming up. In a way, it is a never ending path but it does end when we start to understand the positive gifts in what we previously thought of as negative experiences. This is the essence of forgiveness and it brings us straight to a place of Unconditional Love. This is the end of the searching.

## **Blowing Light-bulbs and Fizzing Electronics**

Consciousness is like a web of electrical light. We know that we can detect brain function through picking up electrical pulses using the electroencephalogram (EEG), but *mind* or consciousness is not electrical only on a physical level. All levels of consciousness are like a web of electrical light. Part of the process is in creating these new levels of consciousness. This and the changes in our central nervous system can create an electrical field around us that affects electrical appliances. For some people this can be quite acute and for others it goes unnoticed. There was a time when Kevin and I dared not touch one another, and if we did we could actually hear a crack and see an arc of electricity passed between us. It was quite funny at the time, but as I am sure you can appreciate somewhat inconvenient. It is one thing not being able to get in a car without an electric shock passing through you but not being able to touch your Loved one is something else. Computers can be quite sensitive to this energy too. The phase will pass but also sitting quietly in meditation and asking for a rebalancing of your Lightbodies will help.

## **Dietary Changes**

Many people are finding they need to eat less. This is a direct result of our increasing ability to transmute light into usable energy by the body. There has been a chemical change in many people that allows the cells to transmute light into energy. This is not only happening for people who are doing spiritual work. It has happened to the vast majority of humanity. This is a remarkable change. There are also changes in the type of food we want to eat. Many people doing spiritual work are being attracted to lighter forms of food and eating less meat. There is often an increased sensitivity to alcohol and other stimulants. Meat is especially dense and can affect the body's energy especially if the animal has been reared on hormones. There may be a strong desire for certain foods rather like that experienced during pregnancy. In a way, we are being reborn, so this is not surprising. This is normal and a part of the change to the higher vibration. It is important to really feel what you would like to eat and not go along with spiritual food fads. Not only do some people's bodies need animal protein, such as those with the C+ blood type, but sometimes the changes we are going through require an increase in protein intake. The main thing to remember is to tune in to what your body feels it needs. This is usually fresh, lighter foods like salads and vegetables. An increase in water intake does help the body go through all of the changes.

## **Animal Reactions**

Dogs and cats and other animals will become aware of a change in energy and may be frightened or attracted by it.

A greater ability to connect to the natural world can unfold and we start to see messages from the birds and animals around us.

I usually sit on my balcony each morning and watch the abundance of birds in the trees around the villa. If I am away I like to take a short walk in the morning. During my recent trip to South Africa to teach Angelic Reiki, I went out one morning and my attention was drawn to a bird sat on a telephone wire. As I watched, it flicked its long tail and quickly turned around to face the other way. I just knew this was a message for me to look the other way. As I gazed in the direction indicated by the bird the sight was of the northern part of the Drakensberg Mountains. I knew this was important but I didn't know why. I asked the organiser of the workshop, who lived in that area, to tell me about these mountains. She told me that they had an age-old legend about a sleeping Dragon and they were quite a powerful energy vortex. As we tuned in to the energy that day we realised that the energy we were working with was causing this dragon Earth energy to reawaken.

During this time, we do need to take good physical care of ourselves. It is also important not to blame these changes or use them as excuses for not being able to do what we need to do. All of the physical symptoms we

experience are because of our own change in consciousness. Yes, there is a bigger picture which involves not only the whole of humanity, the planet, solar system and our part of the galaxy. Nevertheless, what we are experiencing is due to our own personal response to these energies. It is therefore important that we take responsibility for what is happening and chosen a healing modality to supporter us in moving through these symptoms gracefully and quickly.

### Angelic Reiki and Symptoms of Ascension

One of the main functions and purposes of Angelic Reiki is to deal with these symptoms of Ascension as gracefully and easily as possible.

In an Angelic Reiki self-healing, the left hand is placed on the higher heart centre and the right hand on the solar plexus. The higher heart centre is in the middle of the chest. It corresponds with the thymus gland. This is just behind the sternum about the length of the middle finger down from the throat. Spiritually this is the connection to our higher self or Soul self, the part of ourselves which is Unconditional Love and Divine wisdom. The solar plexus is our connection to the incarnated personality. One then asks for the most perfect Angelic energy for the healing to manifest. This Angel or Angels does not stand by the side but totally merges, infuses and penetrates every cell molecule and atom of the body and every level of consciousness. This intimate blending of energies allows the Divine perfect matrix of that Angel to bring everything into line with our new level of consciousness. This healing can literally change the DNA and cellular spin of our physical body, balance the hormones of the endocrine system and weaves the Etheric matrix of the body. This includes bringing the nervous and electrical aspects of the brain into balance with our consciousness. It will clear any *knots* in the esoteric aspect of the brain and allow greater percentage of its function to come online. As the male and female aspects of our consciousness become more into balance, a more active connection between the right and left lobes develops.

The gift of an Angelic Reiki healing is that the Angelic energy totally merges with us. This causes the patterning of Divine perfect, which is the Angel, to imprint this Divine perfection on every level of our being. We are like a symphony orchestra trying to play a great piece of music without the full score. Then we call on a great conductor who can bring all of the parts into harmony and create a single beautiful sound.