



SOUL NOTES

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Be gentle, nurture yourself” What it really means in relation to healing and integration

I've often been guided after receiving a healing session from a practitioner, to “be gentle and nurture yourself”. Since I began to offer healings through Rekindled Ancient Wisdom Energy Balancing I've asked my clients “what specifically does being gentle and nurturing yourself” mean? “What will that feel like and look like, what will you be doing?”

The answers vary and I noticed that most people are unclear as to the answer. Of course there is no one answer. However reflecting on this I have attempted to clarify what is needed when we receive a healing session.

What is “Healing”?

Healing is a process of restoring balance and wholeness to you. Unresolved energies, parts of you that are out of balance show up as a variety of symptoms - as physical ailments, negative emotions, feelings, mental patterns creating anxiety, overwhelm, distress, depression, fears, sensitivities, addictive patterns or general “stress” symptoms in the body. The people, events and issues you are attracting into your life, your outer world, simply reflect your inner world. (The Universal Laws of Attraction and Reflection). If these are presenting challenges to you, then balance need to be restored.

What is Integration?

The dictionary defines Integration “to unify, combine into one whole, diverse elements”. Integration is simply the final part of the healing process of restoring balance and wholeness.

After the healing session - what then?

The First Step: Take responsibility for your own healing.

No-one is able to “fix” you. The practitioner is simply a facilitator of your own healing process. Setting your intention for the healing puts you in the driver's seat im-

mediately and you are more open to receive the energies and healing offered. *(Please read the note below on **Healing before a session**)*

After the healing you may feel great. In the Rekindled Ancient Wisdom modality, I work with the body's wisdom at all levels of the Being to balance your energies, so you'll feel great at the end of a session. The process is also releasing cellular memories often held over many lifetimes. This means that the nervous system/brain, neural pathways and DNA, at the cellular level, are in the process of restructuring.

The Second Step: Honour that healing is a process, not a “quick-fix”, in most cases.

There is adjustment as the final releasing and resolution of energies occurs. After all, the underlying core patterns may have been around for eons! This is why **gentleness and nurturance** are needed. The time and nature of this gentle realignment will vary for each individual.

The Third Step: Bring awareness to the signs of this resolution/integration process

For example: You may find your new vibration is no longer resonant with old environments, people and behaviours in your life. Perhaps you may feel compelled to rearrange things at home, or are sensitive to behaviours of others who are reflecting back to you the patterns you are healing; your ego may seek to hold you back in old energies showing up as “negative” thoughts and emotions. You may feel tired or uninspired. An overactive mind indicates you are releasing cellular memories.



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The Fourth Step: Know the true meaning of “nurturing yourself”.

Nurturing yourself is to lovingly accept and acknowledge all signs as temporary, as the final part of the releasing process. Become the witness by detaching from trying to analyse, work out what’s happening, resist or change them, recognizing that old energies are lifting as they no longer resonate with your true self.

The Fifth Step: Recognise that the heart energy of unconditional love alone heals.

The heart is the integration centre for balancing our inner and outer worlds. The Mind, Body, Soul have a direct relationship to the mental(mind), physical (body) emotional (soul) state of being. When the Mind and Soul of the Being are at odds, the heart and mind battle. This creates the energies to block in your physical body. **The heart energies are the key.** Being in a state of acceptance will open your heart. This allows forgiveness, which is the gifting of unconditional love, to the energies arising. This is the final healing process.

Before the session: For some people their healing begins as soon as the decision to book the session. When you set the intention to release old patterns the signs of adjustment can arise in the lead up to the session. ***For example*** you may feel physical symptoms, mental activity or very emotional, indicating the imbalances are surfacing for healing. ***Again it’s important to be gentle and nurture yourself as outlined above.***

Here is a simple practice to support your healing / integration process

1. Choose to take time-out to slow down, to honour your healing and let go of any judgments around allowing this time-out for you. Notice if you’re seeking to distract yourself by getting ‘busy’ with other things. (Shopping is not nurturing yourself). Accept that this

gentle realignment may take a few days.

2. Sit in a tranquil place where you can be still and quiet and just “be” - being in nature is a wonderful tonic.

Place your feet, bare if possible, on the earth.

We live surrounded by a unified field of consciousness which is available for us to draw on in any moment. Breathe in the love that surrounds you, from the trees, the ocean, the garden, the birds, the earth and the sky. Allow the love to expand and radiate out with every breath, like a central sun from your heart centre, the area in the middle of your chest, filling your body and energy field. See and feel yourself glowing and radiant.

3. Observe your body, your emotions, your feelings, remaining detached as the witness, allowing no judgments, resistance or analysis. Lovingly acknowledge and accept all arising. Continue to breathe with the intention to expand the love infinitely in all directions around you, like a balloon inflating, from your heart.

4. Affirm your truth *“I am releasing the old pattern of ..), I am returning to wholeness.”*

5. Sit for as long as possible in stillness, focusing on breathing in the love energy. The more you do this practice the quicker the integration will be.

6. Drink lots of water to support the healing.

May your release be easy and graceful!

Carolyn-Ann Cini is a Rekindled Ancient Wisdom Practitioner, Soul Coach, Wisdom Teach and Healer. ***For more information visit*** www.soulpower.net.au ; phone 02 4382 2587 email: coach@soulpower.net.au Enquire about ***“Healing and Integration” a Meditation C. D.***