



Intuitive Healing Power

By Dr Irina Webster, Intuitive Healing Power

The Intuitive Healing Guide:

7 Steps to INTUITIVE HEALING

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<http://www.intuitive-healing-power.com/>

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“Your mind and body have incredible healing power and potential. This is true for all medical problems and issues. Even difficult medical issues can be reversed and health and vitality restored when people realize their Intuitive Healing Power.”

– Dr Irina Webster

INTRODUCTION

Congratulations! I’m so delighted that you’re here, embarking upon your Intuitive Healing Power journey. This Intuitive Healing guide is meant to be a companion to my **‘Becoming an Intuitive Healer and a Medical Intuitive training program.’**

If you haven’t yet heard about this program and are curious to know what I’m about, I’ve also written for you the 7 Steps to Intuitive Healing for health professionals in this guide.

How to Use ‘The Intuitive Healing Guide’

- ◆ Read ‘The Intuitive Healing Guide: 7 Steps to Intuitive Healing for health professionals.’
- ◆ Feel what is right for you.

- ◆ Do the quiz and check how intuitive you are and what you can do to become even more intuitive.
- ◆ Write your own prescription for honing your intuition, increasing energy awareness and becoming freer and happier.

I will be sharing the 7 Steps to Intuitive Healing for health professionals shortly, but first, I would like to share with you my story and what inspired me to choose this path.

As it turned out, the major turning point of my story was the realisation that I am not just a doctor. I am also a patient...

Here is my story....

My name is Irina Webster. I am a medical doctor by qualification and an intuitive healer in my heart and soul. Intuition and intuitive healing are not just the things I do, they are also my passion and part of my deep beliefs.

I have been intuitive for as long as I can remember. Even as a child, I was able to sense energy around people although at that time I couldn't explain what it was. I could just feel if people were kind or not, sick or healthy. I also felt how other people affected my body; I could experience physical pain in my body when in contact with certain people or absolute serenity and joy when with others.

Becoming a doctor was my intuitive decision

I really wanted to learn what goes on inside my body and why I have these strange experiences regarding others and myself.

Studying at university and working as a doctor gave me a clear understanding about the anatomy, physiology and

biochemistry of the human body and what happens with the body when people get sick.

Unfortunately, it didn't give me the answers about intuition, energy, and healing. For a long time I had to hide the fact that I am an intuitive and feel people's energy. You see, conventional medicine doesn't recognize the fact that human energy exists and plays a crucial role in human health. Due to all these reasons I found myself having an internal conflict between what I knew and what I felt.

My work

For fifteen years, I worked as a medical doctor in two countries (11 years in Russia and 4 years in Australia). I always used intuition when working with patients as much as it was possible within a conventional medical system. The results were profound.

The more I studied intuition, the more I felt that working in the conventional medical system limited my intuitive abilities. So I left my job as a doctor in a hospital in January 2007 and began practicing as an intuitive healer, helping people to connect with their own intuition and discover their Intuitive Healing Power. It was a big step but in my heart I knew that it was the right step for me and also for those that I wanted to help.

I don't just teach and heal people for the sake of teaching and healing. I actually practice what I preach.

I believe in my soul that the mind and body play a critical role in the healing process. Your intuition can guide that process.

I use my Intuitive Healing Power to heal and cure myself. Here are three examples of how I intuitively cured myself.

Eating Disorder and my first encounter with the 'subtle body energy'

When I was a teenager, I was overweight and was bullied at school because of my weight. I tried many methods to lose weight and was constantly on a diet, which, of course, was no fun. As a result of this bullying over my weight issues, I developed a severe eating disorder by the age of 14. Over the next 10 painful years, I was alternating between anorexia and bulimia. During this time, I lost a lot of weight, was skeletal and my period even stopped for a year because of malnourishment. Sadly, conventional treatments did nothing for me. In short, my health was in serious trouble.

I was always a very sensitive person and I spent a lot of time alone due to how my eating disorder made me feel. One day in my early 20's when I was studying to become a doctor at uni, I found myself in a lot of pain. My stomach and my back were in agony. I didn't want to take normal painkillers such as Nurofen or Aspirin) that upset my stomach and Paracetamol wasn't effective.

Without the influence of pain medications and with my pain rising, I sat on my bed holding a pillow. I started to swing back and forth trying to get into the rhythm of my pain. I don't know how long I was swinging back and forth hugging the pillow before I realised that I was actually in a different state of consciousness.

Soon, instead of the pain, I started to feel tingling in different parts of my body. This new sensation was pleasant and felt similar to a mild electric current. At this point, I also noticed that I was able to transfer the energy current of my body to different areas of my body simply by redirecting my attention from one part to another.

What astonished me was that I could also see my organs from inside. The new mental and physical state I was in had actually

opened up a new way of seeing the human body. When I moved my attention to my stomach, where I had what could accurately be called extraordinary pain, I saw a red inflamed lining with little ulcers around it. This was likely due to the recent vomiting. Looking closer and more intently, I noticed that when my attention was on my stomach it was tingling with energy. The sensation was actually calming and pleasant. I played with this energy like a child.

I don't know how long I was sitting in this state, but I eventually fell asleep. When I awoke in the morning, the pain was gone, simply gone, as if it had never existed in the first place. I felt refreshed and I felt completely different; I was transformed!

My urges to binge and purge were completely gone. When I thought about bingeing-purging, my body quickly responded, "Oh, no – not me. I am not doing this ever again." My entire being, mind, body and spirit, supported me in healing the eating disorder. Never again did I have the urge to binge-purge and my stomach was free of the problematic hunger pains.

Later on I realised that this was my first experience of feeling the **subtle body energy** which is a vital component of intuitive healing.

Note: When I went through the conventional treatment, nobody ever told me that my eating disorder was due to my deep internal conflict with my parents, power struggles inside the family, self-hatred and fear of being abandoned.

Uterine Fibroids – saving myself from having surgery.

The second time I healed myself was from an equally serious disorder. I was scheduled to have surgery for a uterine fibroid, but my body had other plans.

I was 36 years old. At the time, I was highly stressed as I was working as a doctor in a hospital. Long hours and night shifts were commonplace. After a time, my body said 'enough' and simply rebelled. I developed very severe uterine bleeding and, frighteningly enough, was bleeding continuously for many weeks. When I went to see a doctor, I was diagnosed with a uterine fibroid, which is a benign growth inside the lining of the uterus. It is not cancerous, but trust me it is extremely painful. My gynaecologist told me that to control this bleeding, I would need an operation. He felt that without surgery I would bleed to death. At that moment something quite powerful happened. As he spoke, a small quiet voice inside me said, "Don't go, don't go." It wasn't a loud voice; it wasn't a voice that made me scared or created fear. It was a very calm and subtle voice from inside my body.

I didn't argue with my gynaecologist. I took the operation referral and the drug script which he gave me. I went home and I had only one thought in my mind – 'I need to experience the healing state again.'

So I did. I sat down to heal myself. I went to a room where there was total peace and quiet and I was alone. I began to meditate. Once again, I felt tingling sensations in my body just as had happened during my first intuitive healing experience. Next, I moved my attention to my uterus. During my meditation, I could see a small tumour inside the lining of my uterus. I knew that it was this tumour that was causing the bleeding. Then I saw a green light inside my uterus, and this green light (like a laser) was cleaning my uterus from the inside. Finally, I sent lots of love to my uterus and to all my body. The experience was very calming, loving and pleasant.

The next day, my bleeding was much better. It was reduced by half or even more. I continued to perform intuitive healing two

to three times a day. On the third day, the bleeding was gone completely. I have never had this problem again.

Again, sensing the subtle body energy saved my health.

Note: When I consulted my colleagues (doctors), nobody ever suggested that this fibroid and bleeding problem could be because I had just gone through a painful divorce, moved to a new country and worked 12-16 hour shifts in an emergency department without having a proper rest and good sleep.

Now I meditate and do self-healing once in the morning and another time before I go to bed on a daily basis.

Eczema – it was said to be a chronic condition but it never come back again.

When I was about 38, I suddenly developed very bad dermatitis, or eczema, which affected my hands. I had an itchy rash on my hands, which progressed to multiple blisters which in turn burst. The end result made my hands look like pieces of raw-meat. Doctors prescribed a steroid cream as well as anti-histamines. I was told that this condition would probably come back again and again.

Being a healer in my soul, I always like to try healing first, so I did. I put myself into a healing state of consciousness and asked the Divine Healing Power to intervene and help me to heal my hands. I focused my attention on my hands and felt how the healing energy was repairing my skin with love and gentleness. At the end of the meditation, I sent lots of love to my hands and felt extremely grateful for the divine healing.

The next day, I had major improvement with the eczema. On the fifth day of healing, both my hands were absolutely clean. The condition has never returned.

Note: When doctors looked at my hands, they said, “You must have eaten something wrong.” But my intuition told me that I was irritated, unsatisfied and frustrated. That I was feeling angry inside and the anger was being pushed through my skin. I was criticising myself and others. I felt uncomfortable in my own skin. This was the true cause of my dermatitis. Nobody told me that, except my own intuition.

My belief: In order to heal, one must be in touch with one’s own intuition.

You see, despite all the great scientific advances, conventional medicine doesn’t recognize the existence of human energy and the crucial role it plays in human health.

This gap must be restored otherwise we will continue to kill ourselves with the wrong medicines.

Please don’t get me wrong. I am not blaming doctors – not at all. In case of emergency situations they do an excellent job. In fact, our life expectancy has increased by thirty years (compared to the last century) due to the medical advances like antibiotics, blood clotting medications, some modern surgeries and obstetric procedures.

But there are many cases where modern medicine is powerless and even harms the body. In these cases intuitive healing comes in to save our health and in some cases, our lives.

Chapter 1

WHAT IS INTUITIVE HEALING?

Intuitive Healing means integrating intuition into your work and knowing what to do instinctively by connecting to your body and to the wisdom inside. It also means perceiving information spontaneously, using your non-linear mind.

Let me explain...

There are two parts of the mind - linear and non-linear mind. The linear mind plays an essential role in processing information which is logical, academic and instructional; the information which is written in text books and is taught in schools.

The non-linear mind (or intuitive mind) is the exact opposite. The non-linear mind allows us to access information that may not be logical, deductible or organized. Intuition is the non-linear form of knowledge and it comes through the five senses as images, sensations, visions, sounds, smells, knowing, kinesthetic or visceral feelings, subtle energy in the body and other body signals.

Intuition comes through flashes and it's very quick compared to the linear mind. It is spontaneous and unpredictable. Because it comes through mind very quickly, it can be easily missed.

To notice intuitive messages, you must be aware of how you normally perceive information and have the ability to listen to your body signals. Some people perceive information through imagery signals, some move towards sounds, others are more kinesthetic or visceral etc. My advice is to observe yourself and see what you do naturally to perceive information.

'Intuition will tell the thinking mind where to look next.'

- Jonas Salk

Differences between linear and non-linear mind

The linear and non-linear mind process information differently. The linear mind is slow because it analyzes things. It makes you think, "A plus B equals C", while the intuitive mind gives you spontaneous and instantaneous answers and it comes in the form of flashes or sensations.

That's why we often miss it and then the linear mind takes over because it's always loud and domineering. And because of the loudness of the linear mind people think that they are not intuitive. This is not true, however. We are all intuitive but we are not taught to listen to our intuition. We are programmed to use the linear mind which does not understand intuition - and it is not meant to.

Non-linear knowledge can only be accessed when we are able to get our logical, linear mind out of the way – a skill that can be learned by anyone.

'The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift.'

- Albert Einstein

How big is the intuitive mind?

The intuitive mind is actually much bigger than the linear (or conscious) mind.

The Human Mind



Picture 1 The structure of the human mind.

From picture 1 you can see that the linear (conscious) mind takes only about 10% of the full mind capacity. The rest is taken by the intuitive mind which also has two parts: subconscious and unconscious minds. Subconscious refers to our feelings and emotions. Unconscious mind refers to the unconscious processes like digestion, respiration, perspiration, body temperature, waterworks, pulse, heartbeat, tissue growth, regeneration, blood pressure etc.

Conventional (or Western) medicine focuses mainly on the linear mind when treating patients. Now you see how much of the healing capacity is missed if you use just the linear mind without using the intuitive mind also.

For healing, I always encourage people to use both their linear and non-linear minds together. It gives you the entire picture rather than just one part. Using intuition in conjunction with our linear, traditional healthcare knowledge can help us create a more balanced practice as healers.

What Causes Disease?

Conventional medicine teaches: to heal the sick, we must find the cause of disease and eliminate it. However, for all the years I studied and practiced conventional medicine, I had not been told what the cause of disease is. They only explained the cause of the symptoms. For instance, the cause of a sore throat is a virus, but why the virus attacked a particular person – there is no explanation for it.

Or the other example: cancer is caused by immunological problems; but why the person has immunological problems nobody knows.

I looked at the history of conventional medicine and I discovered that for centuries they have been trying to relieve just the symptoms, put a 'band aid on the wound' and this situation has not changed up to now despite the invention of sophisticated tests, drugs and procedures. Then I began to realize that maybe conventional medicine is clearly not looking in the right direction.

More examples: a patient with stomach ulcers gets treatment and after a while the ulcers come back. It means that the disease was only symptomatically relieved. Or patients with skin allergies get treated with hormonal ointment and the rash disappears but then reappears again and again. This is not a cure. And how about many so-called "incurable" diseases like cancer, psoriasis, diabetes, coronary heart disease, multiple sclerosis, epilepsy, etc.?

Gradually, I began to understand that ***the causes of disease are hidden not outside of a person, but inside the person.*** There is something deeper inside us that determines the development of disease – be it a mental or a physical problem. Each person creates his/her disease and the cause of disease is ***the energy that runs inside the body.***

Disease (physical, mental or emotional) starts from energy imbalance: depletion, contamination, toxicity.

Look at any illness: before people get sick, they experience stress, tiredness, hidden dissatisfaction, unexpressed emotions, anxiety or depression.

To notice energy signs you must know that our bodies talk to us and their language consists of feelings, emotions, sensations, symptoms, illnesses and conditions.

Most of our body's aches and pains are messages, to show us that something isn't working within our body. Their purpose is to get our attention to the problem. When we understand the pain, we are able to heal it.

The solution is to tune into the body and communicate with it on an intimate and intuitive level. Gently ask your body: "What's going on? Is there a message you're trying to send?"

Listen to the answer...

Here's what one of my patients wrote to me after a course of healing:

"Dear Irina! I believe that the second day of my birthday is a day when I had my first session of intuitive healing with you. This healing training changed my whole life. I not only got rid of a bunch of diseases, but also significantly improved my personal life. I started to see the meaning of my life and got so much interests and curiosity about life in general. I am looking forward to every single day and intuitive healing is a part of my every day routine now. I feel happy and powerful! With Love. Inna "

Chapter 2

YOUR ENERGETIC ANATOMY

Over the past decades scientists have come to believe that the Universe is a kind of clean energy which has its own awareness. In Christianity, it is called God, in the Muslim world - Allah, in the East - the Truth. Scientists call it the physical field (or bio field in some cases). There are other names. But no matter what it is called - it's just different metaphors, different ways of talking about the same thing. This source of all things, the power that unites everyone and everything in this world is the basis of life. Magicians and sorcerers knew it, and now official science already knows that this mysterious energy is amenable to human intentions.

This source, which we call energy, runs through the human body also. This energy constitutes the 'mind' of the body.

This energy constantly changes throughout our lives. The changes depend on how we live our life: what we think, what we believe in, what we feel and what we do. All our experiences are recorded and stored inside our body in the form of energy.

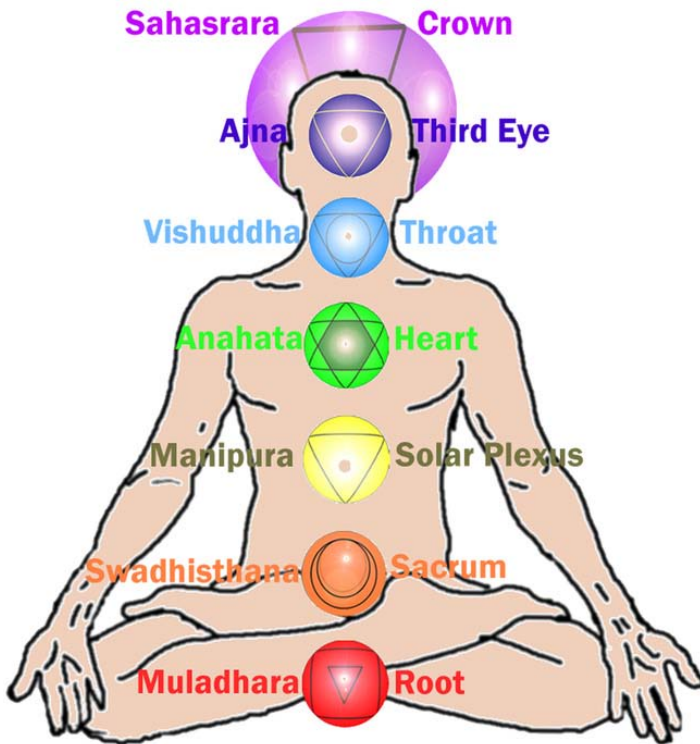
Energy spreads out inside the body through the energetic structures or energetic anatomy.

Our Energetic Anatomy includes:

- ◆ Chakras (major and minor chakras)
- ◆ Meridians
- ◆ Auras (inner aura, outer aura, health aura – these radiate from bodies' pores)

Let me explain...

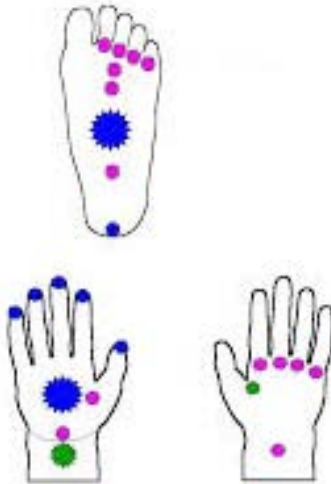
Chakras are energy centres in the body. There are 7 major chakras and very many minor chakras throughout the body. The seven major chakras are located in the middle line inside the body. Minor chakras are located in our hands, feet, arm-pits, earlobes, inside each organ and inside each anatomical structure of the body.



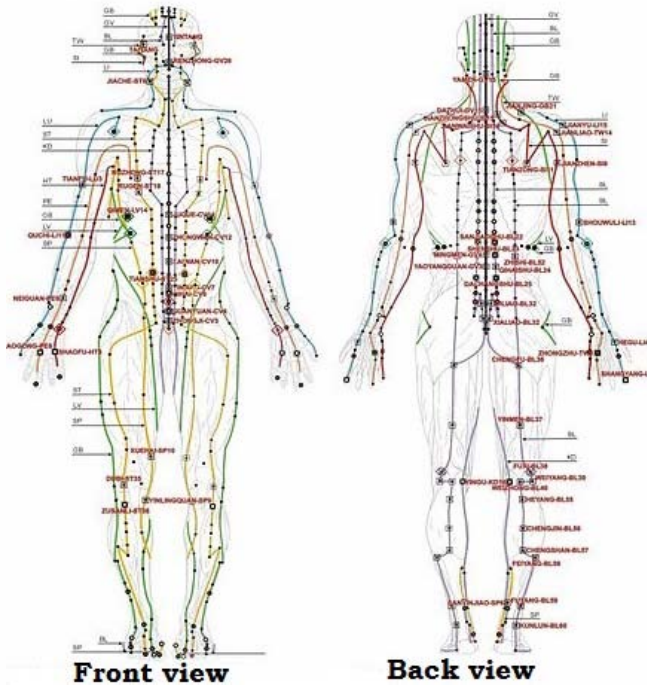
Picture 1 Seven major chakras

Meridians are energy channels through which the energy flows in the body. Acupuncture and acupressure treatments are based on meridians and their active points.

Aura is an energy field around the body. There are many layers of aura around the body. Some of them are: inner aura,



Picture 2 Feet & hands: Minor chakras



Front view

Back view

Picture 3 Human body meridians



Picture 4 Human aura

outer aura and health aura (the energy that radiates from the body's pores).

How to change the body's energy

Yes, we are able to control our own energy. We can change it. To change energy for the better you must realize that all your beliefs, memories, dreams, mindsets, thoughts and ideologies affect the energy. You change your beliefs – you change your energy. You give a different meaning to your old memories – you change your energy. You change your thoughts and actions – your energy gets changed.

Many people nowadays are interested in learning about Divine Energy and how to get in tune with it.

Well, relationship to higher beings (guides, angels, spiritual teaches, archangels etc.) can help you to be in tune with the Divine. A simple connection to your guide will transform your

life and your energy. Feeling that an angel is looking after you will change your energy, relieve your fears, make you feel loved and loving. Feeling the energy of an Archangel gives you courage and lifts your energy to higher vibrations.

The relationship with unconditional/universal love brings powerful transformation to your whole body and spirit.

When you do intuitive healing you must be aware of all the sources of energy.

How our energy gets depleted, contaminated or blocked

Energy affects us from the time of conception. Family members are the first energy contributors. As we grow, we get the energy from other people: friends, peers, co-workers, lovers, and other intimate connections.

We also inherit some energy from past generations and it can go back as far as hundreds of years.

What things can deplete our energy or make it toxic?

1. Negative experiences with your family (parents, grandparents, siblings etc.) Family conflict takes so much energy from a person that this energy depletion can cause immune problems, blood problems, cancers etc.
2. Negative experiences with people other than family. These include friends, co-workers, peers, acquaintances and others. For example, the peer pressure effect.
3. Negative experiences with intimate relationships (lovers, BFs, GFs). It can cause female problems (uterus, ovaries, breast problems etc.) and a common cause of male problems (fertility, libido, erection problems, prostate problems etc.)

4. Society/authority issues (social pressures, stigmas, dogmas, prejudice, preconceived ideas etc...) For example, homosexuals have been stigmatized by society for a long time. As a result, they have a tendency to develop many health problems, including AIDS and severe mental or emotional problems.
5. General stress (overwork, unbalanced lifestyle, personality issues etc...)
6. Addictions (alcohol, smoking, drugs, food etc.)
7. Bad eating habits (eating low energy foods, overeating, binging, using food to numb yourself). Some people spend so much energy to digest their food that they have no energy left to do things.
8. Not exercising/sedentary life. Regular exercise is necessary for energetic balance in a body. People who have a sedentary lifestyle are more prone to developing all sorts of problems – from depression to cancer.

Chapter 3

SEVEN STEPS TO INTUITIVE HEALING

Over the years of working with patients (and with myself as my own patient), I've developed seven steps that can be applied to intuitive healing. I live by these steps; they have become a big part of my life and my work. I suggest you give them a try. My hope is that they will bring you the joy and clarity you've been searching for. My hope is that these steps not only teach you how to heal but also bring more clarity, happiness, and wellness into your everyday life.

Let's look at these steps and then go through each of them in detail.

Step 1. Examine Your Beliefs.

Step 2. Listen to Your Body.

Step 3. Sense Your Body's Subtle Energy.

Step 4: Ask your Intuition for Guidance.

Step 5. Use your Hands for Energy Healing

Step 6. Forgive and Release Attachments.

Step 7. Listen to Your Dreams.

Step 1: Examine Your Beliefs What do you believe about intuition and energy? How much are you open to perceive something that cannot be seen with the naked eye? When you work with people you bring your beliefs about healing and intuition with you. If you believe that intuition is a powerful force of healing, that will strengthen your power to heal.

If your beliefs are not harmonious with healing and intuition, you are subject to whatever is going on around you. You feel a sense of entitlement, take things too personally and try to control the world around you. You're a perfectionist and nothing is ever good enough. You can't intuitively heal anybody being in such a state.

So, before applying intuition to your work you must have a clear set of beliefs about intuition and spirituality. This requires working with yourself and knowing yourself: know your fears and vulnerabilities, know what stimulates you and what gives you power, know your character, your soul, and know your relationship with the Divine.

Then, it is important to understand that your patients have beliefs systems of their own. To make the healing process work, you need to find out what is important for them in a healing process. They must become co-healers in the intuitive healing process. This aspect is different from conventional medicine where patients give away their power to doctors saying, "You're the doctor so you tell me what's wrong with me."

In intuitive healing patients are co-healers and are encouraged to realize their own power in order to heal.

To enlist your patients as co-healers they must feel comfortable with you. You need to create a safe environment for them and make sure that they can talk with you about anything. They must feel that you will never be judging or criticizing them or think they are weird. And these things depend on who you are, how you feel in yourself and **what your beliefs are.**

This is why clearing up your own views on intuition and healing is the first necessary step in the intuitive healing process.

'The power of intuitive understanding will protect you from harm until the end of your days.'

- Lao Tzu

Step 2: Listen to Your Body Your own body is one of the first places you will receive intuitive messages. Be aware of the feelings and sensations in your body especially in your belly, throat, chest, head and shoulders.

The more you pay attention to your body the more you notice how its subtle changes give you valuable information about the situation and the person.

Listening to your body starts from being calm, relaxed and grounded in your body – not in your thoughts (head) – but in your body. This can be difficult for many people as we are programmed to live from the neck up. My suggestion is to develop a new habit of checking “where my attention is” - Is it grounded in my body or is it flowing away with my thoughts and judgments?

The more you are able to live in your body the more you become open to intuitive messages.

I want to tell you a story of one of my patients, Clair, 38 y.o. woman who came to see me after breast cancer surgery. She told me her story... About five years ago she got divorced and found herself in a very vulnerable financial position. She needed to get a job to be able to support herself but she didn't have any previous job experience so her chances of getting a good job were slim. Her friend introduced her to a man who had a high position in one of the public service departments. This man seemed very nice at their first meeting and he offered Clair a job at his office. When she was attending

the interview she noticed strange feelings in her body; she felt like something or someone trying to suffocate her and she had a vision of black spiders crawling on her back. Nevertheless, she took the position because the money was good and she thought it was her only chance to get a job. When she started working she realized that to keep this job she must obey this man who exploited her sexually and emotionally. Her whole body resisted and she was constantly sick with flu and colds but her mind told her to keep this job because she “simply doesn’t have a choice.” She lived like that for over four years until she got a diagnosis of breast cancer.

From her story you see that Clair had plenty of messages from her body warning her about the danger. Her body warned her many times but her mind refused to listen. She ignored her inner voice until she developed breast cancer. Only this diagnosis made her leave the job.

“This cancer is my payment for betraying myself,” she said during her talk with me. Fortunately, Clair fully recovered. She implemented all the healing strategies I taught her and she even considers herself to be a healer now. Regarding her job, she took a real estate course and got a job as a real estate agent.

“I listen to my body, meditate and heal myself. It’s my way of living now. Thank you so much for teaching me, Irina. I am so grateful,” she told me recently during her last phone call.

How to listen to your body

All our emotions, sensations, aches and pains, illnesses and conditions - are how our body talks to us. Listening to your body means understanding your feelings and giving them meaning.

4 steps: How to listen to your body

1. Acknowledge your feelings, emotions, sensations, aches and pains. You can simply say to yourself: “I am angry...or I am

sad...or I have a pain in my right foot...or I have a pain in my lower back etc. ”

2. Tune into your body and the place of pain (or the place of bad emotions). Where in the body do you feel it? What colour is it? What shape is it? What texture is it? Is it cold or warm?
3. Ask your body, “What’s going on? Is there a message you’re trying to send?”
4. Listen to the answer....

The body never lies.

– Martha Graham

Why do people have difficulties listening to their own bodies?

Like I said before, we are programmed to listen to our head and ignore the body. Constant thinking becomes a priority while body feelings and sensations are ignored or go unnoticed.

To become an intuitive healer you must learn to listen to your body. Intuitive messages come to us through body feelings, sensations, pictures, visions, dreams, smells and other senses.

Love your body, cherish your feelings.

During the ‘Intuitive Healing Professional Development training for health professionals’ you learn about how to listen to your body in great details.

Would you like some one-on-one hand-holding through the entire process, step-by-step? [Click here](#) to find out how to register for our ‘Intuitive Healing Professional Development training for health professionals’ for just \$59 per month.

Step 3: Sensing Your Body's Subtle Energy There is a type of energy in your body that is called subtle body energy. This is an energy we are born with, this energy leaves the body when we die. With a bit of training you can feel it.

Subtle body energy is a valuable source of information about the health of a person. This is the energy which gets absorbed into your body from your environment. For example, after you are born, you absorb the energy of your mother. You also absorb the energy from your father, grandparents and siblings.

As you grow, the energy of your environment changes constantly: the loving energy of home, the playful energy of your friends, the intellectual energy of being at school, the sexual energy of your boyfriend or girlfriend, the empowering energy of earning and spending money, the joyous energy of falling in love and the spiritual energy of meditation.

If something goes wrong, subtle body energy becomes blocked, contaminated and toxic. If this toxicity is not cleaned and corrected, the body gets sick and you'll develop an illness or a painful condition.

Like I already said, this subtle energy can be felt with a special training. When it is felt, it can be cleaned, balanced and corrected to its original and natural condition. Subtle body energy is the essence of intuitive healing. Feeling this energy is easy, but at the same time not that simple because our brain is so loud and many people have difficulty shutting it down even when meditating. Continuous practicing, learning more about the spirit, love, compassion will help you to sense your subtle body energy which is a very healing practice for you and your patients.

Let me explain how I experience the subtle body energy.

When I meditate, I sit on a chair and put my hands on my lap (palms up). I take a few deep breaths and exhale into my hands.

I do it until I start noticing tingling sensations in my hands. I raise these tingling sensations up to my shoulders, then up to my head bit by bit. Then down to my chest, abdomen, thighs, legs and feet, until my whole body starts to tingle or vibrate.

This tingling (or vibration) is the 'subtle body energy'

Some people feel it like crawling sensations, or warmth, or electric current running through their body.

You can feel the 'subtle body energy' when you meditate, when you are completely relaxed or in a dream state.

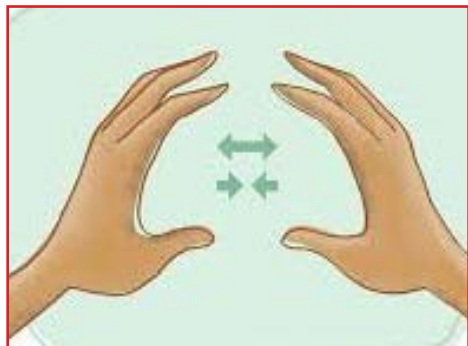
Experiencing 'subtle body energy' is very healing. You can basically heal yourself with just that. When I healed myself from fibroids (for which I was supposed to have surgery) it is what I did – I experienced the 'subtle body energy' in my whole body first.

Then, I directed this energy to my uterus and cleaned it. I saw a light (like a laser) which cleaned my uterus from the inside expelling all the fibroids from me. On the 4th day of doing it I was completely healed and I have never had this problem again.

Other methods to experience the body energy

Exercise 1

Rub your hands together for about 30 seconds. Now pull them away from each other at the distance of a beach ball and then slowly try to put your hands together by tiny movements. Do you feel some resistance between



your two hands? This resistance is the energy of your body activated by hands rubbing.

Regular mediation is the truest way to restore your subtle body energy.

During the 'Intuitive Healing Professional Development training for health professionals' you'll learn about how to sense and use 'subtle body energy' in great details.

Meditation: Sensing subtle body energy

1. Find a comfortable place to sit, put your hands on your lap palm-sides up.
2. Take a deep breath into your belly then breathe out producing a long sound "Haaaaaa" pushing the air **out through your hands**. Repeat 3 times.
3. Continue breathing, focusing on your hands until you start sensing the subtle sensations in your hands: tingling, warmth and the like - this is the energy.
4. Mentally transfer this energy (tingling, warmth, pressure etc.) to your elbows, shoulders, head, chest, abdomen, pelvis, legs and feet.



5. Observe the energy (tingling, warmth, pressure etc.) in your body. Don't judge anything, just feel it, acknowledge that it is there.

You may want to do a **full body scan meditation** for a better result to feel the subtle energy of your body.

Our inner guidance comes to us through our feelings and body wisdom first -- not through intellectual understanding."

– Christiane Northrup

Step 4: Ask for intuitive guidance and help. Intuition is responsive to our callings and requests. You can ask for intuitive guidance before you see a patient or you can do it while you're with a patient. To do that you will need to learn how to turn within and listen to your intuition for answers. This doesn't mean thinking or analysing, this really means listening to your inner voice. It can be done only when you're in receptive mode – not in logical or analytical mode.

To access the receptive mode you must become very quiet, turn within and wait for spontaneous guidance. The response can come very quickly, within a few seconds or a minute. It can be a word, a picture, a vision, a smell or a spontaneous thought. You must have no expectation and be neutral. You can make a specific request but you should not make preferences as to what information you will receive. If you do – the information you'll receive will be distorted.

When asking for intuitive guidance you must come from an impersonal space and set aside all your personal inclinations. You must learn to find that clear, neutral space within yourself from which intuitive guidance comes.

You can use this skill to make an intuitive diagnosis, create a healing plan and make intuitive decisions about your life or work.

Meditation: talking to your body

1. Find a comfortable place to sit, keep hands on your lap palm-sides up.
2. Take a deep breath into your belly, and then breathe out producing a long sound "Haaaaaa" pushing the air out through your hands. Repeat 3 times.
3. Continue breathing, focusing on your hands until you start sensing the subtle sensations in your hands like tingling or warmth - this is the 'subtle body energy.'
4. Focus on the area in your body that feels blocked or where you have pain.
5. Breathe into the area for a few moments and then place your energized hands on that area.
6. Ask your body, 'Is there a message you want to give me?' This message may come in the form of thoughts, words, images, insights, feelings, memories, etc. Do not judge the message. Write it down.
7. Continue breathing and say: 'Intuitive Healing Power, release all the pain, blockages and density from this area.' Allow yourself to watch and feel as negative dense energy leaves your body.

*"What is always speaking silently is the body."
– Norman Brown*

Step 5: Use your hands for energy healing Energy sensitivity spreads over the body in a fairly predictable pattern. It

starts with the hands, first the palms and then the backs of the hands, then the forearms, shoulders, forehead and then the rest of the body.

The most eloquent prayer is the prayer through hands that heal and bless.

– Billy Graham

Because hands are the first to feel energy we can use our hands for energy healing.

With the help of hands you can relieve pain, put a person to sleep, relieve anxiety, heal wounds and generate more energy if needed. Healing with hands is based on the effect of bio-electromagnetism which has been proven by science. It can really work if applied correctly and with the right attitude.

The main criteria for energy healing is that you and your patient stay neutral during the treatment, let go of all judgements, expectations and surrender yourself to a power higher than yourself.

During the Intuitive Healing Training for health professionals, we will go to the energy healing using hands in great detail.

Would you like some one-on-one hand-holding through the entire process, step-by-step? [Click here](#) to find out how to register for our 'Intuitive Healing Professional Development training for health professionals' for just \$59 per month.

Step 6: Forgive and release attachments Forgiveness is essential for healing. Forgiveness allows you to open your heart to Love and its healing power. Forgiveness means that old wounds can no longer damage or hurt you. It also means

that you release emotional attachments to the past hurts and negativity.

When you forgive, you can still remember things, but you feel neutral about them not attached to the past emotions. You may even feel grateful for what has happened because you start to think that they were great lessons that made you grow.

“Now when I hear about someone’s illness, no matter how dire their predicament seems to be, I know that if they’re willing to do the mental work of releasing and forgiving, almost anything can be healed. The word incurable which is so frightening to so many people, really only means that the particular condition cannot be cured by ‘outer’ methods and that we must go within to effect the healing. The condition came from nothing and will go back to nothing.”

Louise L. Hay

Often people have problems forgiving. In fact, many people would rather continue killing themselves mentally and emotionally than try to find the power to forgive. And the reason for this is that attachments to past hurts are very strong. People form energetic cords with their hurts and through these cords continue to lose their energy and power.

That’s why inability to forgive oneself or another person is the strongest poison to human health. To make healing possible, heart violations must be rectified, hurtful attachments released and the forgiving process must be completed.

A cord is a negative energetic structure that ties you and another person together

When you form a relationship with a person, you make two types of connections. The first type of connection is the spiritual, positive bond that contains energies like unconditional love, good times and lessons learned together. The second type of connection is a negative cord of attachment which contains all the negative energies of this relationship.

For example, let's say you have a cord of attachment to an unfaithful ex-boyfriend. Within this cord are the feelings you had when you found out he was cheating on you and there can also be the pattern of wanting to please your boyfriend so that he wouldn't ever leave you.

When you split up, you may never see each other again, but the negative cord of attachment between you remains. And this cord that connects you two contains negative patterns of rage, inadequacy, paranoia; keeping quiet and pleasing others at your own expense.

In order to stop losing energy through these energetic cords you must forgive and cut the negative cord of attachment to this person. Think of a person you need to forgive.

4. Say, "I call on the spirit of ...(name of the person)" . Call 3 times.
5. Say "Thank you for being here and clearing our energy today."
6. Say," (Name), I now forgive you for everything that you have ever done to me that has hurt me in this or any other lifetime. I forgive you, I forgive you, I forgive you... Through the grace of God, so be it. "

Breathe in and release.

7. Repeat step 6 three times.
8. Now attend to the other side of equation: What you may have done to them.

“(Name), I now ask that you forgive me for everything that I have ever done that has hurt you consciously or unconsciously in this or any other lifetime. Please forgive me, please forgive me, please forgive me. Through the grace of God, so be it. ”.

9. Repeat step 8 three times.

10. *Imagine lines of energy joining you to the other person. Raise your hand and bring it down like cutting the lines and say, “I set myself free and reclaim my spirit now. I declare all karma between us ended by my sincere act of forgiveness. May you be free and may all good things happen for you. Through the grace of God, so be it. ”.*

Breathe in and release. Think of a person you need to forgive.

4. *Say, “I call on the spirit of ...(name of the person)” . Call 3 times.*

5. *Say “Thank you for being here and clearing our energy today.”*

6. *Say,” (Name), I now forgive you for everything that you have ever done to me that has hurt me in this or any other lifetime. I forgive you, I forgive you, I forgive you... Through the grace of God, so be it. ”.*

Breathe in and release.

7. Repeat step 6 three times.

8. *Now attend to the other side of equation: What you may have done to them.*

“(Name), I now ask that you forgive me for everything that I have ever done that has hurt you consciously or unconsciously in this or any other lifetime. Please forgive me, please forgive me, please forgive me. Through the grace of God, so be it. ”.

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Breathe in and release.

11. *Give thanks. Think of a person you need to forgive.*

4. *Say, "I call on the spirit of ...(name of the person)" . Call 3 times.*

5. *Say "Thank you for being here and clearing our energy today."*

6. *Say," (Name), I now forgive you for everything that you have ever done to me that has hurt me in this or any other lifetime. I forgive you, I forgive you, I forgive you... Through the grace of God, so be it. "*

Breathe in and release.

7. *Repeat step 6 three times.*

8. *Now attend to the other side of equation: What you may have done to them.*

"(Name), I now ask that you forgive me for everything that I have ever done that has hurt you consciously or unconsciously in this or any other lifetime. Please forgive me, please forgive me, please forgive me. Through the grace of God, so be it. "

9. *Repeat step 8 three times.*

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Breathe in and release.

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Breathe in and release.

7. Repeat step 6 three times.
8. Now attend to the other side of equation: What you may have done to them.

"(Name), I now ask that you forgive me for everything that I have ever done that has hurt you consciously or unconsciously in this or any other lifetime. Please forgive me, please forgive me, please forgive me. Through the grace of God, so be it. ".

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Breathe in and release.

11. Give thanks.

Step 7: Listen to Your Dreams Dreams are a potent way to access intuition. Dreams can heal, guide, predict and show things that the linear mind can't see.

People often say that it's difficult for them to interpret their dreams because their dreams are too messy. This happens because people have so called "psychological dreams." Psychological dreams are dreams that reflect your feelings, emotions and mental states at a particular time. These dreams are very emotional in content. If you're an emotional person you see psychological dreams often. They are not necessary intuitive, you just process your own feelings through them.

There are other kinds of dreams - predictive and guidance dreams. They are different from psychological dreams because they have a neutral, non-emotional tone. Intuitive messages often come from these kinds of dreams.

The indications for intuitive accuracy in a dream are:

- ◆ Exceptionally vibrant imagery, color or sounds
- ◆ An oddly impersonal tone, neutrally imparting information
- ◆ A sense of indisputable 'knowing' in your body
- ◆ A crispiness and clarity to segments

The healing power of dreams is huge. Even deep emotional traumas can be healed during the state of dreams. In fact, I believe, that this is the best way to heal deep traumas – using the power of intuition and dreams.

6 Steps to get intuitive guidance from a dream:

1. Think of a question you'd like intuitive guidance on. For instance, you may want to know if taking a job offer is a good idea or should you marry this person or not etc.
2. Write down your question, either in your dream journal, or on a piece of paper that you can put under your pillow or next to your bed when you sleep.

3. Before falling asleep, repeat your intention a few times. Say something like, "Tonight I will dream guidance on if taking this job offer is a good idea or not."
4. When you wake up, whether it's at 1 a.m. or 9 a.m., if you remember any dreams write them down immediately, or as soon as possible. The longer you wait, the more the dream will slip away.
5. Now work the dream(s). The best time to do this is after you've written it down, but if you don't have time in the morning make it a priority to work with the dream at some point that day. Look for clues that connect to your question.
6. Once you have some idea of what the dream is saying, act on it. Honoring the dream by following its guidance will strengthen your relationship with your dreams and your intuition.

Some dreams are common. Here are examples of the most common psychological dreams

Examples of psychological dreams regarding your fears and anxieties:

1. You are standing naked in front of people.
Meaning: You feel exposed, vulnerable and unsafe about a situation.
2. You are taking a test and panic that you don't know the answers.
Meaning: You feel unprepared to meet a challenge in life.
3. You are being chased by a monster (or other pursuer)
Meaning: You're trying to escape a scary person or emotions (past or present)

4. Your teeth fall out, crack or decay.

Meaning: You feel that a source of power has been taken away in your life. You may experience a lack of energy or nurturing from others.

5. You got lost, unable to find your way back home.

Meaning: You lack a sense of inner or outer direction. You don't know how to get back on track with a situation or relationship and don't feel emotionally supported.

To assist you in developing your dream intuition, here are some guidelines and tips:

1. The more you pay attention to your dreams, the better your dream intuition will become. Think about your dreams, talk about them with others, explore their possible meaning and see which one resonates best with you.
2. Interpret your dreams immediately after you wake up, before you get out of bed. You are usually more attuned to your inner state at that time.
3. Keep an open mind when considering your dreams. Approach your interpretation with the belief that you already know on some level what a dream means, and set out to discover that hidden meaning.
4. Remember that dreams are almost never about what they appear to be on the surface. A person in a dream often represents another person. The subconscious mind tends toward symbols and imagery, so some degree of interpretation is required to uncover the true meaning.
5. Developing your general intuition can help you interpret your dreams more quickly and accurately.

During the Intuitive Healing training for health professionals we will go through healing with dreams in great detail.

Would you like some one-on-one hand-holding through the entire process, step-by-step? [Click here](#) to find out how to register for our 'Intuitive Healing Professional Development training for health professionals' for just \$59 per month.

Intuitive Healing and Western Medicine

Here I want to point out that I'm not suggesting you should withhold Western medical treatment. By all means, if you're in a car accident, get yourself to a trauma centre! If you break a bone, let your doctor fix it. If you have a severe infection, accept the antibiotic. And if you have cancer, let them reduce your tumour.

But when you choose to accept a medicine, never underestimate your body's capacity to heal itself. And remember that this capacity increases when you choose to live in alignment with your own truth.

Intuitive Healing Power Quiz

This quiz will help you identify how intuitive you are right now. Complete the following questionnaire, checking one choice after each statement. When you read each question, answer it immediately without much thinking.

Questions	Rarely	Sometimes	Often
1. When I am with someone I am aware of how they feel.			
2. If I meet someone for the first time, I form an accurate picture of what they are like.			

3. I follow my intuition (feelings, senses) when I make decisions.			
4. If someone tries to manipulate me I am aware of it and act accordingly.			
5. I feel the energy of places and people easily.			
6. I feel if someone is lying.			
7. I can see clearly why people have problems with something.			
8. I can stand up to dominating energy.			
9. I know what I want.			
10. I express myself easily.			
11. I take care of my body.			
12. I ask people for advice with ease.			
13. I am able speak my truth.			
14. I knew something was going to happen before it did.			
15. I eat/drink/sleep to escape my feelings.			
16. I crave sweets/carbs to escape my feelings.			
17. I can change my plans easily if I get bad 'vibes.'			
18. I enjoy learning how to do new things.			

19. People always describe me as a 'creative.'			
20. I get up in the morning with the answer I have been thinking about.			
21. I think of people and they call me in the same day.			
22. I am afraid of my intuition.			
23. I enjoy being in nature.			
24. My life is full of coincidences.			
25. I believe I have a Higher Self watching me.			

When you have completed the questionnaire, go back and look at your answers. Give yourself:

1 point for each "Rarely"

2 points for each "Sometimes"

3 points for each "Often"

Now evaluate your score.

Your score is 25-39

You are not completely aware of other people's energy and how their energy affects you. People can take advantage of you. You need to open yourself more intuitively in order to be able to discern the energy around you. Pay attention to your body. Meditate regularly and practice conscious breathing. You will benefit from body scan mediation when you explore your body bit by bit. As you open to your intuitive self, your vitality and power will increase. The more you learn and practice intuition, the more intuitive you will become.

Read **“How to feel other people’s energy” tips** below.

Your score 40-59

You are already quite an intuitive person but you may not completely realize your power. You may just consider yourself “hypersensitive.”. You need to work through the 7 Steps described in this guide in order to become more powerful. As you work with these steps, you will experience an increasing sense of safety, guidance and well-being.

Your score 60-75

You realize that your intuition is exceptionally developed but you may not trust it completely. Your work with the 7 Steps will help you develop confidence as you fully integrate your intuition into daily life and your work with people. You need to tell your subconscious mind and your body that you are intuitive and that you are powerful, that you are able to heal and feel energy. Then practice it. Act on your intuitions. Become more powerful.

Would you like some one-on-one hand-holding through the entire process, step-by-step? [Click here](#) to find out how to register for our ‘Intuitive Healing Professional Development training for health professionals’ for just \$59 per month.

How to feel other people’s energy - tips

If you’re able to feel your own energy you should be able to feel the energy of others. You probably have already experienced the energy of other people many times.

If you answer “Yes” to any of these questions, you have experienced the energy of a particular person or a group of people.

1. When you are around some people do you feel drained?
2. Do you associate certain colours with people? (For example: “My sister always feels like yellow or orange to me.”)

3. Have you ever felt when someone was staring at you?
4. Have you ever felt instant liking or disliking of someone?
5. Have you ever been able to sense how someone is feeling, in spite of how this person was acting?
6. Have you ever been able to sense another person's presence before you actually heard or saw this person?
7. Do you find that some people excite or energize you more than others?
8. Have you ever walked into a room and tightened up, fidgeted or felt angry? Do some rooms make you want to stay? Leave?
9. Did you notice how your brother's, sister's room feels different from yours? How about your parent's or children's?

As you become aware of subtle energy, you must learn to **differentiate positive and negative energy from each other.**

Signs of positive energy in others- Feelings of an inviting sense of heart, compassion and support around a person.

- ◆ Intuitively feeling safe and relaxed and want to get closer.
- ◆ Seeing a peaceful glow around these positive people.
- ◆ Feeling better when you are around them, with increased energy levels.

Signs of negative energy in others- You may feel demeaned, constricted or attacked around them.

- ◆ Feeling unsafe or tense.
- ◆ Feeling that you can't wait to get away from them.
- ◆ Feeling your energy start to fizzle around these negative people.

As you see, not all negative or positive energy you experience comes from you. Much of this energy comes from other people. But it is your responsibility to be able to differentiate which one is which in order to protect yourself, not to feel confused or be overwhelmed by energy.

Remember: no one can take your energy from you unless you allow them to do that. I have created a special intuitive healing technique which allows you to stabilise and strengthen your energy field and protect yourself from any energetic invasions. This technique is called "Create Perfect Health with Intuitive Healing" I recommend you to try it out and see your health and life blossom.

Examples of psychological dreams about your strengths and larger spirit.

- ◆ You're able to fly, a natural joyous feeling.
Meaning: You're empowered, creative.
- ◆ You give birth or watch someone giving birth.

You're coming into your own, thriving. It's a time of new beginnings for relationships, career, or revitalising health and emotions. Examples of psychological dreams about your strengths and larger spirit.

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You're coming into your own, thriving. It's a time of new beginnings for relationships, career, or revitalising health and emotions.

Frequently asked questions about Intuitive Healing

- 1) Can you explain more about the 'Becoming an Intuitive Healer and a Medical Intuitive training program'?**



During the program you'll learn every phase of the intuitive healing process including:

Becoming an Intuitive Healer and a Medical Intuitive is a certified training program for people who provide (or learning to provide) care for others. The duration of this course is 12 months.

It is an online training which consists of weekly e-classes, webinars and a final test which you will need to do at the end of the program to get a certificate of completion from this program. The tests will be in the form of multiple choice questions which will be sent to you online at the end of the course.

- ◆ How to make an intuitive diagnosis.
- ◆ How to do energy healing in great detail. - How to protect yourself from negative energy (as a person working with the energy of others – this is important to know).

- ◆ How to work with subtle body energy and intuitive empathy.
- ◆ How to work dreams and use dreams for intuitive guidance.
- ◆ How to differentiate intuition from fear.
- ◆ How to recognize reliable intuitive information and when to share it.
- ◆ How to do body scanning on yourself and others.
- ◆ How to find the road to the heart to assess the multiple needs of your patients.
- ◆ How to use your intuition in conjunction with conventional knowledge.

I understand that to create a thriving healing practice you must be able to market and promote your business appropriately. There are many specifics of how to promote intuitive healing practice in a genuine and authentic way so people can trust you and believe in you. Therefore, during the length of this training program you will also learn:

- ◆ How to let people know what you do in the right way so they trust you and believe in you.
- ◆ How to enlist a patient as a co-worker in the healing process.
- ◆ How to explain to patients about the importance of intuitive healing and how it will benefit them.
- ◆ How to subdue the challenges of ego so you can clearly hear intuition.
- ◆ How to maintain receptivity - the key to successful intuitive reading.

As a result of this training you can develop a wholly balanced health practice that considers the physical, emotional and spiritual aspects of patients.

Would you like some one-on-one hand-holding through the entire process, step-by-step? [Click here](#) to find out how to register for our 'Intuitive Healing Professional Development training for health professionals' for just \$59 per month.

2) Do you have to be psychic to practice medical intuition?

The answer is " No and Yes at the same time". Let me explain... The primary reason, I would answer "no" is that modern day psychics have a negative reputation. Whether rightly or wrongly, the public perceives 'psychics' as either 'mystical basket cases' or 'scam artists.' I have no intention of being associated with either perception.

The primary reason I would say "yes" is that medical intuition is about perceiving the energy field (information field) around people. This is the natural ability of every human but unfortunately a lost one. In order to get it back the person must go inside himself and listen to his own inner voice. This inner voice is a direct connection to the soul or psyche where the person gets the inner knowing. This is a skill – not a special talent. So, if you call this ability to feel energy as 'being psychic' then so be it. But I see it as a natural human ability which develops with practice.

3) Why do people learn intuitive healing?

For me intuitive healing is **my faith, my power, my self-expression and my lifestyle**. For many people it is the same.

Here, I have collected a list of other reasons why people learn intuitive healing.

1. Become a healer.
2. Develop intuitive abilities and multi-sensory awareness.

3. Develop good karma and heal bad karma.
4. Get new career options.
5. Helping loved ones.
6. Ignite the spirit.

4) Do you need any special talents to do intuitive healing?

The answer is “No, you don’t need any special gifts or talents. You already have them.”

Naturally, we are all intuitive. It is only our programming and social conditioning that make us stop listening to our body and our intuition. Here is your chance to claim this power back.

Intuitive healing is our birth right and we all have our individual energetic anatomy.

5) What is healing? Is it the same as ‘cure’?

To avoid any confusion, let me make it clear. Healing is not always about curing the disease although a cure often follows a healing process.

Healing does not always mean that the physical body recovers from an illness. Healing means restoring the energy balance in the body. Healing also means that one’s spirit has released long-held fears and negative thoughts toward oneself or others. This kind of spiritual release and healing can occur even though one’s body may be dying physically.

6) Can you use Intuitive Healing to do distant healing?

Yes, you can use intuitive healing on someone who is far away from you. Distance doesn’t matter. The patient could be on the other side of the world and it still would work. In distance healing you use a holographic image of your patient when you do the healing process.

During the 'Intuitive Healing Training for health professionals' you will go through the practice of distance healing in great detail.

7) Does Intuitive Healing always work? What are the cases when it doesn't work?

Just like any form of healing, intuitive healing doesn't always work. In medicine, chemical treatments do not work for all people, but they work for a statistically significant group, thus they are said to be effective. Intuitive healing is the same. If you have a patient who is not recovering as fast as you would like, don't think that you are not doing it right. There are usually two issues, either or both of which maybe affecting them. These issues are lack of receptivity and bad karma.

Lack of receptivity means that some people do not want to be healed. They deliberately block the energy and keep their illnesses for a personal agenda.

And that is that. So be it.

Bad karma consist of every thought, deed, word, intention, action and reaction that we ever have. All these are recorded and can be inherited by further generations. Some children are born with bad karma which is given to them from their ancestors.

Bad karma can be alleviated by acts of kindness and generosity. The process of true forgiveness is also an antidote for bad karma.

8) How fast can I develop medical intuition?

Medical intuition develops fairly rapidly as we practice intuitive healing. I can't tell exactly how long will it take for you to develop medical intuition as it is a very individual process. Some people start having medical intuition in a matter of a few

months, some people need a year, some people need two or more years of practice until they become truly intuitive.

The only recommendation I can give is to start practicing and see how fast you develop your own language of intuition. But rushing is not recommended, rushing is counter-intuitive. Patience and persistence is the key.

9) Do you know a universal healing prayer to set a healing intention?

People use different prayers or sayings or callings to set a healing intention. One of the most well-known and powerful is the prayer of St. Francis. I often use it and recommend other healers to use it.

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

And where there is sadness, joy.

○ Divine Master, grant that I may not so much seek

To be consoled as to console;

To be understood as to understand;

To be loved as to love.

For it is in giving that we receive;

It is in pardoning that we are pardoned;

And it is in dying that we are born to eternal life.

Amen

If you need just a one sentence prayer to set up a healing intention, you can say these words: **“Intuitive Healing Power, may I be of help to this person.”** Then bow to the spirit, take a few deep breaths and begin the healing process.

10) What is the simplest way to protect yourself from negative energy?

To protect yourself from negative energy you must know its signs as it emits from others.

Signs of positive energy are:

- ◆ Feelings of an inviting sense of heart, compassion and support around a person
- ◆ Intuitively feeling safe and relaxed and the want to get closer
- ◆ Seeing a peaceful glow around these positive people
- ◆ Feeling better when you are around them, with increased energy levels

Signs of negative energy in others:

- ◆ You may feel being demeaned, constricted or attacked around them
- ◆ Feeling unsafe or tense
- ◆ Feeling that you can't wait to get away from them
- ◆ Or feeling your energy start to fizzle around these negative and the want to get closer, and want to get closer - Seeing a peaceful glow around these positive people
- ◆ Feeling better when you are around them, with increased energy levels

Signs of negative energy in others:

- ◆ You may feel you are being demeaned, constricted or attacked around them
- ◆ Feeling unsafe or tense

- ◆ Feeling that you can't wait to get away from them
- ◆ Or feeling your energy start to fizzle around these negative people

When you feel the negative energy around yourself, you can do several things: leave the room, do a 'shielding' technique, visualize the light around yourself, focus on your heart and emit the heart energy, focus on your breathing and more...

When you come home after being exposed to negative energy, take a salt bath (just add a few tablespoons of normal table salt in a bath). Light a white candle and burn incense while taking a bath.

Alternatively, you can scrub yourself with salt in the shower. Just put normal table salt in your hand and gently scrub all over your body. Rinse your body in a shower. While doing it repeat the word: "Clear, clear, clear..."

Salt water is the best for removing energetic debris from the body. Seeing a peaceful glow around these positive people

- ◆ Feeling better when you are around them, with increased energy levels

Would you like some one-on-one hand-holding through the entire process, step-by-step? [Click here](#) to find out how to register for our 'Intuitive Healing Professional Development training for health professionals' for just \$59 per month.

Seeing a peaceful glow around these positive people

- ◆ Feeling better when you are around them, with increased energy levels
- ◆ Signs of negative energy in others:
- ◆ You may feel being demeaned, constricted or attacked around them

- ◆ Feeling unsafe or tense
- ◆ Feeling that you can't wait to get away from them
- ◆ Or feeling your energy start to fizzle around these negative

I wish you good luck, joy and love during your training and beyond.

With Love.

Dr Irina Webster

FAMOUS QUOTES ABOUT INTUITIVE HEALING

"Your body is an absolute mirror of your mind. As you worry, your body shows it. As you love, your body shows it. As you are overwhelmed, your body shows it. As you are angry your body shows it. Every cell of your body is being allowed or resisted by the way you feel."

– Esther Hicks

"What is always speaking silently is the body."

– Norman Brown

"Our bodies are apt to be our autobiographies."

– Frank Gillette Burgess

"You can free yourself from aging by reinterpreting your body and by grasping the link between belief and biology."

– Deepak Chopra

"The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly."

– Buddha

"Whenever you are feeling less than good, if you will stop and say, 'Nothing is more important than that I feel good - I want to find a reason now to feel good,' you will find an improved thought. Anytime you feel negative emotion, you are in the mode of resisting something that you want, and that resistance takes its toll on you. It takes its toll on your physical body, and it takes its toll on the amount of wonderful things that you are allowing to come into your experience."

– Abraham/Esther Hicks

"The body never lies."

– Martha Graham

"I sing the body electric."

– Walt Whitman

"I finally realized that being grateful to my body was key to giving more love to myself."

– Oprah Winfrey

"Your body is a temple, but only if you treat it as one."

– Astrid Alauda

"Health is the result of relinquishing all attempts to use the body lovelessly."

– From A Course In Miracles

"Any physical addiction, it doesn't matter how long they've been taking it or how full of it their body is, and addiction, would, between three and thirty days, be completely cleared from the system. Usually closer to three days than thirty days. But it is the emotional craving that must be tended to."

– Abraham/Esther Hicks

"Within my body are all the sacred places of the world, and the most profound pilgrimage I can ever make is within my own body."

– Saraha

"It's also helpful to realize that this very body that we have, that's sitting right here right now...with its aches and its pleasures...is exactly what we need to be fully human, fully awake, fully alive."

– Pema Chodron

"If any thing is sacred the human body is sacred."

– Walt Whitman

"Nothing, in all of the Universe is more delicious than to be in this physical body allowing the fullness that is you to be present in the moment."

– Abraham/Esther Hicks

"At the very instant that you think, "I am happy," a chemical messenger translates your emotion, which has no solid existence whatever in the material world, into a bit of matter so perfectly attuned to your desire that literally every cell in your body learns of your happiness and joins in."

– Deepak Chopra

"The body must be nourished, physically, emotionally and spiritually. We're spiritually starved in this culture - not underfed but undernourished."

– Carol Hornig

"The part can never be well unless the whole is well."

– Plato

"The message we give our bodies -- one of irritation or acceptance -- is the message to which our bodies will answer."

– Deb Shapiro

"Think with your whole body."

– Taisen Deshimaru

"If you want to find the answers to the Big Questions about your soul, you'd best begin with the Little Answers about your body."

– George Sheehan

"Do you have to think specific positive thoughts about your body in order for your body to be the way you want it to be? No. But you have to not think the specific negative thoughts. If you could never again think about your body and, instead, just think pleasant thoughts — your body would reclaim its place of well-being."

– Abraham/Esther Hicks

"Someone asked us recently, 'Is there any limitation to the body's ability to heal?' And we said, 'None other than the belief that you hold.' And he said, 'Then why aren't people growing new limbs?' And we said, 'Because no one believes that they can.'"

– Abraham-Hicks

"Understand that you have the ability to get healthy and stay healthy."

– Dr. Christiane Northrup

"The physical world, including our bodies, is a response of the observer. We create our bodies as we create the experience of our world."

– Deepak Chopra

"There is more wisdom in your body than in your deepest philosophies."

– Friedrich Nietzsche

"The mind's first step to self-awareness must be through the body."

– George Sheehan

"Spiritual healing is KNOWING that the body is perfect. Mental healing is effecting a perfect body by visualizing the body as perfect."

– Lester Levenson, from The Ultimate Truth
