

UNIVERSAL HEALING

By Helen King

To be **healthy and balanced** it is important to be in sync with **Universal Law and Order**. When we make that choice we can create a radiant, forceful energy field – **HEALTH!** **HEALTH is the natural state, JOY is the natural expression.**

Everyone is a healer - their primary care physician. The only necessary criteria is the willingness to **give and receive love/light**. **We all have needs plus something to share.** Many options are available to create a healthy body, balanced emotions and valid intelligent thoughts; so **examine your beliefs, question authority then decide what practices are in your best interest.**

Our bodies are **bio-electro-magnetic energy which we co-create/generate.**

Positive energy flows **clockwise** and is referred to as physical, masculine and father energy. **Negative** energy flows **counter-clockwise** and is referred to as spiritual, feminine and mother energy. The **mystical marriage** is the balance of positive and negative energy flow.

Every cell has substance, life and intelligence, therefore communication is possible.

We ask and expect each cell to remember its perfection, to release or heal everything else and that only healthy cells reproduce to create the body we need to realize our potential. We listen for the messages/suggestions they convey and act on them.

In the UHC we use our inner/spiritual senses. We may feel a warmth, tingles in our hands or feet, a flow of energy down an arm or leg, a sense of movement in our head, chest or throughout our body. We may experience it as color, hear words, have an understanding, see pictures or feel light and peaceful. This informs us that change is happening.

Whatever your **experience** is, it is **right for today**; for there is **no one right way** to do anything. Even if you are not **consciously aware** of anything occurring that doesn't mean nothing is happening. Relax and be patient with yourself.

Demonstration of energy flow in our bodies-

As you entered Smile/Frown I can/can't Head bowed Fetal position

Chakras 7 Male 4+/3- Female 4-/3+ Tummy Tap to balance them

Handshakes and Hugs

Handshake Hold hands

Hugs Cheek to cheek Side-ways A-frame Full

Fake news/Critical remarks

UNIVERSAL HEALING CIRCLE

State your **intention** for healing. **Ask Expect Allow**

Place your feet shoulder wide with knees slightly bent. Keep your back and head straight.

Place your left hand in a comfortable position on the person to your left.

Place your right palm on your **heart**. This palm has a strong, positive energy center.

We activate the **wisdom of the heart** to heal and balance the **physical body**.

Use your inner/spiritual senses to be aware of what is happening; what and where change is occurring.

To activate the **intelligence of our emotions** place your right palm on your solar plexis to empower the healing and balancing of the **emotional body**.

To use the **ability of the mental body** to bring this information into your consciousness, place your right palm on the middle of your forehead.

We ask for clarity. May we see, hear, know and express truth, love, compassion, peace and joy in all our thoughts, words and actions moment by moment. Peace is love reclining and Joy is love dancing!

To connect with the spiritual center place your palm on the crown chakra.

One with all life holy we are! We are one with the **elements** – matter, water, air and fire and the **kingdoms** – mineral, plant, animals, humans and souls.

May we all be seen and heard and feel respected, empowered, appreciated and loved. Especially the lonely, the lost and the least.

When those in authority are making decisions, creating policy or establishing laws may they be for the highest good, for the greatest number, with the purest intent.

Let's **share** this love energy by creating **Love Bubbles** and bursting them on someone, a place or situation you have concern for. Now let's make a huge one to surround and infuse the entire earth and its inhabitants with love, truth, peace and joy!

We are **grateful** for all that has been shared today and every day.

And so it is!

Ask for **feedback** of personal experiences.

WHEN LOVE IS THE ANSWER, WHAT IS THE QUESTION?

At Unity we hear and believe that **God is love** and that we are **made in God's image**, so guess what? **We are one with God, one with love** - the energy that creates and maintains our Universe and its inhabitants! **Love takes pleasure in the power of truth with no division, no distinction! Every act of separation is a violent act!**

Each of us has physical, emotional and mental **areas of wholeness plus areas of need**. It's the nature of love to **flow** and love knows where it is needed. Today we have an opportunity to **share that love** with one another in a **simple, practical manner** that can be done **any time and any place** for you are the **co-creator** and can change the story of your **health!**

Are you willing to **accept** these free gifts?

Are you willing to **share** your gifts?

Since humans have free will – some will and some won't.

Make **your choice**, free of influence...

We may not have it altogether yet, but together **we have it all!**

When we share, we all become more whole (holier?), more aware.

Health is the natural state; Joy is the natural expression.

Universal Healing Circle 11/8/17

Partners- Share Energy in hands Notice how it feels different...
We are jumper cables to charge each others batteries!

Review Check-up from the neck up!

7 Chakras **Male** Positive, Negative... **Female** Negative, Positive...
Balance chakras using the Navel Tap 12 taps 3 times

Fake News & Critical remarks Spoken/Written Notice how energy changes...
“When you say that I feel _____. Is that what you intended? Decades later....
Is the 'sender' affected?”

5 compliments to 1 criticism

What are you teaching... learning...

Blessing or Burden

“May I be a blessing to everyone I interact with today!”

Boo Pretend you are holding a love one...

You keep (store within your body) a copy of whatever you think, say, believe, accept.
Have you disrupted the flow of energy? Is this the basis for your discomfort/disease?

Examine your beliefs. Are your spiritual beliefs the same ones you had as a child?
Have they matured as you did physically, emotionally and mentally?
Are they your truth or The Truth (which never changes).
Is your mind being a dictator at the expense of your body? Free Will Choices...

Observe vs Participate NOMB None of my business
Love the individual, dislike the action/choice.

Slow Down to Speed Up!