

our fears often make us sick (even if there is nothing tangible or real to fear) and this same approach can be reversed to build rhythms of good feeling and power in our body by experiencing in our hearts and minds that which we truly desire, before it comes about.

Your visualisation skills will be enhanced by being totally relaxed. As you go into a deeper state of relaxation, the activity of the brainwaves will reach the alpha-state. In this state the images are more significant and efficient, and you are more able to relate them to reality.

We all visualise differently ~ some with sight, some with sound, some kinesthetically. When you first use visualisation you do not necessarily see the visual image, and that is totally fine. Just having a thinking picture of a feeling in your body is enough.

Visualisation may also be a great way to train inner listening. Simply trusting what you hear is the first step to coming into contact with your 'clairaudient' skills. Only by following the inner voice's messages will you know what the truth is, and thus know what is not true for you.

Energy flows where attention goes ...

Whatever you want to grow, give it energy. What you do not want to grow in your life, give it no energy. Through visualisation and sound healing we release great universal power. As it says in the Bible: "Speak the word only, and my servant shall be healed."

As we direct our voice with crystal-clear focused intent, as a vehicle for the very best, we shall come to know its magic potentials.

The ultimate goal with visualisation is for the conscious mind to accept and co-create with the subconscious mind. This is the way to miraculous healings. The subconscious is a sensitive computer and will follow what it is programmed to do. To reach it we must, in a relaxed state, move through or bypass the conscious mind.

Check out your visualisation skills and believe in the reality of what you truly want to manifest.



Healing pain through visualisation & sound healing

The stronger your focused intention and visualisation are, the stronger the healing will be. Accepting and believing in what you sense will encourage visualisation to take place and expand your inner guidance. This exercise opens up to your clairaudient and clairvoyant skills.

Practice

Lie down and relax completely, watching your in-and-out breath. Let it become deeper and softer. Sense where in the body the pain is located and direct all your awareness into that part. Visualise the pain surrounded by an intense violet colour, and let it thereafter penetrate the pain.

Now allow the pain, encapsulated by the violet vibration, to grow bigger and bigger, reaching from the pain itself out into the aura and beyond your auric field ~ an energy field surrounding the body.

From this wide expansion allow the pain to diminish. Step by step let it become less and less, smaller and smaller, until you finally let it disappear.

Now begin to tone, as you let this sound guide you through the previously described visualisation. Let your sounding intuitively match the changing images. Trust the process and have faith in your unique experience.

When complete, take time to integrate and rest. This exercise may also be used on a recipient.



I discovered the following exercise by helping a friend's teenage girl to get rid of a trauma after she had witnessed the horrible devastation of a car accident.

The imprint was so deep that Rebecca felt possessed by the picture each time she closed her eyes. We had decided to meet at a beach house and in silence watched the sun setting. Before we went inside to start the process, Rebecca told me that she had had several sessions with a psychologist, but nothing had changed.

"Talking about it doesn't help me, I feel it becomes worse," she explained. "I just can't get it out of my head, it's terrifying."

I guided Rebecca into a meditative state, followed by sounding gentle and soothing sounds into her entire body, before I began the visualisation process. I told her to see in her mind's eye the episode as if it was passing on a movie screen.

"Imagine the episode in the order it happened. Then I would like you to rewind; imagine the experience in backward order. Then, when you have done that, we will delete the movie."

Rebecca nodded and went for it. I guided her to use the image of the sun setting over the ocean to pull the 'movie' that she had just witnessed completely out of her head and body. I intensely sounded the process to get

the trauma out of her head. I pulled it out of her, allowing the sounds to cut through her thought process. I used various images and finished by sending a flood of white light through her head and body.

I then asked her to place the experience at the horizon and allow it to set into the ocean together with the sun, letting it completely disappear and dissolve into the water. I then sounded the image. As a closure I sealed Rebecca's body with a violet vibration. Rebecca said that she had confidence during the whole process and felt a peace she had never experienced before. The pictures and the memories never came back.



Let go of trauma through visualisation & sound healing

Use this process for a trauma you may have had, such as where you witnessed horrifying events or had a significant loss. You use the power of focused intention, your innate faith and sound healing to move cellular structures. Visualisation combined with sound healing can be very powerful.

Practice

Close your eyes and relax deeply, listening to your soft breathing and letting go. Visualise that you are at a beach at sunset. The air is cool and gentle and the colours of the sunset spectacular, with vast cloud formations. Feel where in your body the trauma is held and focus on that area during the process. Feel it intensely. Then go through the trauma in your mind in as much detail as you feel is appropriate.

Watch the sun setting over the horizon, and begin, with all your focused power and intent, to pull the trauma out of your body. Vocalise and feel the process and the images. Allow the sounds to become emotional. ***Feel the feeling.*** Do whatever it takes to get it released.

When you feel complete, send a flood of white light into the area that held the trauma.

Witness the changing cloud formations over the horizon and the new colours in the sky after the sun has set. Let the trauma be gone. Give thanks and listen in silence.

You might go into deep sleep or you might slowly become more and more alert and awake. Then sound into your present state of being, to come fully back into your body and soul.