

## EMOTIONAL HEALING

There is no permanent healing without emotional healing. Work in this field is essential if you wish to regain balance in your life.

- **Pranayama breathing** - Breathing exercises - 10-20min (or Kriya +++) - every morning/night or at least 4-5x / week.  
Breathing brings essential oxygen to our body, the more we breathe the more oxygen we have, the more we detox our body. It is believed that as much as 80% of the toxins can be removed by breathing.  
Breathing relieves our mind of the chatter (unnecessary and negative thoughts)  
Breathing helps us control our emotions.  
Breathing is a great way to neutralize acidity and get rid of toxins.  
Practice deep relaxed breathing several times per day especially during traffic lights! 😊
- Let go of the past and find ways to bring joy – to do this I suggest:
  - Make a Poster Board by cutting out pictures from magazines that make you happy without having anything on your mind. Paste those pictures on the board and you will be amazed what comes out of this. This is a way to get connected to your subconscious self what it really wants and needs. Put this board somewhere where you can see it daily. It will remind you and make you think of the important things in your life and things that bring you joy.
  - Make a big heart on a plain sheet of paper and write all negative feelings that you have such as anger, fear, feeling of not being good enough, not being respected enough, not having confidence, etc etc.. and burn it when alone. Fire is a sign to the subconscious mind that the feeling is Gone. You can also write letters to your mum, dad, boss, husband, ex wife, or anyone you have issues with and tell them all you want to tell them and then burn this letter. Afterwards, you may also do another sheet with the heart drawn over it and then fill it with replacement feelings – such as joy, relaxed state, courage etc.. This can be repeated several times.
- Every evening before going to bed clear your mind of negative thoughts and take a few moments on your own without distraction to show **gratitude**. Thank the universe, god or energy, whoever seems appropriate to you, for each and every good thing in your life. One by one. Stay there for a moment thinking about those good things before going to bed.
- Discover meditation or sophrologie or other relaxation techniques
- Crystals are also very powerful and will help you to heal emotionally as well as help you towards the happier you. For further information please contact Julie Lomas 39606712.
- Explore hypnosis and/or EMDR (Eye movement desensitization and reprocessing) and/or EFT (Emotional Freedom Techniques), and/or NLP – these are all very powerful techniques that bring quick and permanent results.