

Good Vibrations

By Janet Anakhita StraightArrow © 2006



Living healthy and happy is all about energy. Allowing healing in your life is all about raising your vibrations. Singing, chanting, drumming, dancing, yoga, meditation, prayer, shiatsu, massage, acupuncture, Reiki, Shamanic practice, ceremonies and more, all help to activate healing. Your attitude and how you allow that energy to process and stay with you helps empower the healing.

In spiritual healing practice, sessions and training's miraculous healing's occur. People change before your eyes, looking younger, softer and happier as they allow the energy to help them release all lower vibration emotions, thoughts, physical energy from their bodies and aura. Divine healing energies are channeled into and opens up the body, mind, emotions and spirit of a client, allowing old patterns that are stuck open up and release while accepting new vibrant energy creating balance and health.

Shamanic work allows direct contact with your spiritual aspects. Guides channel through information, energy and soul healing that comes to you, balancing your energy and bringing you into wholeness. Most people experience a clearer sense of self and have the necessary energy and motivation to activate their lives in powerful ways allowing physical, mental, emotional and spiritual health.

As human beings we are self-healing organisms. Pain and problems alert us so that we may take action to heal ourselves. Our body's great wisdom and gift is in telling us through the problems that it is time to pay attention. When we do not listen or change, the cry for help gets louder with more severe problems and more pain.

Many dysfunctions that medical professionals cannot find the causes for may be addressed successfully in spiritual and energy healing work because things that surgery and medication addresses do often not cause the problems. Scientists have found cancer cells and other diseased areas are vibrating at lower frequencies than normal tissue. Healing is about change. A quick fix is sometimes possible, but it is up to you to on create a higher vibration life to maintain health. So please indulge yourself in physical, mental and spiritual activities and practices to stay happy and healthy.

Documented healing cases that I have facilitated; chronic pain released or lessened, actual mending of broken bones, ligaments, and other cells completely healed, depression greatly lessened and released, large blood clots disappeared, chronic back problems relieved, fibroids gone, carpel tunnel gone, depression alleviated, MS, fibromialgia, lime disease symptoms relieved enough to have an energetic more normal life, high stress clients relax and allow themselves to make healing changes in their lives, infections and wounds heal in record time and much more!