

Heart Source Healing Manifesto

1. Healing comes from within

An intelligent healing force resides within all of us and is always in operation while we have life in our bodies. It may not always appear to be the case, but the body is always using this healing force to bring us to a state of balance. To support our healing force, we must work with the body, rather than against it.

2. Healing is a return to wholeness

Healing literally means to 'become whole'. And therefore, if we require healing, that must mean parts of us are fractured or disconnected. Chronic illness develops when we disconnect from a natural way of living and our true selves, and this is where we must place our attention if we want to restore our health.

3. We are all connected

At a quantum level we are composed of energy. And as such, our body and mind are influenced by the energy of everything else around us including other humans, animals and plants. In order to find a state of health, it is important that we are mindful of how those things around us affect our energy, and are also aware of our own impact on the people and things in our environment, as how we treat others is ultimately how we treat ourselves.

4. In order to build health, we need to get quiet and listen

We receive communication from our body on a continual basis. If we take the time to get quiet and listen to these messages, we will be guided towards the things that best support and nourish our bodies.

5. Restoration of health requires removal and replenishment

If our health is compromised this indicates that we need one of two things; either we need to remove from our environment or body things that inhibit our wellbeing, or we need to replenish those things that support our health which are lacking. Usually we need to do both.

6. Physical symptoms often indicate deeper imbalances

The problems that manifest in our physical body often reflect imbalances at the deeper levels of our mind and spirit. To heal problems in our body most effectively and completely it's important to address the deeper root causes rather than focusing all attention at the physical level.

7. Our emotions have a powerful influence on our healing force

Our thoughts and, more importantly, the emotions that accompany these thoughts, will influence our healing force in a powerful way. Rather than pushing away or ignoring challenging emotions it's important that we allow our bodies to completely feel them and register their message so that our need for them no longer exists. When we do this our healing force will be enhanced.

8. There is great power in synergy

In all aspects of life, the whole is always greater than the sum of its parts. Therefore, when we place attention on restoring health, it is important to use a range of lifestyle changes and supportive techniques in combination. When we do this, the overall impact will be far greater than the sum of the individual changes.

9. Health is a journey not a destination

At times during our life we will be out of alignment with our source of wellbeing and our health will suffer as a consequence. As we grow through life, we'll have opportunities to discover ways to bring ourselves back into alignment and as we do this, we'll realise the powerful influence we can have on our health. This may bring us more satisfaction than finally reaching a state of constant optimal health (which doesn't exist anyway as nothing is constant).

10. Love is the greatest healer

Every thought we have is grounded in either love or fear. When we are coming from a place of pure love nothing is blocking our intelligent life force and we are completely open to healing. That's not to say that physical healing will always occur because the lifespan of our bodies is finite, but we will heal in a broader sense, on the levels of our being that are unseen. However, while we do inhabit our bodies and the potential for physical healing exists, unconditional love is the surest path towards that goal.

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