



Spiritual Self-Healing

Be a Healer for Yourself

A few words about what can be done in a mental crisis to help yourself. There is actually a lot you can do if nobody is available for help. For example in case you have fear, suffer from loneliness, whatsoever:



- Immediately start **Loving** directly from within your heart. Shift your awareness from the thoughts to the chest of your physical body and feel the Love. In case of emergency this seems to be impossible but it definitely works and does have an effect on your emotions if you „force“ yourself to just do it. No object or person is needed, just love without directing your Love anywhere. Everybody on this planet can do it, there is no need to learn this!



- Put both of your hands onto your chest to increase your **Centering in the Heart Chakra**.



- Immediately shift to a completely different attitude towards your current situation. From a negative perception and wanting to change it to **Total Acceptance and Appreciation**. Allow it to reach you, as if you really want to experience it, say YES to it. You can imagine that your actual situation is very valuable, like a precious diamond is this feeling, this perception.



- Bring yourself to **Be Thankful** about the situation. Be thankful to the universe that you can experience this.
- Ask the heavenly worlds for help, God, Jesus, Buddha. Whatever you feel connected or close to. **Trust** that help is on the way.

- **Streaming:** Switch off everything that could disturb you, like cell phones etc.. Get into bed and make yourself as comfortable as possible. You can use ear plugs to reduce sensory input. Your arms do not touch the body. Place them beside it. Now you relax completely and stay with the movement of the breath. Absolutely don't move the body, just breathing. Don't move the body! Just wait, let happen what needs to happen.



- **Surya Namaskar/Hatha Yoga:** Just 3 rounds of Surya Namaskar executed with a maximum of awareness and as slowly as possible is enough to change your mood.
- Tell somebody about the person you mostly reject, the one that creates the biggest turmoil in your life: But do it so that you just talk about the **good** and **positive** aspects of that person. Do this as if you would talk about a really great one you like and adore. The true things are relevant. Do this for a longer period of time with full dedication to this human being. See what happens inside of you :-)



Why all this works

Because it directly raises your energy level and with that you put yourself in a position which is above the circumstances, above the suffering. Suffering can only happen if your energy is very low. A crisis means that you are not able to tolerate, to integrate what happens.

As soon as you „force“ yourself to these measures you start dancing with the situation instead of fighting with it. All suffering is only within you, it does not exist outside. All suffering is only within you, it does not exist outside.

*If you need additional help I am available with **Skype Sessions** and **Distant Healing**.*



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