

VISUALISATIONS

By

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These extracts are taken from his text entitled: 'How to best work in partnership with your Healer'.

Other extracts in the series are:

'How to get the most benefit from a Healing session'

'The Power of the Mind'

'The Importance of Correct Breathing'

Although avoiding the use of esoteric language, the content is only suitable for the recipient of Spiritual Healing who is prepared to play a full role in the healing process and who recognises that ultimately, each of us must accept responsibility for our own physical or mental wellbeing.

Certain references contained in this text apply to other extracts.

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Become aware of the rhythm of your breath. Begin to adjust its cycle as we have already explained in the separate text entitled 'The Importance of Correct Breathing'. Clear your mind of normal earthly matters. Try not to think about whatever ails or troubles you. If you are in pain, be it physical or emotional, try as best you can to push it to one side and concentrate your mind on the images that I am now going to create for you.

Imagine that you are standing outside a door. It does not matter where this door is located. It might be down a corridor or a means of access to a shrine or temple hidden away in your own special place. Turn the handle of the door to open it and step inside. You have now been immediately transported to a beautiful valley surrounded by rolling hills covered with majestic trees and exquisite vegetation. It is summer time and the sun is shining down from a clear blue sky. Ahead of you is a lush green meadow. Take off your shoes and in your bare feet walk out towards the centre of this meadow. Feel the pulse of Mother Earth beneath your feet as you walk through the grass. You find a clearing and you lay down so that you are looking up at the delicate blue which is all around you. Occasionally a fluffy white cloud sails by effortlessly. You feel the warmth of the sun touching every part of your body. There is the gentlest of breezes to keep your body at a comfortable temperature. The air smells sweet and fresh. You can hear a skylark singing his heart out overhead and the subtle noise of winged insects going about their business of pollinating this exquisite diversity of flowers pushing their way up through the grasses all around you seeking out the sun. You then become aware of this beautiful butterfly which has rested amongst a cluster of wild poppies growing nearby, its wings are of a most delicate shade of turquoise glistening in the sunlight. Enjoy for a few moments the peace and serenity of these tranquil surroundings.

Now concentrate again on your breath. Feel your lungs filling to their fullest capacity as they take in the freshness of the air around you rejuvenating every cell in your body. Become aware as you take in every fresh breath how much lighter you are becoming until you become so light that you are now no longer resting on the ground but are being held up by the tips of all the blades of grass beneath you which are pushing you up towards the sun. Suddenly the breeze increases and gently lifts you up into the sky. You are carried higher and higher but still remain totally relaxed and content to allow the breath of Mother Nature to take you to a mysterious destination.

Keep up the momentum of your breathing. Gradually you feel yourself descending as the breeze dies away. You have now returned to Earth. Get to your feet and survey your surroundings. The meadow and the valley you were in have now disappeared. Your visibility is obscured by a strange mist. You become aware of the stillness and the complete absence of any sound other than that of your own heart beat. You have no idea where you are or why you have been brought to this strange place and yet you still feel totally at ease. A tingling sensation ripples through your whole body in anticipation that some cosmic force has carried you here and that you are now about to embark on the second stage of a wonderful journey linking the physical World as we know it, with that of another dimension, not subject to our understanding of time and space. Suddenly the mist begins to dissolve revealing ahead of us this golden sphere which pulsates and glistens brightly and yet there is no sun or sky overhead - just a dark emptiness.

As you approach the sphere which seems to be smooth and solid all over, an opening appears in front of you. It is as if a doorway has just appeared from nowhere revealing that this sphere or globe is indeed hollow and is bidding you to enter. You proceed through the opening to find this luxurious bed which you know instinctively has been provided for you to lie down on, supported by the softest and most beautifully coloured cushions to make you feel completely comfortable. You become aware that the doorway has again disappeared and that you are now cocooned inside the globe like being within the shell of an egg completely protected from any negative or harmful forces on the outside. You feel safe and are content to curl up amongst the inviting cushions and enjoy the feeling of being at peace with the World. Here in this special haven all your worldly problems and anxieties are forgotten.

As you lay there savouring every moment of this wonderful experience you become aware that the globe has lifted off and is now ascending into the heavens. As if by some sort of one way mirror, you can see out through the walls of the globe and see Mother Earth falling away beneath you. As you lay in your cosy environment you look up and wonder at the clarity of the millions of twinkling stars and at the immensity of the Universe which is all around you. For just a moment there is complete darkness - you are entering one of the portals which links the far corners of the Universe. These are the arteries of time and space, like motorways joining all 'being' and through which the Life Force travels. Here you are between different dimensions. Way ahead of you in the distance you can see this pin point of pure white light. Your sphere is hurtling along at a speed which is beyond our comprehension. You are in fact, being pulled along by the current of the Life Force itself in its continuous cycle to and from the 'Source' of all creation.

Gradually this speck of white light grows bigger and brighter, its brilliance now reflecting off the shell of our sphere creating the most beautiful cascading effects of golden yellow. You are now being bathed in the power of this light creating within you an indescribable glow of love and wellbeing. This white light is now all around you, its intensity now obliterating any shape or form within your special resting place. At the very moment of its greatest brilliance, it subsides and you are aware that the sphere that has been your vehicle has suddenly dissolved as if it was never there. As your eyes become accustomed to the different level of light, out of a strange type of haze you can see the outline of figures coming towards you, their arms outstretched as if to welcome you. You are indeed, visiting in a conscious state, the origin of your Soul - your very being. You are at one with the source of your creation. Here all makes sense and all those things which have adversely affected you on Earth no longer seem to have any relevance.

Because your thought processes are still operating in a physical form and cannot relate to an existence outside your own body, a special environment has been created for you in which to enjoy this temporary stay, for your time has not yet come to leave your physical body and to be re-absorbed into the collective consciousness. In this special environment has indeed been created for you the most idyllic surroundings you could imagine. We will pause here for a few moments for you to create your own images of a paradise full of wonderment and creating within you a feeling of true contentment.

As you savour every moment of being in this very special place, you hear from a distance this voice calling out your name. You are curious as to its identity which keeps whispering your name seemingly inviting you to search out its source. You follow the direction of the sound down a long winding path lined with the most exquisite fragrant flowers - their powerful aroma fills your head with this marvellous feeling of wellbeing. You become aware that the path is gradually descending, when suddenly, you turn a corner and realise that you are at the edge of a cliff top. Below you is this magnificent secluded bay with a beach of the purest golden sand. You look out at the glittering water which is of the most delicate shade of aquamarine. It is calm like a mill pond with the gentlest of ripples lazily creeping up the beach. You become aware that there is no horizon. This is not like your own world - it is a very special place known as the 'Sea of Purification'. It exists outside the Universe, as we know it. The voice continues to call you down a series of steps which descend the cliff face to the beach below. You walk across this beautiful textured sand and sit down at the waters edge looking out in wonder across this expanse of the purest aquamarine where there is no distinction between the sea and the sky.

You undress and place your clothes further up the beach. You lay out on the warm sand looking up at this mass of beryl like colour which creates within you this immense feeling of joy and happiness. You can here the water lapping up close to you. You close your eyes still visualising this marvellous colour all around you and then gradually, you feel yourself drifting off to sleep.

Here time has no meaning and at some stage you become aware that you are floating in this bluish-green liquid. It is not like any water you have ever bathed in. It possesses the most miraculous healing powers...

Feel it being absorbed through every pore of your skin.

Feel it entering every cell in your body, rejuvenating every part of your being.

Feel the purification effect , cleaning out all the toxins and dead or diseased cells.

Feel it creating new healthy cells restoring your wellbeing.

Feel it systematically travelling around every part of your body searching out damaged or infected tissue and repairing or replacing it.

Feel it permeating through your mind removing all those negative emotions -all those fears and anxieties.

Feel those dark depressive thoughts being washed clean out of your mind creating a feeling of inner joy and confidence that you WILL surmount all your worldly difficulties.

Feel that each vital organ and limb in your body is being restored to full efficiency - that you are being made whole again.

Feel the tide of this 'Sea of Purification' wash through your whole body from head to toe cleaning out all impurities, creating balance and harmony at all levels of your being.

Feel all these things. Repeat several times those that seem particularly relevant to your state of health, creating in your mind the cycle of this translucent liquid with special healing properties destroying whatever is bad within you and cleansing and purifying your whole body before revitalising every part of you.

When you feel completely renewed, feel yourself once again drifting off into a sleep like state. The gentle tide of this cosmic sea has laid you back on to the sandy beach. Lay there for a few minutes feeling this new found energy surging through your whole body. This is the 'Life-Force' now flowing freely through you. All the blockages have now been removed impeding your physical and emotional wellbeing.

Now get dressed again and slowly in your own time, make your way back again up the steps to the top of the cliff. Look back just once more at the indescribable beauty all around you. Fix in your mind the picture of this marvellous sight and always keep it with you. Remember you have seen but a glimpse of the very origin of your soul. You have through your conscious mind been reunited with the 'Source'- your God, your Creator. Hold on to this thought and never let it go. The Divine Spirit is always with you to help you through any adversity. Take strength from this unique experience.

You return to your arrival point and find your golden globe has reappeared. Once again you see these figures through this strange haze and sense that they have come to say goodbye and are radiating these immense feelings of love and wellbeing. You settle down amongst the soft cushions of your sphere and fall into a deep sleep. The next thing you remember is your name being called and you wake up to find that you are now lying again in your meadow amongst all these beautiful sounds, sights and smells of Mother Nature. You then realise that the voice that had woken you from your sleep was the very same that had guided you to the Sea of Purification. You feel reassured to know that this voice of comfort is still with you. Indeed, it feels like a part of you which in fact it is. This voice that has comforted you, guided you and helped you to find an inner strength is YOUR HIGHER SELF. It is the larger part of you that remains with the Source. Only a minuscule part of your soul inhabits your physical body. You are never alone. You are for eternity linked through Spirit to your Creator.

Refocus your mind on the tranquil surroundings of this beautiful valley. Become aware of your breathing filling your lungs to their fullest capacity with this purest of air. Smell the scent of the flowers and fresh grass around you. Offer up a prayer to your Maker thanking him for this marvellous experience and for the Healing which you have received.

If you have used this visualisation during a healing session, stay in your meadow savouring every moment until you feel the touch, or the voice, of your Healer indicating that it is time for you to return to the realities of your physical existence. Walk to the edge of the meadow to discover a doorway. Open and walk through it and return to your normal conscious state.

The visualisation exercise which has just been described is potentially immensely powerful — but only if you are prepared to open up your mind. It contains several specific elements to enhance the effectiveness of the Healing process, and no part should be left out. The whole visualisation has been created to last approximately 15 to 20 minutes; which is roughly the time allocated for individual healing sessions at public venues. Private sessions can last longer and any of the separate sections can be extended or developed, as you prefer. By all means use your own imagination to build on these images. You may like, for example, to take yourself on a mystical journey before you reach the doorway through which you are taken to the beautiful valley. Those of you with a more deeper understanding of the Healing process will recognise that the images created in this visualisation have a more profound significance and are intended to help meet important criteria such as grounding and creating for yourself a protected space. It is also vitally important that you feel connected to the Source of these Healing energies. It does not matter if you see this Spiritual connection through a God head or some cosmic force. What is important is that you feel that you are drawing in this Healing power. Healers refer to this process as 'ATTUNEMENT' and it is just as important for the recipient as for the Healer.

Many of us find it difficult to visualise having a connection with a divine entity. This is why this visualisation takes you to the Spiritual Source, and it is quite intentional that these images are somewhat similar to what many of us imagine is the journey we take when our physical body dies and our Soul returns to the Divine Creator. Of course, we have not yet died, or to be more precise our physical body has not yet died, so in our visualisation we have created a physical means of transportation in the form of a sphere, to take us back to the very beginning of our existence.

The use of colour has long been recognised as having a beneficial effect in the Healing process and can aid the treatment of various medical conditions. There is some disparity between reference sources as to the application of specific colours, but it is generally accepted that the blue part of the spectrum is the main healing ray. Green is also widely used for its soothing effect and for treating the nervous system. You will find several references to these colours or a blend of the two in the journey that we have described. Other colours are also mentioned for their specific therapeutic effect. When you are having Healing, sometimes the Healer may be impressed to utilise a specific colour. He or she may ask you to assist in this process by imagining this colour whilst the Healing is being conducted. I will give you some advice on the best way to do this more effectively later on. It is not unusual for the recipient to see through their minds eye beautiful colours at different stages of a Healing session. These are often shades of blue, violet or purple but may be of any colour. Why this should happen is speculative but should be taken as an encouraging sign that something positive is happening.

Some Healers do like to talk to you during the Healing session. This is often to get confirmation of what they are picking up, or any effect you may be experiencing, as they are scanning or touching you. Other Healers will rarely talk to you whilst the actual Healing is taking place as this can interfere with their attunement. It can of course, disrupt any visualisation being conducted by either parties. If you intend to use the visualisations given in this text or try another, then it is not going to be as effective if you are interrupted in the middle of a session. Check with your Healer before they begin on how they intend to communicate with you when the Healing has finished and explain that you will be using visualisations to help the Healing process. The Healer should welcome such co-operation and be unlikely to break in whilst the Healing is taking place. If you build up a rapport with your Healer and learn to share a common visualisation taken from this text or somewhere else, then this can considerably enhance the Healing effect. Indeed, if you become very close and form a bond of complete trust, you may become travelling companions and share the same Healing experience. Remember, that it is a partnership and the Healer can also benefit from such a relationship.

I have explained some of the thinking behind the visualisations described in this text in order for you to appreciate that they are intended to be a lot more than just a collection of words to help you feel relaxed. By you having this greater understanding will, I hope, give you the incentive to try them out and to take them more seriously.

It is important to recognise that you now have to build on a Healing session if you are to obtain the maximum benefit. Do not simply switch off and go about your normal everyday life until you next receive Healing. You must keep the momentum going. Without your full co-operation, the effect could easily wear off and you will be back to square one. This will seldom have anything to do with the Healer or the quality of the Healing - it comes down to your attitude and how much effort YOU are prepared to make to help yourself to become well, or at least improve your condition or state of mind.

I am now going to make some suggestions on what you can do after the Healing session has finished to ensure the maximum effect. Firstly, it can be the case that following Healing you will feel sleepy or light headed or even slightly disorientated. This is nothing to worry about and is quite normal. It is always advisable, if facilities permit, to sit down afterwards quietly on your own and give yourself time to return to your normal state of consciousness.

The extra energy that you have absorbed during Healing must now be utilised to full advantage. Try to find time for yourself each day for relaxing the mind and for carrying out supplementary visualisations similar to those which I am about to describe. Ensure also, that you continue with your breathing exercises. Do not say to yourself that you haven't got time. If you should think this way, then what you are really saying is that you are too busy to look after yourself properly - that you would rather go on behaving in a manner which is going to adversely effect your health and probably make you suffer even more.

Then what? Where would all your rushing about have got you when your health deteriorates to such a degree that you can no longer lead a normal life? Even if it is only ten minutes, you must find time each day outside your normal family or work commitments to relax and work on helping your own body heal itself. I am now going to tell you how to do this.

It is best, if possible, to fix a regular time each day for what I will now refer to as 'Mind Therapy'. Once it becomes part of your normal routine, you will not want to miss it - indeed, it will become an essential part of your daily life helping you to cope with any adverse physical condition as well as the stresses and strains that we all must face as part of our human existence. The best time when the mind is at its most receptive, is usually for most people in the evening after you have finished your normal work activities and taken care of any family responsibilities. Sometimes, the only suitable time will be early in the morning before the rest of the household wakes up so that you can take advantage of the quietness. Choose a place where you are unlikely to be interrupted. If you can lock yourself away, then so much the better. An ideal place can often be the bathroom. Why not make your period of 'mind therapy' coincide with your bath time prior to retiring to bed? It will help to relax you and considerably increase your chances of enjoying a good nights sleep.

Also, having started to condition your mind to the positive thoughts that you have created in your visualisations, will maximise the effect on your subconscious. If you decide to use the bathroom as your retreat, try to make your surroundings as inviting and relaxing as possible. Take a portable cassette or CD player in with you to play some gentle, restful music. Several companies produce music specifically to relax you and to aid the healing process. Your Healer or Healing group will probably be able to suggest some suitable titles for you and where they can be obtained. Add some aromatic oils to your bath water or other fragrances. If it is dark outside, why not light some candles or oil burning lamps - turn off the main light and just lay back in the soothing warm water. Focus your eyes on the flickering flames, reflecting different patterns of light across the water. The effect can be almost hypnotic and will help to create the perfect conditions for our next visualisation.

Now close your eyes and just let your mind focus on this lovely feeling of wellbeing. Begin to adjust your breathing to a Theta Rhythm, as we have previously explained. When you feel totally relaxed, you can start your next journey. Imagine yourself walking through a forest where you are surrounded by these tall majestic Redwood trees, their huge form reaching up towards the sky. Through the canopy of leaves, rays of sunlight fall onto the forest floor below illuminating clusters of bluebells. Occasionally where there are clearings in the forest you come across the most brilliantly coloured orchids. You stop to admire their fantastic and beautiful shapes. Smell the freshness of the air intermingled with the diversity of the plant life all around you. Feel the softness of the forest floor beneath your feet. Visualise the roots of these noble trees growing deeper and deeper into Mother Earth anchoring their huge bulk, so that they can withstand the strongest winds.

Go up to one of these trees and put your arms around its trunk. Feel the nutrients being drawn up through its roots to provide strength and vigour. Feel the sap rising up the trunk and being directed along every branch and twig from which each leaf bursts forth. Know that the very air you breathe is being provided by this tree and its companions around you. Accept that each living thing has its role to play in the cycle of life and that each of us is but a minuscule part of the Divine Creator. Only through true humility can each of us draw closer to the 'Source'. Feel your hands absorbing through the pores of your skin, the energy being channelled from deep beneath the earth's surface. Feel that energy permeating to every part of your body, restoring and revitalising every cell. Feel that you are a part of this tree, just like another branch, connected to this immense power and strength which is securing you firmly to this planet we call Earth.

Now bid farewell to your tree and continue on your journey through the forest. For just a moment the sunlight peering through the tops of the trees is interrupted by what you sense is the shadow of a huge bird circling overhead. In the distance you can see this patch of bright light illuminating a glade, and can hear the sound of running water. You proceed in the direction of this sound and discover a beautiful waterfall with crystal clear water tumbling into this pool, sparkling with the sunlight bouncing off each individual droplet, as it dissipates across the surface. The sun is shining brightly in this grassy clearing where there is a profusion of wild flowers. The air is full of their scent and that of the Redwood trees all around you. You take a refreshing drink from the pool and sit down to rest on this large flat stone in the middle of the glade.

You then become aware, once again, of this huge bird gliding in the warm thermals overhead, when suddenly it begins to spiral down towards you. Something tells you that you have nothing to fear and that this noble bird has been expecting you and has come to meet you in this secret glade hidden deep inside the forest. It lands beside you. It is truly larger than any bird you have ever seen. It has the head of an eagle with a plumage which is as white as snow which dazzles you as the sun reflects off its shiny surface. This magnificent creature of the sky squats down, and you know instinctively that you must mount its neck to be taken to your final destination. With one flap of its enormous wings you are airborne and sailing higher and higher into the sky. The Redwood trees which had seemed so huge when you were inside the forest, now appearing to be minute as your ascent continues. In the distance you can see this tall mountain range and a single pinnacle. You are now amongst the clouds and can no longer see the earth beneath. Our white eagle has brought you to the very roof of the World and placed you down on the top of this pinnacle where it has built a nest for you lined with the softest and warmest down feathers in which you can lay down and relax. You look around at the breathtaking view of the mountain peaks below, before settling down.

The sun goes down but your nest is bathed in the light from a million twinkling stars. Here there is total quietness. You are completely detached from any negative or harmful influences, but you are not alone - you are with your Maker. Feel the life force radiating down upon you from the Heavens above penetrating every part of your body creating within you this immense feeling of wellbeing. Take as long as you like, whilst soaking in your nice warm bath, to imagine this beneficial effect.

Your body has now been fully charged with healing energy ready to do battle. Your white eagle has now returned to take you back to the outskirts of the forest where your journey began. This is the end of the first stage of this visualisation but there is a vitally important second stage which should preferably be left until you retire to bed and your conscious mind is preparing for sleep. You have through both the 'White eagle Mountain' visualisation as well as the 'Sea of Purification', been equipped with the necessary strength to go on the offensive and seek out and destroy whatever is adversely affecting your state of health.

For the second part of this visualisation I want you to feel 'ANGER'. Yes, that's right - 'anger', as intense as you can make it. Does it surprise you that I should want you to feel 'anger'? Perhaps you regard 'anger' as a negative emotion and not appropriate for a text about Healing. In both the visualisations just described, I have tried to create images to relax you and create within you a profound feeling of wellbeing; so why am I now apparently suggesting that you become enraged? Firstly, we should not confuse 'anger' with 'violence' or being out of control. Anger simply means, having a strong passion or emotion of the mind which has been excited by real or supposed injury. Anger is not inherently bad; it is a very necessary human emotion for our healthy wellbeing. Like physical pain tells us that something is wrong with our body. 'Anger' is our minds way of telling us that it is emotionally disturbed. It is how we use this 'anger' which will determine if it has a beneficial or detrimental effect. If we try to suppress our anger, and allow it to go inwardly, it will create feelings of resentment, of injustice, of bitterness. We are storing up all these harmful negative emotions which can eventually make our mind unwell and can lead to depression and affect our physical wellbeing.

Often disease and illness are created out of our attitude of mind and how we deal with everyday situations. If we through our upbringing are conditioned to suppress our natural feelings, such as 'anger', then at some stage our state of health will be affected. Anger is our minds safety valve and if we learn to control it effectively, then it can become our ally. It is when we do not use our anger in a reasonable or responsible way, but instead allow it to take us over, that it can become destructive.

We are going to use this powerful emotion we call anger, on ourselves. Instead of perhaps feeling sorry for ourselves and just giving in to our illness, we are going on the attack. Feel 'ANGER' that your body has let you down. Be 'hopping mad', be outraged, that you have been physically invaded by this disease or illness which is making you feel so ill and preventing you carrying out your normal pursuits. Make your mind know that you are not going to put up with feeling this way - that you want something done about it - that you are declaring 'WAR' on this enemy that has had the audacity to attack you. Tell yourself that it is not 'God's Will' that you should suffer this way. If you must regard it as some sort of test, then regard it as a test of your strength of character and how you are prepared to face adversity. Focus any feelings of resentment on the disease itself and not on why this has happened to you or what you have done to deserve it. Don't waste precious energy on recrimination - you will need all your strength to repel the invader.

You now want your subconscious mind to muster all your troops ready to mount a counter attack. Through the Healing you have received, you now have the necessary resources to go on the offensive and to 'knock the stuffing' out of this aggressor. Don't allow this marvellous boost of energy that you have received through Healing to be wasted. You must now utilise it to your full advantage. How you will go on the offensive against your illness will depend on the nature of your condition. You should choose a visualisation which is most appropriate. I will now give you some examples so that you may appreciate the general principle. Use these as the basis to create your own images which are the most suitable to eradicate your particular illness.

We will first consider a visualisation to help heal the mind and to remove negative thoughts, particularly those which have been allowed to build up over a prolonged period of time. It may also assist in dealing with what is clinically termed as 'Mild Depression'.

However, if you suspect or know that you may be suppressing some trauma or other deeply disturbing experience, you should not attempt to unlock such memories without proper professional help. I should also make it clear that coming to terms with a bereavement or loss of a loved one, should not be treated in the same way as eliminating negative thoughts. It is perfectly understandable that we should grieve the loss of someone who we hold dearly, but it is not a case of removing such thoughts from our mind but how we can properly come to terms with such a loss and retain only our fondest memories.

With all these supplementary visualisations, you should first of all make sure that you are feeling comfortable and relaxed and are unlikely to be interrupted. Try to incorporate them as soon as possible after a Healing session or after having carried out a visualisation, such as I have previously described, to replenish your energy reserves. Briefly remind yourself how invigorating was the effect as the Healing energy permeated through your whole body.

Regard your mind as being a huge library containing millions of books. These have all been filed away under your human experiences and the emotions and feelings they created within you. Some of the titles are covered in dust because they bring back painful memories which you would prefer to forget. These have been well hidden from view so that they cannot be easily retrieved - just the same as being buried deep in your subconscious.

Unfortunately, your library has become cluttered with books on one particular subject which is - "HOW TO CULTIVATE NEGATIVE AND DEPRESSIVE THOUGHTS". You have collected so many books on this subject that nearly every title you retrieve from your library seems to be on this one topic. You know that somewhere in this library of yours are other subjects - if only you could remember where they are filed away. One particular subject you have been searching for desperately is "HOW TO CULTIVATE POSITIVE THOUGHTS AND REMOVE DEPRESSION", but how ever hard you try, locating any books on this subject seems to elude you. Perhaps it is because it has been so long since you added any books under this category, that they have been pushed to the back of the shelves and are now out of reach. Of course, if you do go looking for books with a positive theme, you might unwittingly discover one of these dusty relics containing painful memories which you have tried so hard to bury away.

So perhaps you have convinced yourself that having a library full of depressive memories is a lesser of evils and easier to deal with - or is it? Do you really want to go on living this way, always feeling so miserable and worthless? Presumably not, if you are reading this text and have received Healing. Now use this Divine Power to give you the necessary courage to lead an army of workers to purge this library of yours which has become full of all these negative thoughts.

Let's now imagine that you are sending in a regiment of workers armed with large trolleys to go down all these aisles of books pulling out those titles which represent your negative thoughts. Visualise that they are all being stacked on these trolleys to be taken away and dumped. Imagine a second contingency of this army of workers armed with cleaning materials wiping down and polishing the shelves of this library of yours, ready to bring forward from the dusty archives those books which represent happier memories. Open some of these books and turn the pages and recall some of those occasions and circumstances in your life which you found exhilarating and more uplifting. If you should accidentally turn any pages which expose memories which make you feel sad or depressed, recognise that they represent the past and however painful or distressing they may be, say to yourself that you are not going to allow your chances of future happiness and improved health to be prejudiced by these past events. Make a resolution to yourself that you are now going to cultivate a life style and attitude of mind which will attract positive feelings and emotions. Start putting these positive thoughts which you have represented as books onto the now cleared shelves in your library and add to them as often as you can. Soon your mind will become conditioned to think more positively since each time it goes away to access your library of thoughts, it will now be much more likely to find books with titles which you find uplifting.

Of course, from time to time you will discover these old relics of books full of depressive thoughts, which somehow have got overlooked when you carried out this purge on your library. However, you will now be much stronger to resist their negative influence. Remember, that what you have been doing is reliving the emotions you felt when these events or circumstances originally happened. They may have happened many years ago and even go back to your childhood. You have allowed yourself to be trapped in time and are seeing these events, or periods in your life, as you were then. You have to say to yourself that you have now moved on and are now a much stronger and wiser person. Whilst you can never undo these experiences, they have brought you to where you are today.

Let these events help to mould and strengthen your character, to be more understanding and sympathetic towards others who may have, or be going through, similar experiences. Only through our own trials and tribulations can we learn compassion towards others and begin to understand the true meaning of 'Unconditional Love'. So try to let go of all those depressive feelings which are spoiling your life today. Let go of the sadness, the resentment, or whatever are the negative emotions which are affecting your well-being. Perhaps it may be regrets for missed opportunities or a wish you could turn the clock back and change past events. Let go of what has already happened and which cannot be changed. Say to yourself that you are not going to become down trodden by past events or mistakes. Turn adversity into triumph and use these past experiences in a positive way. If you can learn to put love back into your heart, then all your sadness and despair will soon disappear.

It can be devastating when we are first diagnosed as having what many regard as the most dreaded of all diseases, that of 'CANCER'. We are in our next visualisation going to vent our 'anger' on that group of conditions which come under this category. There are those who will automatically regard being struck down with Cancer as a death sentence and surrender their body to this disease without putting up any fight. In doing so they have unwittingly instructed their subconscious mind to shut down their bodies defences which are constantly destroying abnormal cells.

It is when our immune system breaks down that these abnormal cells will survive and form a cancer which unfortunately, is tolerated by our body and not recognised as an invader. Most cancers are treatable by conventional medicine if diagnosed at an early stage. We are using Healing as a complimentary treatment to accelerate the production of healthy cells and stimulate our immune system to recognise the threat posed by these malignant tumours. It will be to your advantage to obtain from your hospital or doctor, information on how cancerous cells develop into tumours and therefore, be able to adopt the most effective visualisation to help eradicate them.

Part of the fear associated with Cancer, is that many of the conventional treatments can have unpleasant side effects, such as Cytotoxic Chemotherapy which can cause hair loss, nausea and a lowering of the blood count. This is perhaps when we need healing the most to help boost our depleted energy reserves and strengthen our resolve to combat the effects of this terrible disease. Our attack on the cancer must be on two fronts. Firstly, to help destroy the invader and secondly, to accelerate the production of healthy cells. Unfortunately, both Radiotherapy and Chemotherapy do not discriminate between normal and cancer cells and we are using Healing to help our body's ability to regenerate healthy tissue, at an accelerated rate. This visualisation is going to be very much planned like a military campaign. Firstly, we are going to send in our commandos to search out and destroy any tumours.

Let your imagination rip, and use any means you like from your unlimited arsenal to blow this cancer to smithereens. Use guns, bombs, missiles or whatever you like to completely eradicate this aggressor. If you want to conduct the battle on a more personal level, or find it difficult to imagine adopting such a warlike approach, then visualise that you are leading your own army of white blood cells to totally engulf and destroy this invader. If your cancer has unfortunately reached the lymphatic system and the blood stream whereby malignant cells may be carried to other parts of the body and form secondary growths, imagine heading a fleet of miniature submarines travelling around your blood stream, the lymphatics and lymph nodes, searching out those tumour cells and firing torpedoes at them whereby they explode and immediately disappear. You can use the same approach for dealing with abnormal white cells which have mutated such as with Leukaemia.

Secondly, create in your mind conditions to encourage normal cells to split into two and multiply and regenerate any damaged tissue. You could try imagining sending in a contingent of gardeners each armed with a watering can containing this special Healing liquid obtained from the 'Sea of Purification', which has the power to stimulate healthy growth. Imagine your gardeners gently watering the healthy cells like delicate flowers, encouraging them to grow and multiply.

In our third visualisation we are going to turn our attention to that most painful and disabling of diseases known as 'Arthritis'. This condition in its various forms is probably the most common complaint presented to Healers. Unfortunately, conventional medicine seems unable to offer a cure for this condition, but can merely prescribe drugs to ease the pain, or as the last resort offer the intervention of surgery. According to medical statistics in our society 98% of us will develop some form of Arthritis before the age of 70. It is however, a common misconception that it is a disease associated purely with old age. It can manifest itself at any age - even babies can get it.

In using the most suitable visualisation to combat this disease, it is necessary to distinguish the various types of Arthritis. The two most common conditions are Rheumatoid and Osteoarthritis. There is Osteoporosis and Spondylitis as well as Gout. In young children and infants it is known as Juvenile Arthritis or Still's disease. Unfortunately, the usual remedy of only prescribing stronger and stronger pain killers to mask the effect as the condition worsens, often eventually leads to unpleasant side effects. One of the most common consequences of the use of pain killers over a prolonged period of time can be the creation of circulatory disorders caused by the build up of harmful toxins in the body. Skin complaints and the susceptibility of soft tissue to bruising, are all indications of the body being increasingly adversely affected by the constant use of these pain killing drugs. Of course, when we are in pain, particularly the type of constant, unrelenting pain which Arthritis can bring, we will do practically anything to obtain some relief. I am not suggesting that you should stop taking any medication that you have been prescribed by your doctor, but to realise that they are not curing the condition but merely trying to make your quality of life more tolerable.

We will now consider a visualisation to help with Rheumatoid Arthritis. It is what doctors refer to as a 'auto-immune disease since one part of the body is attacking another part of the body's own tissue, specifically in and around the lining membrane of the joints, known as the 'Synovium', causing inflammation, swelling and pain. In creating a suitable visualisation for Rheumatoid Arthritis, we are in a way trying to create a reverse reaction by our immune system to that when dealing with malignant cells. With cancer our immune system has failed to recognise any threat presented by the tumour and accepts it as a normal part of our body; whereas with Rheumatoid Arthritis, the commonly held theory is that a chain of chemical reactions has taken place, possibly originally triggered by a severe illness or a shock, which is reacting against our body's own tissue. Therefore, with Rheumatoid Arthritis we should try to create a visualisation to suppress the production of these chemicals and impress on our subconscious mind the detrimental effect they are having on the various joints in our body.

Unlike the war that we waged on the cancer cells, we have with Rheumatoid Arthritis the situation that some of our troops have failed to receive the message from Head Quarters that a previous battle against some other adverse affect to our body has already been won. These troops which somehow have become detached from our main army are still fighting an enemy which has already been defeated. By continuing to fire rounds of ammunition against what is now an imaginary foe, these isolated troops are unwittingly doing damage to their own side. We want to issue the command to these troops to "Cease Fire". We must use a very different approach to that of Cancer in dealing with this harmful effect to our joints, without causing further casualties on our own side.

Imagine that your body is like a large building containing a sophisticated fire sprinkler system which has been activated having sensed the presence of intense heat. The fire which created this condition has been extinguished, but some of the valves which control the release of water have failed to shut off and unnecessary damage is now being done to the building by the continual presence of the very water which was first activated to protect it.

Liken your veins and arteries to the pipes along which are located these valves, which instead of discharging water are releasing powerful chemicals into your blood stream. These chemicals are being taken to the different tissues of your body as part of your body's immune system to repel any foreign invaders. Some of these valves, or what are called 'glands' in your body, are not responding to the message being sent out by the Central Commuter, which is your Brain, that they can now shut down, having destroyed the invader. These valves, which are failing to respond to instructions, are still releasing chemicals into your blood stream, trying to repel what is now an imaginary foe.

They are now causing harmful concentrations of chemicals to build up at the ends of some of the pipe runs, which are the joints in your body. Using the same fleet of miniature submarines as in our previous visualisation, imagine sending this fleet around your circulatory system to search out these valves which have failed to close. Create frogmen to swim up to each of these faulty valves and to systematically turn them all off. Keep in your mind all the time the reason why these glands must be shut down, to prevent any further damage being done to the protective tissue around your affected joints.

This visualisation can easily be modified to deal with other defective glands in the body, such as the Thyroid or to deal with problems relating to the Endocrine system.

Osteoarthritis is more associated with the ageing process and particularly affects load bearing joints such as the spine, hips and knees. With woman, in particular, the hands are also often affected. The condition is basically caused by degeneration of the cartilage which protects the surfaces of the joint. Since it is regarded by mainstream medicine as being caused by 'Wear and Tear', treatment in all but the most severe cases usually only consists of anti-inflammatory and pain killing drugs.

Any visualisation for this condition must concentrate on the re-building of cartilage, which means re-generation of the 'Chondrocytes', which are the cells contained within this tough elastic tissue. Focus your mind on each affected joint in turn and use any of the visualisations we have previously used for cell re-generation. This could be the 'watering can' technique or the 'Sea of purification', to target specific problem areas of your body.

In our last example of using visualisations to treat specific medical conditions, I will describe those that come under the general heading of the 'Digestive System', which includes stomach and intestinal problems. This is a vast medical area and there may be many causes for these types of adverse conditions. They may be caused, at least in the initial stages, by an unfriendly micro-organism which even if subsequently eradicated, may bring about damage and unfortunate after affects.

An excessive production of stomach acid may result in a break in the duodenal wall causing ulceration, and the soft tissue underneath being exposed and eaten away with potentially serious and painful consequences. The over-use of antibiotics can result in yeast overgrowth creating all sorts of unfortunate side effects and has been identified as one of the triggers which can cause 'M.E.' or what is now more commonly referred to as 'Chronic Fatigue Syndrome'.

Since the cause and affect of problems of the digestive system is so vast, it is impossible to be specific as to a suitable visualisation. In general terms, one should first of all try to identify the root cause. If it is a bacterial infection, it should be dealt with using an aggressive approach, such as described previously for combatting cancer. If the damage has been done to the stomach or intestinal lining then a visualisation which effects a repair is probably the best approach. This may be in three stages. Firstly, let us send in once again our army of cleaners which we previously employed to remove any negative thoughts. This time we will arm some of them with scrubbing brushes to remove any debris or impurities from the walls of the Stomach, Colon, and Intestines. Now despatch a second contingent equipped with powerful hoses. Imagine the jets of water being aimed at the inside walls, cleaning away any residual debris or harmful micro-organisms, leaving the surface scrupulously clean. Now let's travel through the whole of the digestive system looking for any breaks in the tissue lining, or evidence of gastric or duodenal ulcers. Imagine any cracks or defects in the lining being filled with a special Healing compound which immediately fuses itself to the surrounding area. As a final stage we can visualise a special protective film being sprayed over the whole lining of the digestive system making it impervious to any attacks by bacteria or other irritants.

I hope that these examples of visualisations which we can use to augment the Healing process will enable you to create suitable images to help trigger your own body's capacity to stimulate healthy cell growth and repel disease. It is an unfortunate fact that most of us are conditioned as we become adults, to reject the creation of images based on fantasy and which could be construed as childlike. We are inclined to be dismissive of such techniques to influence our subconscious mind simply because they are not based on our understanding of reality - and yet, most of our fears and phobias are based on irrational thinking which can have a profound effect on our behaviour and general wellbeing. Likewise, the images which I have presented can have an equally powerful affect on our physical body, if like the child we are prepared to believe in them. It does not matter if these images are fictional. What matters is that they are creating in our mind, images which correspond to our level of understanding. Despite enormous advances in medical science, we are still very limited in our knowledge of the workings of the human body. Because we still don't fully comprehend how the immune system works and why it sometimes breaks down, only helps to validate our use, like the child, of pictures which represent our best perception of what we think is taking place. It really does not matter what pictures we create from our imagination if it is going to bring about the required affect. All we need to believe is the power of positive thought - and that is precisely what these visualisations are trying to create.

I will conclude these visualisations by returning to our earlier reference to the use of colour in the Healing process. If your Healer has been impressed to use a specific colour to aid your Healing session, he or she may ask you to join them in visualising this colour. You may have quite independently of your Healer, learnt from some other source that the use of a particular colour could be beneficial in treating your particular medical condition. To think of a colour and hold it in your mind is easier said than done particularly over a prolonged period of time. Our mind finds it difficult to retain the image of any colour without it being associated with a specific shape or form. Try it for yourself - you will most likely find that your mind will tend to wander away from the colour if you do not associate it with some object or a scene in which your chosen colour is dominant. It is usually found easier to focus the mind on an item of beauty which radiates the selected colour. This will often be a variety of flower either as a individual specimen or collectively. Changing the images in your mind from a close up view to that of a wider perspective, similar to when adjusting the lens of a camera from telephoto to wide angle, will help keep the mind interested and prevent it wandering off onto other subjects. I will take just one colour to illustrate the technique for holding a colour in our mind. The colour I have chosen is the golden shades of yellow. In a purely Healing sense, it is very uplifting and purifying, creating a feeling of wellbeing. Yellow is also regarded by many healers as being the colour of the intellect improving clarity of thought. We can select various flowers, such as Daffodils or Sunflowers to create our picture of golden yellow. If a more subtle shade of yellow seems more appropriate for your particular visualisation, then why not try the tender colouring of a Primrose. Focus first of all on an individual specimen of the flower. Examine the delicate texture of each petal.

Wonder at how Nature has created such an intricate item of immense beauty. Examine how each individual petal folds with such precision with those around it. Look at the centre of the flower and how the stamens and pistils are inviting insects to come and pollinate. Now expand your field of vision to reveal a carpet or cluster of this variety of flower which you have selected. Let this beautiful golden yellow completely absorb your whole being. Introduce other flowers of a similar colour. Staying with yellow, think of a field of Buttercups, or some narcissi, or some yellow tulips or lilies. Picture a hill-side covered with a lemon grove, the fruit glistening in the ripening sun. Indeed, why not picture the sun itself as a beautiful golden globe, bringing all of nature's wonders to life.

Think of these warm golden rays penetrating every part of you, restoring and revitalising every part of your body. Make your images as varied and enjoyable as possible to draw to you the colour yellow. This way your mind will be quite content to continue to receive for as long as you desire, the Healing effect of this selected colour.

With all the supplementary visualisations that I have described following an actual Healing session, we should go through a final cleansing procedure. This is to flush out all the toxins, harmful micro-organisms, mutated cells, or negative thoughts which we have now eradicated. To do this, why not return to the Redwood Forest and to the waterfall and pool of crystal clear water where we first met the White Eagle? This time undress and stand under the waterfall and feel the invigorating effect of the water beating against our body. Imagine this purifying water permeating your skin and progressively flowing through you from head to toes, flushing out all the impurities. Now bathe in the pool which possesses the same Healing properties as the 'Sea of Purification'. Feel once again every cell in your body being rejuvenated.

Think how marvellous you are feeling now that all that horrible muck has been cleansed from your system. When you have finished bathing, leave the pool and lay on the flat rock under the warm rays of the sun to dry your body. Smell the freshness of the air and the scent of the abundance of plant life all around you. Hear the hypnotic sound of the waterfall as it cascades over the rocks to the pool below. Hear the birds singing and calling to one another, and the noise of bees and other winged insects fluttering from flower to flower, searching out pollen.

Sense the presence of your White Eagle gliding overhead, keeping a watchful eye on you. You now feel completely contented and at one with your Maker. Stay in these idyllic surroundings for as long as you like before dressing and returning to your normal conscious state. Or, if you are already in bed and this is the last part of your visualisation, why not stay in your glade in the Redwood forest and just allow yourself to drift off to sleep, leaving you mind full of this marvellous feeling of wellbeing.

Before we leave our examples of Healing visualisations and in particular the cleansing procedure just described, I would like to suggest a variation for those undergoing Radiotherapy for the destruction of malignant tumours. Although modern techniques such as Cobalt Therapy minimise side effects, some degree of soreness may be still experienced around the area the machine is being targeted at. Cases of actual burning or blistering of the tissue around the effected area are now rare with the better control of the actual doses of radiation. To help prevent any soreness to the surrounding tissue and to accelerate the healing process whilst you are actually undergoing a course of radiotherapy, take regular trips to the waterfall in the Redwood forest.

Imagine that the source of the water is the snow capped mountains, the tallest peak of which we have previously visited in our 'White Eagle Mountain' visualisation. Feel the tingling effect of the water beating down on the affected area of your body, cooling it down and preventing any burning. Make the cascading water as cold as you can tolerate so that you feel goose bumps forming on your skin. Take a swim in the pool below, imagining that it is collecting the thawing water from the surrounding mountain peaks. Feel yourself shivering as you gradually descend into the icy cold water for your invigorating dip. The more cold you can make your body feel, the less chance will there be of any soreness after your Radiotherapy.