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Whole Health Services

A Multidimensional Healing System

The Multidimensional Healing Approach

Tuning In:

Techniques for tuning into the energetic system differ at different levels of density (body/mind/energyfield) – all provide different levels of the same information.

- What is the nature of the “problem”?
- Inquiry allows us direct experience with emotional “messengers”.
- How is the body expressing this condition?
- How does this relate to the qualities inherent in the associated chakras
- What is the system asking for? (The “solution”)
- What gift is this experience (fear, pain, grief, sadness,) bringing to you?

Opportunities to clear old patterns of consciousness abound and are constantly offered to us.

Movement to Restore Flow.

What actions are called for? Once Inquiry initiates direct contact with uncomfortable emotions, which are seen, welcomed, and encouraged to inform us about underlying, conditioned beliefs, the resulting shift in energy can then be supported with energy work, Massage Therapy, supportive counselling and suggested practises to maintain the new energetic reality.

Integrating Healing

What is the learning, or new understanding or new state arising from the work accomplished? How can the healing be integrated into the life you are now living?
This is where the homework starts!

Multidimensional Healing works with the Human Energy System

The Human Energy System is a dynamic, interpenetrated, multilayered system which, in its densest layer includes the physical body and in its most ethereal, the spiritual body. All layers of the system inform and condition the others and are inseparable. We can become aware that the system is imbalanced by observing evidence at any level – however, if imbalance exists, it exists at all levels. We can also access the system through any level – Body, Mind, Energyfield. By initiating change at any level, all other levels will be affected, but for quickest, and most effective change, working with the system at multiple levels is the most effective.

Multidimensional healing seeks not only to heal but to demonstrate ways of developing awareness, tuning into our inner selves, receiving the information about imbalance, or blockages at all the various levels of our energy systems – body/mind and spirit and exploring actions to take to correct the imbalances and regain harmony and wholeness. At times we need a caring partner to assist us in regaining wholeness – but, ultimately, we are solely responsible for our own healing.

Multidimensional healing person healing poses the question: What is keeping us from operating at our full potential right now?

Many of us feel powerful and competent in some areas of our lives, and less so in others; aware and fully functioning in some aspects of our being and beset with blind spots, lack of understanding, and dysfunction in others.

To “know thyself” is a core purpose of most spiritual traditions and practices. Often, the self that we know, is a conglomeration of “voices in the head” – many of them critical, judging, dictatorial and some even self-destructive. This aspect of the self – the ego – operates as an interpreter of information designed to keep itself safe, sometimes to the detriment of our highest good. It comprises the conditioning that we have come to accept as the truth of who we are. Beneath this is the still, small voice of Spirit – the Self which is recognizable by its great Presence, infinite compassion, and realization of our inseparability from Life. This Self is always flowing with Life and bears the invitation to the separated, personal self to reunite with its True Nature, to rejoin the flow.

If we are to become whole, expressing the beauty and truth of the Self – we must learn to attune ourselves to this inner teacher and become our own mentors, healers and nurturers. To come to “know ourselves” in this way is the basis for living healed and creative lives.

When energy is allowed to flow freely and abundantly within us, our outer reality reflects this back to us: our lives are meant to be creative, joyful, and meaningful. By learning to assess, balance and heal our energy systems we access our birthright.

