

★ Jouleeyah ★

Healing

Here is some basic knowledge required for Sessions with me. Some of it I also explain in the video (see above).

I invite you to have this info printed out or to keep the window open so that you can read through the info in our Session(s) as needed. Meaning: you do not have to know everything by heart. I just don't have the energy to explain those terms in the Session because I am tuned into your energy fields and into translating the energetic information coming from Spirit. Thank you for understanding!

Update your energy fields, update your life



Everything you are experiencing here on earth is an energetic mirror of what is going on in your energy fields.

So, if you feel physical or emotional pain, that's because there is an energetic disturbance in your energy fields.

You can shift the consciousness of your energy fields in order to release the energetic disturbances that are causing your symptoms.

And when those energetic blocks are released, your updated energy fields can then create a new reality for you, here in the physical realm.

In other words: When your energy fields are updated, your pain can leave.

You are awakening



At the moment, we are all involved in the transition from the Piscean to the Aquarian era. Which means that we all are becoming much more conscious than ever before, and you are awakening to your true soul purpose.

Everything is moving through this transition, including your physical body.

And, unfortunately, at each stage of your personal transition into the Aquarian way of life, your call to awaken can show up as an emotional, physical or energetic crisis.

These crises are either asking you to go deep within - or to do the opposite, and to take a lot of action. And oftentimes, it is difficult to find out what is truly required at this point in your life. But being supported by Spirit Guides can make your transition easier to process and help you to face your challenges from a place of clarity and love.

Your issues are probably not yours



What I also want to point out is that since the Feminine was suppressed over the past millennia, the energetic source behind your imbalances is - in most cases - related to this collective trauma.

There might be aspects of that suppressive energy in your personal history (e.g. childhood trauma), in your soul's history (e.g. past life related trauma) or in your ancestor's history (e.g. ancestral trauma).

I think I can safely say that from my experience, most of the issues that you are dealing with and which cause you pain are actually not yours (actually 70-80% of your issues).

By removing these disturbances and blocks, your body immediately releases stress, and your whole system switches into self-healing mode.

You will gain clarity around what kind of action you really need to take.

And you will find out which elements of your life can just stay the way they are, because they are already perfect.

When you work on your soul's essence and on your energy fields, you can release your current energy blocks, create a soft and gentle realignment with your wholeness and experience love, kindness, physical well-being and the fulfilment of your heart's desires.

Your body has its own consciousness



Just like your soul has its own consciousness and brings unique gifts and talents into this world, your body has, too. And it can only communicate with you through physical well-being or through disease.

So, if something is off in your energy fields and you are unconscious of it, it is your body that will try to make you conscious of it.

First by showing imbalances in your chakras. These are the most sensitive parts of your being and the first ones which mirror back to you that you are well or unwell.

And then these imbalances will manifest physically as disease.

Your body is always your best friend, wanting you to be well. The more you understand what it is trying to tell you, the more you will be well - if you are also willing to make the needed changes.

To give you an example: if you have digestive issues, changing your diet will only create change if what causes your imbalances is a wrong diet. However, changing your diet won't help if your body is trying to show you a completely different imbalance by communicating through your digestive system. And in my experience, you will be able to eat whatever you like as soon as the actual, energetic issue is healed.

Once you understand what your body and your disease is trying to tell you, you can dissolve the energetic source behind these issues.

You can heal your trauma



As I mentioned before: Since the Feminine has been suppressed over the past millennia, the energetic source behind your imbalances is - in most cases - related to this collective trauma. There might be aspects of that suppressive energy in your personal history (e.g. childhood trauma), in your soul's history (e.g. past life related trauma) or in your ancestor's history (e.g. ancestral trauma).

There are many descriptions of what trauma actually means. Here is how I would describe it (and how the "Center For Anxiety Disorders" would describe it): Anything that you have experienced as a physical, emotional or mental distress that has made you feel very hopeless, powerless and anxious can be considered to be a traumatic experience.

Here are the most common traumatic experiences of our current times: Having been bullied as a child; having a narcissistic parent or sibling; having been hit or abused by your parents; having experienced the unexpected death of a loved one; dealing with a life-threatening illness or injury.

Shock and denial are often typical reactions to a traumatic event. But you may also have long-term emotional responses to trauma such as:

- Anger
- Persistent feelings of sadness and despair
- Flashbacks
- Unpredictable emotions
- Physical symptoms, such as nausea and headaches
- Intense feelings of guilt, as if you are somehow responsible for the event
- A heightened sense of shame
- Feelings of isolation and hopelessness
- Anxiety, panic attacks, feeling frozen
- Burn-out and all types of chronic stress

In some cases – especially if you have a good relationship with your body or if you have healed your trauma but are suffering from post-traumatic stress – your response to trauma can also show up as financial instability. That is because unhealed trauma always looks for ways to let you know that it needs healing, and this need will show up somewhere in the physical dimension. So if your body feels fine, your unhealed trauma may choose to let you know on a financial level that there's something off.

Once you have healed your trauma and your post-traumatic stress, what used to cause your suffering will turn into a strength and you can be well and feel safe again. Meaning: your emotions will become your allies. Your sensitivity will become your friend. And you will know how to use your energy to create a peaceful and successful life for yourself.

You can change your life by working with your chakras



Chakras are your energy centres. Seven of the most important chakras are located along your spine and the eighth (your aura) surrounds your body.

Their colours are red, orange, yellow, green, light blue, indigo, purple and white.

These chakras can be active, inactive or resting which tells a lot about how you are dealing with the energies in your life.

By gently inviting healing into your chakras, you can make changes in the way your chakras are functioning which can affect your health even before your body has to show you (through dis-ease) that there are imbalances in your system.

That is because your chakras are much more sensitive to your surroundings than your body.

The Lower Triangle

The first three chakras deal with the physical needs of the body and the basic needs of life.

The root chakra is all about your sense of safety and about your survival mechanisms. This chakra helps you to build a healthy foundation for safety, e.g. in relationships or in your finances – basically in anything related to the material world and the physical dimension. It is located at the end of the spine between the anus and sexual organs. The colour of this chakra is red.

The sacral chakra is all about your creativity and about your relationships. This chakra helps you to desire, to connect and to create. It is located right by your sex organs. The colour of the sacral chakra is orange

The solar plexus is all about you taking action and staying in balance while doing so. This chakra helps you to own your (will)power and to stay committed to what you want to achieve in your life. It is located close to your navel point. The colour of the solar plexus is yellow.

Balance Point

The heart center is the balance point in the body between the flow of the upper energies and the lower energies.

The heart chakra is all about love and compassion and about you awakening to your spirituality. It helps you to practice forgiveness and to be of service to other people. The heart chakra is located in the middle of the chest, on the breast bone at the level of your nipples. The colour of this chakra is green.

Upper Triangle

The chakras in the upper triangle and the aura – which combines the effects of the other seven chakras – accumulate, create, and refine the energy. They correspond to the more subtle realms.

The throat chakra is all about the power of your words. This chakra helps you to hear and speak the truth and to be a teacher. Its location is the throat. The colour of this chakra is light blue.

The third eye is all about your wisdom, your intuition and your identity. This chakra helps you to see clearly – yourself, others and any kind of information that you receive from within. This is where you understand your life purpose. It is located on your forehead, right between your eyebrows. The colour of this chakra is indigo.

The crown chakra is all about your ability to be humble and to experience the vastness of your soul's expression here on earth. This is where you connect to your soul, where you transcend the limitations of your egoic mind. Its location is the crown of the head. The colour of this chakra is violet.

Your aura is your eighth chakra and it surrounds your whole body as an electromagnetic field. This chakra helps you to be radiant, to shine, to be visible as who you are in this world. The colour of this chakra is white.

In my healing practice, I noticed at some point that our souls do not actually express themselves through all of our chakras, equally. Instead, what I found out is that we all mainly express ourselves through 3 or 4 chakras (which make up 80-90% of our unique soul expression) and that the rest of them only play a minor role.

Plus, we all have one chakra in common as our main expression: the root chakra. Meaning: we all manifest life through the root chakra, as well as through one of our 3 or 4 main chakras.

So, the combination of those 3 or 4, plus your root chakra, and the chakra that you manifest with, is what defines you in a very unique way - kind of similar to an astrology chart.

You can be supported by Angels, Devas, Pan, Healing Beings, Spirit Guides



In our Sessions I work mainly with my Spirit Guides, the Azez who are a group of souls that are not incarnated into physical bodies, and they are Spirit Guides as well as angelic Healing Beings - meaning, they can see all of your dimensions (e.g. your soul, your

body, your emotions, etc.), they can help you understand who you are and why you are here, and they can send you healing vibes.

Spirit Guides are like your imaginary friends. It's just that in that case, your imagination is a reality and that these beings are here to support your well-being.

I will occasionally also connect with beings who are not souls, meaning they are pure light, pure spiritual beings who support your personal growth and evolution. These beings are Angels, Devas (the "architects" of everything that exists), Pan (who is the chief nature spirit) or other Healing Beings.

Additionally, I am also working with a Professional MAP team. MAP is the short term for "Medical Assistance Program". This program connects me with a team of Spirit Guides who are specialists for your specific health challenges and for your personal growth. It was designed in a way that helps healers like me to include the new Aquarian health and healing dynamics into our health care practice. At the moment we are all involved in the transition from the Piscean to the Aquarian era. Which means that we have to develop new ways of working with and within the Aquarian dynamic. Everything is moving through this transition, including our physical body. MAP was created in the late 1970-s by Machaelle Small Wright as the result of seven years of research and work.

If you are unfamiliar with the presence of these beings, you will get to know them step by step in our Sessions and sense how different they are. I am very interested in giving you a very clear experience of there being Spirit Guides, Angels, Devas, Pan and other Healing Beings.

The reason why I connect with all of these beings is because they have energetic information for you which I translate into something that you can easily understand.

This energetic information helps you to invite healing into your life (physically, emotionally, energetically) and to re-connect with your soul's original LOVE, relatedness, intuitive knowing, sensuality, femininity, masculinity and magic.

You can use the gifts of your sensitivity



Most people who feel drawn to my work are what I call “sensitive souls”. The more scientific term would be “people who have a Sensory-Processing Sensitivity (SPS)” or “people who are a Highly Sensitive Person (HSP)”.

This sensitivity is innate and it is also not just a certain personality type, like being shy or introverted. You could actually even be outgoing and extroverted and still be sensitive.

Your sensitivity means that your nervous system is wired differently - and you are usually incredibly sensitive to sound, smell, light. And your nervous system affects how you experience your feelings, too, you are much more intense.

Being sensitive is not a disorder, but many experience this as a burden as long as they are unaware of being sensitive and therefore don't know how to deal with the overwhelm that can easily happen and the noticing-much-more-than-other-people-in-any-situation.

Probably the best way to describe this way of being is that you have the impression that you don't have a filter and that you are way more easily moved by what's going on around you than other people.

Once you know, though, how to handle your sensitive nature, what used to be a burden for you becomes a blessing and you can actually use the gifts that come along with being sensitive in a really empowered way.

Many sensitive souls are feeling called to be a modern wayfinder, a shaman or a priest/ess, i.e. you might be an artist, teacher, writer, musician, consultant, psychotherapist, healer or coach in some shape or form.

In past lifetimes, working with healers and the spiritual realm in order to understand our soul's purpose and create a fulfilled life was always crucial. The importance of that connection simply got lost as the feminine and intuitive parts of life got more and more suppressed and forgotten over the past millennia. And there is a deep yearning within all of us to bring this magic back into our lives, because it helps us to find our place in our modern world much more easily. By re-awakening your soul purpose and working with the spiritual realm, you will be able to understand that which has been forgotten and you will be able to create a truly fulfilled life.

But no matter what your life's calling is, I think that what all of us sensitive souls have in common is that we want to live our lives with our whole hearts and we want to build a deep relationship with the spiritual side of life.

What my healing work can do for you

(as opposed to what a doctor or a psychotherapist does)

Other healing modalities have been created to mainly help you to heal the **physical, emotional or mental aspects** of whatever is bothering you. Those healing modalities include:

- * western medicine
- * physiotherapy
- * naturopathy
- * herbs, teas, balms, flower essences
- * surgery
- * psychotherapy
- * stress reduction practices (e.g. autogenic training)

My healing work helps you to heal the **spiritual and energetic aspects** of whatever is bothering you. So I basically look into the information coming from your soul's essence and I look into your energy fields and chakras.

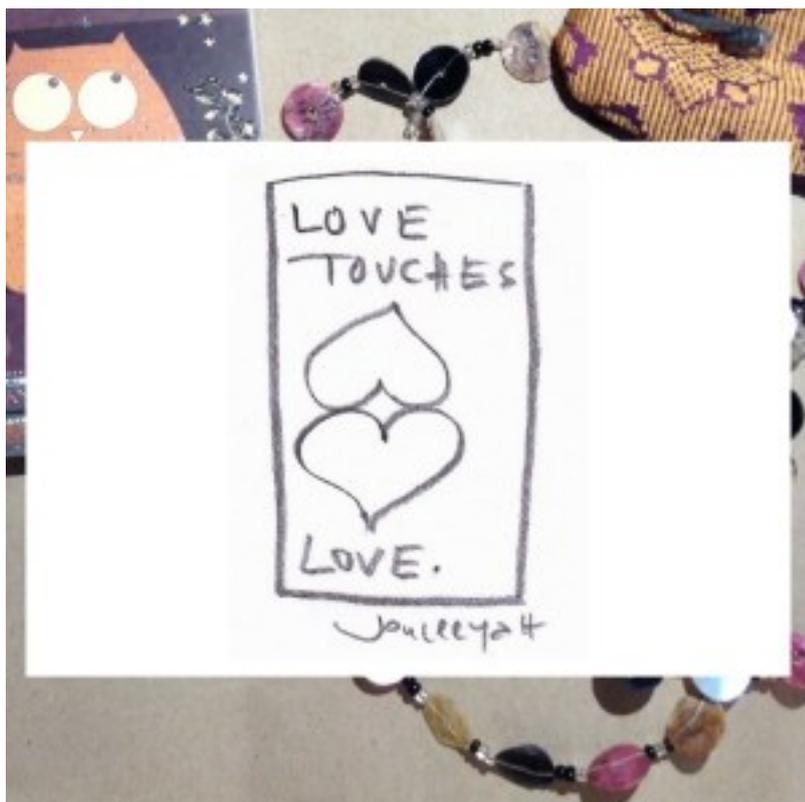
This energetic information helps you to learn:

- * who you are at soul level
- * why you are here
- * how you can strengthen your self-healing powers
- * how you can release blocks, issues and patterns that are not serving your well-being

This also means that my healing work holistically supports all of the more conventional healing modalities that you may already be using.

And my healing work removes whatever is energetically blocking you from experiencing physical well-being, love and fulfilment in your life.

Your healing needs a witness



You cannot become yourself all by yourself. This would be really hard for anyone here on this planet.

Finding out what kind of support and care you need is crucial if you want to experience love, kindness, physical well-being and the fulfilment of your heart's desires.

This could be therapy, this could be receiving healing from my Spirit Guides and me.

Whatever resonates with you, will bring you the solution.

If you'd like to receive healing and guidance from my Spirit Guides and me as related to your physical health or your relationships or your career, contact me for a **Free Discovery Session**:

Contact

Please note that my healing work is not a replacement for medical, naturopathic or therapeutic diagnostics or treatment.

Smiles,

*** Jouleeyah ***

Spiritual Healer | Healing With Spirit Guides

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