

Guide to Self Healing



# Guide to Self Healing

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## **Guide to Self Healing**

### **Contents**

Preface by Ray Wilson.....	4
Section 1 - What makes us ill?.....	6
Section 2 - What makes us well?.....	6
Section 3 - What is the energy we refer to?.....	7
Section 4 - What are we made of?.....	8
Section 5 - Treating the source of problems.....	13
Section 6 - Relaxation.....	15
Section 7 - Creating your own space.....	16
Section 8 - Visualisation for healing.....	16
Section 9 - Meditation.....	17
Section 10 - Positive thinking.....	19
Section 11 - Using your mind.....	19
Section 12 - Using your senses.....	20
Section 13 - Sound and music.....	20
Section 14 - Colour.....	22
Section 15 - Light.....	22
Section 16 - Crystals.....	23
Section 17 - The clothes you wear.....	23
Section 18 - Using your environment.....	24
Section 19 - Keeping a diary.....	24
Section 20 - Further Reading.....	25
Section 21 - Organisations to contact.....	26
Section 22 - Bibliography.....	28
Section 23 - How to contact Gentle Touch Healing.....	29
Section 24 - Aims of Gentle Touch Healing.....	29

## **Preface by Ray Wilson**

The creation of Gentle Touch came about in 1997 after our group of healers experienced increasing demands on their time by people in need.

None of the Gentle Touch healer members wished to charge money for their skills, so we all had 'day jobs'. This limited our time for healing, let alone time for our families and other aspects of our lives.

Talking about and encouraging positive changes that people's life is very much part of a healer's role. Thus came about the idea for writing this 'Guide to Self Healing' with useful tips to assist those in need of healing.

In addition to creating this Guide, I felt that we could do much more. I asked the group of friends that had joined me to form 'Gentle Touch' to help to create a range of healing products and services for the benefit of the general public.

All of the group were very sensitive to energy and how it affects us. I felt sure that the wide range of knowledge and skills within the group meant we could achieve our aims.

These are:

- To provide affordable healing products and services.
- To raise awareness of natural Energies and how best to use them.
- To help people in reaching their true potential
- To encourage self-help and teach self-reliance
- To provide healing in the form of creative art.

Continued...

Our first priority was to create a healing environment that would be safe to use for self-healing. We studied a wide range of possibilities and kept being drawn back to a pyramid-shaped environment, leading to experiments with pyramids. After an in-depth period of study and research, we came up with our first 3D pyramid. Not only is it a safe environment to be in, but the pyramid also channels healing energies.

The next stage was to carry out a series of Case Studies with patients. These all showed positive results. In fact, our biggest problem was trying to get people out of the pyramids so that others could have a turn! After feedback from the Case Studies, the group made various adjustments to the pyramid and finally went into commercial production. Since then, we have expanded our healing products to include both 2D and 3D pyramids (four and six-sided), a Mouse Mat version, and Healing Wands. Other healing products and services are currently in the development stage.

Looking further down the line, we would like to build our own Healing Centre - a healing tool in its own right. Just walking into the building could help the healing process, let alone the healing that would be offered in the Centre. The land would be selected for its good energies. The light-filled structure will be built on our knowledge of the pyramid and designed for its positive healing energies, including colour and light technology. The gardens would reflect a different kind of colour healing. At the Centre the Gentle Touch healers would be able to offer their services to those in need, without any charge. In addition, other therapist would be invited to use the Centre and expand upon our own range of healing services.

I hope that this *Guide to Self Healing* will help you in some way.

Finally we send our love.

Ray Wilson - Founder

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Where there's love there's life  
Where there's life there's love

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## **Section 1 - What makes us ill?**

In most cases, illness is due to imbalance. The imbalance may be in the physical body itself, or within the emotional and mental layers of the Energy that surrounds each person.

For example:

- Cells in the physical body can acquire a different frequency (become out of balance) to the other related cells. Those affected cells can become weakened, making us ill.
- Stress or negative emotions, if intense or withheld, can block the Energies feeding the organs, making them unbalanced, leading to weakening of organs and glands.
- Negative thoughts and unbalanced thinking can be part of the cause of illness - mental or physical.
- Geopathic stress, caused by electro-magnetic fields from our electrical appliances as well the forces of nature, can have an adverse effect on health.
- Chemicals and pollution in the environment can make us ill.

## **Section 2 - What makes us well?**

Being in balance - physically, emotionally and mentally, can make us and keep us well and healthy.

Your body is continually replacing your cells, but "bad cells" will replicate as "bad cells" unless their frequency can be realigned into the correct pattern.

Within this guide we explain how you can help to heal yourself and repair the damage by re-balancing your physical, emotional and mental bodies.

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Even in your darkest hour, there's always a glimmer of light  
Where there's light, there's always hope

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### **Section 3 - What is the energy we refer to?**

Apart from the energy we receive from food, air, and water, we also need other more subtle Energies. Various names are given to this Energy such as:

- Cosmic Energy
- Chi (Ki) (Qi)
- Prana
- Universal life force
- The Vital Force

Whatever we may call it, it is an Energy that is all around us and within us, permeating all of creation, keeping our bodies alive and healthy. For this Guide, we will just call it Energy.

Energy comes from various sources: the sun, air, and the earth. When channelled to our subtle bodies (see section 4) it re-balances areas that are out of balance. This in turn has a direct effect on our physical, emotional, mental and spiritual state allowing our body's natural healing process to take place.

People, such as healers, have acquired the ability to channel and direct these Energies to the areas of the body that need healing. The channelling can be enhanced by using:

- Colours/Light
- Patterns/Shapes
- Sound/Music
- Pyramids
- Crystals
- Vibrations

All these tools act as Energy transformers. They collect Energies and channel them to areas of the body that are out of balance. Healers make use of Energy in the same way.

## Section 4 - What are we made of?

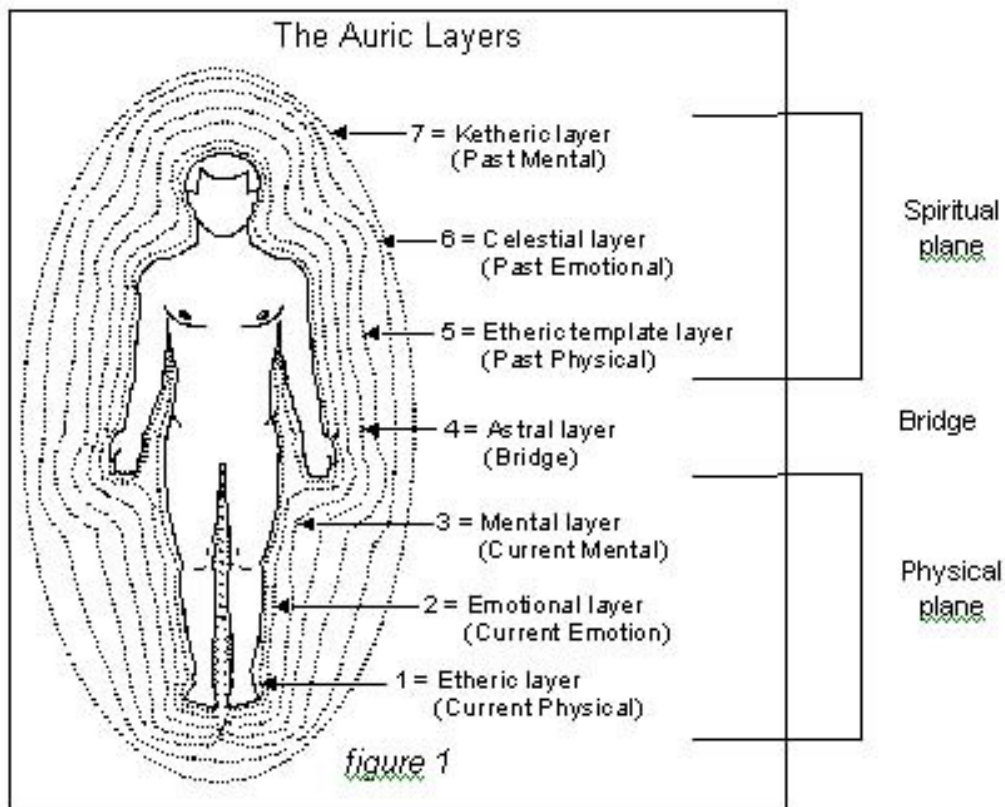
Some would say we have just a physical body. However, healers perceive several other, more subtle bodies:

- The Auras
- The Chakras
- The Meridians

The following sections are basic explanations of these bodies.

### The Auras

The Aura is made up of 7 major layers of Energy, some related to the physical, some to the emotions and some to the mental state, as shown in *figure 1*.



## The Aura

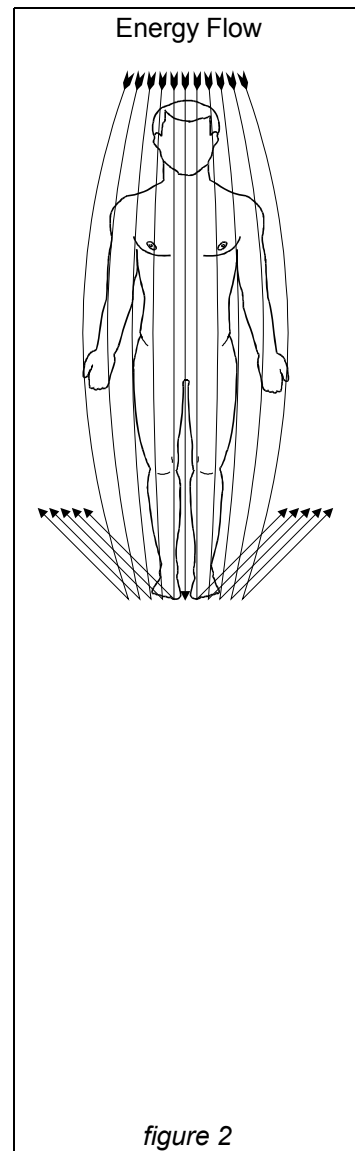
**Energy flow** - Layers 1 & 5 (physical layers) and 3 & 7 (mental layers) are structured layers where all the Energies flow down from the top to the bottom.

Layers 2, 4 & 6 (emotional layers) contain small clouds of Energy that float around the structured layers in a downward direction. Once the Energy goes to the ground, it is directed away from the body back into the Energy fields from whence it came. (*figure 2*).

**Twisted or Leaking** - The Physical auric layers (1 & 5) can sometimes become twisted or leak, leading to aches and pains in the affected areas. Often this damage happens when areas of the body have been strained or is due to constantly holding a bad body position. For example, people working at a workbench or desk for long periods doing intense and concentrated work could end up with twisted strands of Energy leading to back pain and deformation of the back

**Damaged** - Some layers can become damaged, For example, the Mental layers (3 & 7) can be damaged and allow Energies to leak into the other areas upsetting thinking processes. Over a period of time this damage can escalate, leading to a poor state of mental health.

**Clogged and Blocked** - The Emotional layers (2, 4 & 6) can become clogged up with intense negative emotions stopping the Energies being fed to their related parts of the physical body. Often this can be caused by major upsets in our lives, in many cases unavoidable, leaving us with auras full of dark or dirty coloured Energies. These clouds of negative Energies often float around the



*figure 2*



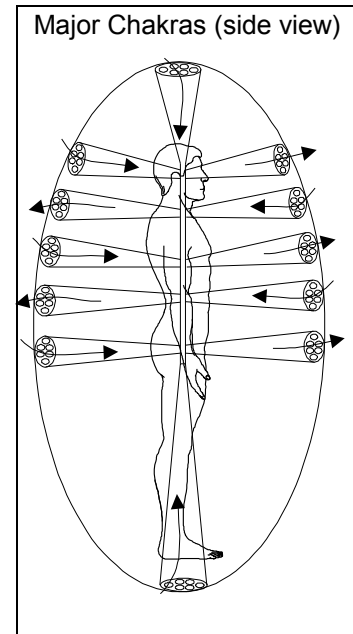
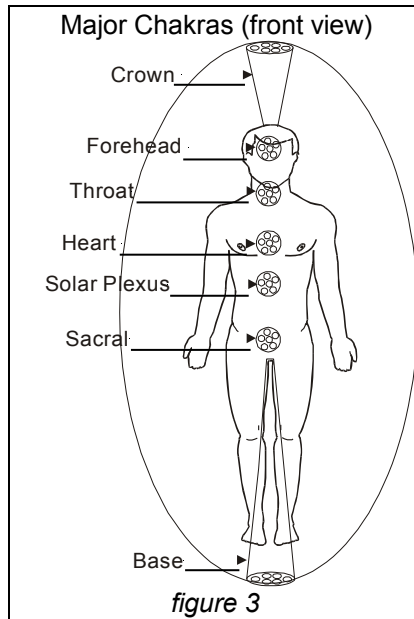
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layers and can leak into damaged auras giving localised pains. They can also get trapped within Chakras stopping Energies from flowing, cause blockages and weakening glands and organs, which can then become diseased.

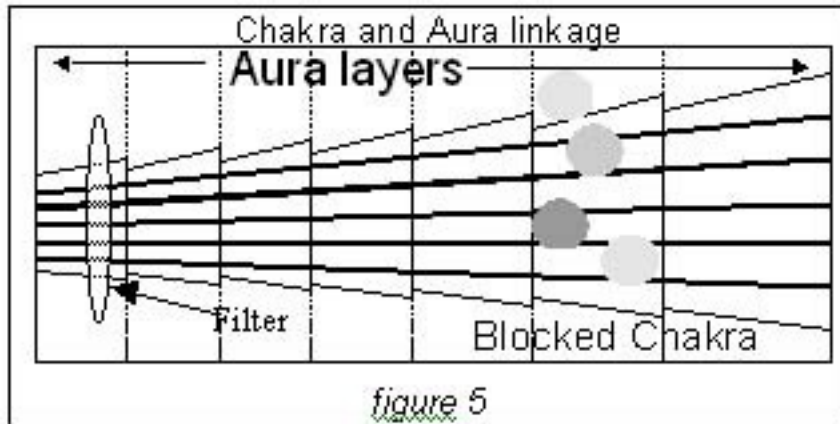
## The Chakras

**Structure** - The chakras are like funnels of Energy that feed the organs, glands and key areas of our bodies. Within each chakra are vortices of Energy that spin around feeding Energies to and from the physical body. There are approximately 7 major and 21 minor chakras situated at key areas of our body. The Major Chakras are shown in below (*figure 3 & 4*)

**Energy Flow** - How the Energy flows within the Chakras is very much a subject of debate. Some say the Chakras spin clockwise (drawing in the Energies) and then anticlockwise (expelling the Energies). Others feel that the Chakras just draw in the Energies and spin alternatively clockwise and anticlockwise from head to foot. Irrespective of how the Energies flow, what is important is that the Energies flow freely within the Chakras, to keep a healthy body.

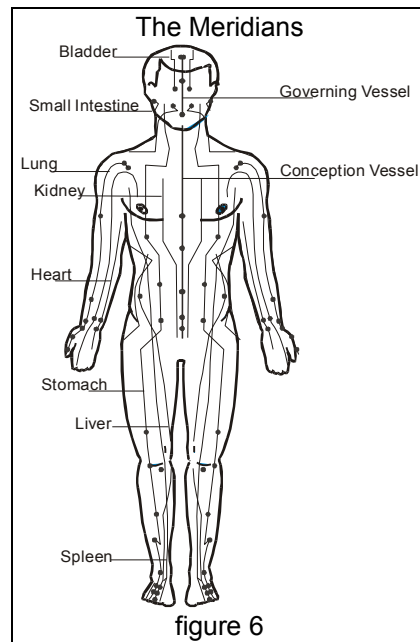


**Blocked chakras** - Each chakra passes through the aura layers and can be affected by the state of the auras. For example, negative emotion can be trapped in the aura and move into a vortex within a chakra, stopping or reducing the Energy flow. Each chakra has a filter, which can also be damaged, stopping the Energy flow. (*figure 5*).



## The Meridians

The meridian system consists of fourteen pathways that carry Energy into, through and around the body. Along these pathways are areas where the flow can be altered through pressure or by needling; these are the acupuncture points. Although these points are on the skin surface, the meridians travel deep into the body through organs and muscles (figure 6).



Each meridian is linked to the next in a chain and each is also linked to a major organ and named after it e.g. Liver meridian. The two channels not connected with organs; are the Governing and Conception channels; which open directly to the chakras and collect and release Energy to the 'outside'. All of the channels except for the Conception and Governing are mirrored on either side of the body. These channels are either Yin or Yang, and as there is an optimal balance of yin and yang within the body, it can be seen how things can quickly get out of balance, especially

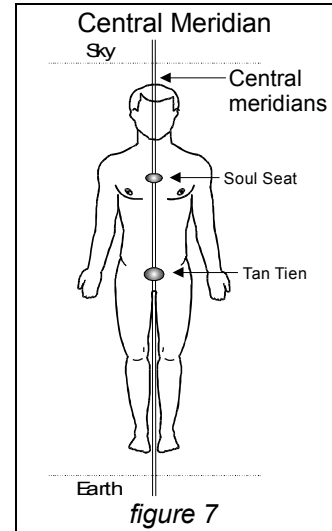
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as all these systems are interconnected. Therapies such as acupuncture, acupressure, shiatsu and Kinesiology work directly with the meridian system.

**Central Meridians** – The two central meridians (*figure 7*) of Energy form the foundation upon which the auras and chakras rest. These are related to our directly to our personality and our intentions.

They have various elements - The *Soul Seat* is sometimes known as the heart centre, which corresponds to the emotional aspects of our lives. This controls our passion to accomplish our goals in life.

The other main element is the *Tan Tien*, sometimes known as the Hara, which is our will centre (the flame of transformation), the place from which we draw our Energy and will power. It is often used in martial arts as the storehouse of Energy and power.



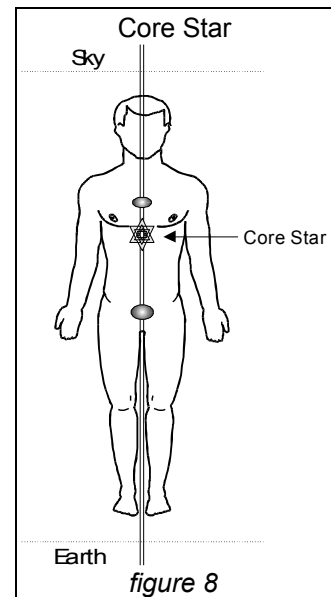
**Lack of Direction** - If the central channel is damaged it can lead to someone having a lack of direction in their life. It may be repaired either by visualisation or by a daily exercise routine (as described in *Light Emerging* by Barbara Ann Brennan).

### **The Core Star**

The *Core Star* (*figure 8*) is the inner core of Energy that is related to our personality. It is often seen as a beautiful star in shape and appearance.

This is related to our uniqueness as an individual. Although it can be affected by negative experiences, it will not change, and is and will be always with us.

This is the Core of our existence.



## Section 5 - Treating the source of problems

Some people just treat symptoms rather than the source of a problem. This leads only to temporary relief from pain. To fully recover, it is important we find the root of an illness. Listed below are common sources of illnesses, with suggested solutions.

**Control Dramas** - Be aware that other people may be draining you of your Energy and making you ill, at work or at home. They may not be intentionally doing this, but it does happen and can be a cause of illness. When people are upset, angry, afraid or even ill, they try to control the situation using 'dramas' such as: intimidation, interrogation, aloofness or forever asking 'why me?' to drain you of your Energies. The answer is not to play their games. For example, if someone is trying to intimidate you, recognise what they are doing and resist their efforts. They may try harder, but if you hold your own for just a short while, they will back off or start to negotiate with you. This way they will leave your Energies alone. If necessary, protect yourself by visualising a shield of gold or white light around you.

**Fears** - We all have fears, another common cause of illness. Notice if your fears are getting out of hand. Try to come to terms with them. Remember you are not alone. If necessary, seek professional help and guidance to help yourself.

**Giving too much of yourself** - People who spend their time giving too much of themselves to others can become ill due to this, particularly working parents. They leave themselves to the last, not eating regularly or eating enough, let alone eating a balanced diet. They get run down and tired, and find that their bodies cannot cope. If this is the source of your illness, then make time for yourself. Otherwise you may not be around to care for those you love.

**Major Traumas** - Often illness is due to a major trauma at some point in life and if this applies to your illness, you may need to come to terms with this before you can start to get well. This can be very difficult, so if necessary seek professional help.

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Each new journey starts with a first step

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**Negative Emotions** – Most negative emotions can be the source of illness. These include - Jealousy, Anger, Hatred or any other that is very intense. There is no harm in being angry, but if you hold on to the anger, then it has been come out sometime or somehow. Try not to bottle up your emotions, let them go.

**Past Problems** - Resolving past problems is an important process. To resolve past problems, try writing them down on paper and then burning the paper. Talk to a friend - a problem shared is often a problem halved. We all know that we are unable to change the past, yet it is tempting to dwell or hold on to it even though this may make us ill. Make a concerted effort to live in the present. Try to put past problems down to experience and let them go. If you find you cannot do this and your life is being dictated by past issues, seek professional advice. With a counsellor's help you could resolve the problems and put them in the past forever.

**Stress** – Unfortunately, all of us have to cope with stress. Patients with stress-related illnesses often find it's related to the work or home environments. Reduce stress by changing your habits: take your time, pause between tasks, build in regular rest periods and meal breaks. Communicate your needs to others and avoid taking on too many projects. If you can't change some of your habits, try to release your stress in other ways. Go for quiet walks, read, listen to music or take up sport.

**Stubbornness** - Believe it or not, stubbornness is another cause of illness. If you are stubborn, stop and think: 'Is my stubbornness making me ill?' Have people told you that your stubbornness will be the death of you? If so, give a little. Stop being so stubborn. You may say: 'That's my nature, why should I change?' Why indeed! What is it you're afraid of? Why are other people's ways of doing things are so threatening to you?

**Weakened immune system** - In our current stressful environment the immune system can be impaired leading to illness. Try and keep a balanced life and ensure you have a good diet.

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Learn to control thy shadows, as they are a part of thee.

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## Section 6 - Relaxation

Relaxation can be a major tool in self-healing. To help you relax try the following:

- **Sit quietly** - keeping away from any distractions.
- **Being comfortable** - Choose a comfortable chair or place to sit or lie.
- **Remove your glasses** - If you wear glasses or contact lenses, you may find it more comfortable to remove them.
- **Remove your shoes** – Take off your shoes or any other clothing that may stop you from relaxing. Loosen buttons or zips.
- **Close your eyes** - It may help to close your eyes to cut out any sensory distractions.
- **Grounding** - If you are sitting on a chair, keep your feet on the ground. If your feet don't quite reach, put something under your feet so that you make firm contact with the floor.
- **Sitting Posture** - If you are sitting, sit upright, allowing the Energies to flow naturally (this connects earth and heaven). If necessary, use a pillow to support the small of the back.
- **Lying Posture** - If you are lying, keep your body in a straight line, allowing the Energies to flow naturally (connects earth and heaven).
- **Relax your hands** - Relax your hands and place them comfortably on your lap or in a position of your own choosing.
- **Mental Relaxation** - Deep physical relaxation leads onto mental relaxation.
- **Deep Breathing** - Take three or four deep breaths, drawing the air from deep within your stomach. Visualise it coming from the solar plexus (below the rib cage), through the lungs and throat and going into the head. Then, slowly let the breath out.

Once in a relaxed state, let go of all your stresses and worries.

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Silence is golden.

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## Section 7 - Creating your own space

You may find that it will help to create your own space for healing. Perhaps there is a specific room to use, or a specific time or maybe just an activity such as listening to music or sitting peacefully in silence.

- **Free from distractions** - This environment should be free from distractions, a place to relax and unwind. It could be an actual physical space or could be imaginary - whichever suit your needs.
- **Your own Space** - To create your own space, you could mentally state your intentions and ask for a safe and peaceful healing space in which to work.

## Section 8 - Visualisation for healing

The brain is powerful and can send messages to all parts of your body through chemical stimulation. For example, when you blush, your face goes red. This is caused by a chemical created by your brain in response to something that you have seen.

With visualisation we can use the brain to good effect:

- **Focusing your thoughts** - If we are in pain, visualise the exact area of pain and send it healing thoughts and love. Often the pain may ease or disappear.
- **Attacking "bad cells"** - If we have damaged cells, maybe cancerous, then visualising these cells being eaten by the "good cells" may promote healing. Some people with cancer find this helpful, others claim to have been cured. One method is to visualise two armies, the good and the bad and have the good cells/armies overcoming the bad cells/armies.
- **Repairing damaged parts** - If you have broken bones, you can visualise new cells multiplying rapidly to mend the break in the bone.

Emotional and mental problems can be tackled in a similar way.

## Section 9 - Meditation

You may find using meditation techniques may help. There is a wide range of meditation practices for example:

➤ **Concentration upon:**

- an object, such as a candle flame
- sound, such as mantras
- shapes, such as mandalas
- the breath - deep and controlled natural breathing rate

➤ **Visualisation of a journey:**

- walking in the forest
- walking by the sea shore
- swimming with the dolphins
- flying with the eagles
- visiting your Spiritual Guides

(audio tapes can assist this process)

**Seeing your problems objectively** - All these practices take the mind off the current stresses and worries and allow the physical body to temporarily relax easing your physical and emotional problems. Sometimes this process can make you see your problems objectively and help you find the source of your imbalance. If you find it hard to concentrate, don't give up. The more you do it, the easier it becomes.

## **Meditation**

Close your Eyes  
and you will see clearly

Cease to Listen  
and you will hear truth

Be Silent  
and your heart will sing

Seek no Contacts  
and you will find union

Be Still  
and you will move forward on the tide of spirit

Be Gentle  
and you will need no strength

Be Patient  
and you will achieve all things

Be Humble  
and you will remain entire

*A Taoist Meditation Prayer*

## Section 10 - Positive thinking

**Using Positive thoughts** - Positive thinking can help to heal, and keep away negative thoughts that hinder us. Often negative thoughts may drain us of our Energies and leave us tired and run down. We are so involved with our illness that we are not aware that our negative thoughts have become a habit. If the habit is not broken it can lead to illness and depression.

**Avoiding Negative thoughts** - When we are in a negative frame of mind, it can be difficult to be positive, but just take one step at a time, day by day, and try to move forward with a positive attitude. It may help to review each day by keeping a diary making a point of remembering all the small but important pleasures that have come our way. We may then be able to open ourselves to more good experiences and feelings.

## Section 11 - Using your mind

One way of using your mind is to understand how negative emotions can affect the state of mind. For example:

**Love not hate** - Hating someone and sending negative thoughts to them damages you rather than those you hate. The best solution is to use the opposite emotion, by sending them love. This may be difficult, but very effective and could help you to heal the hurt and any related illness. Do not confuse hate with anger, we are entitled to feel angry when we feel hurt, but that does not mean that we have to act upon our anger.

**Worry** - Worry is a negative thought and often creates a lot of illness. Why worry about a situation if it is in the past? As for the future, why worry about that? The thing you fear may never happen! If there is something you can do, do it. If not, put it behind you.

**Affirmations** - Another way is by using affirmations - to state strongly your intention to change or remember something. For example, you can keep repeating 'I will get better' and this can reinforce the intention and strengthen the will. Never put the

words 'no' or 'not' in any affirmation. They must be entirely positive. For example: 'I will bring my body into balance,' rather than 'I will not eat chocolate'.

## Section 12 - Using your senses

It is important that we listen to our own senses. When making choices, use your own natural instincts to tell you what to do.

For example:

- **Diet** - Eat the food your body tells you it needs, unless you know it is bad for you or become a habit.
- **Gut Feelings** - Trust them and follow them.
- **Coincidences** - If they happen, don't dismiss them. Give them some thought. Maybe someone
- is trying to guide you as you walk life's path.

## Section 13 - Sound and music

Each sound has its own frequency, which reacts with the human body. The frequency of the cells may be changed by sound. For example, a loud, bass sound might unbalance us, whereas soft, calming sounds might rebalance us. If you find music that you like and you can relax to, then play it whenever you can.

Be aware of how sound and music affect you. Avoid sounds that upset and disturb you and listen to those that make you feel happy and calm.

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A smile is the shortest distance between two people



## Section 14 - Colour

Colour has a profound effect on the health. The colours in the home or work place can affect the body. Each colour has its own vibration, which gives off different Energies.

For example you may find some colours are restful and others are stimulating.

- **The clothes you wear** –If you are depressed, black or dark coloured clothes may not help you. They may darken the colours in your auras. Clear soft pastel colours can lighten and soften the colours in the auras and make a person feel better and less depressed.
- **Decor** - When you decorate your home or work areas, think of the effect a colour has on you. Choose the colours that you not only like, but also reflect your healing needs.
- **Chakras** - Colours can unblock chakras. There are many books on this subject with many differing ideas. As a starting point, choose colours that you are drawn to, with your healing in mind, and visualise that colour passing through the blocked chakras. If in doubt, use white light. This contains a full spectrum of colours.
- **Visualising** - You can visualise colour all around you, either for protection (gold or white light) or for healing (various colours depending on your needs). Just sit quietly, think of the colour you feel you need, and wrap it around you like a blanket.



## Section 15 - Light

Light has a direct effect on our health. During winter's long nights, more people suffer from depression than in summer months - known as Seasonal Affective Disorder - SAD.

- **Home/Work** - Ensure that you have enough light in your home and work places. If you need to concentrate, use Full spectrum light bulbs (daylight bulbs) to ensure that you have a clear light source.
- **Natural Light** - Ensure that you have natural light where possible and if you use artificial light, then choose the best type of bulb for your health. Fluorescent lighting can affect many people causing tension, headaches, visual disturbance and tiredness. Full spectrum lighting is not available in fluorescent tubing.
- **Strobe Lights** - Strobe lights have a serious effect on health, particularly for epileptics. Avoid them.
- **Fluorescent lighting** can affect many people causing tension, headaches, visual disturbances and tiredness. Avoid them too.
- **Sun Pipes** - a new lighting system which enhances and reflects natural light to provide electric-free lighting for dark spaces in halls, bathrooms, and some public buildings. The tubes insert into ceilings or walls to allow natural sunlight into rooms.

## Section 16 - Crystals

Crystals can play an important part in maintaining our health. Each crystal has its own frequency that tunes to various cells of our bodies. Some crystals are best for specific illnesses and others like the clear quartz, can be used for many illnesses. We would advise you to take advice from those who specialise in crystals to find the best ones for you.

General tips:

- **Buying crystals** - Once you know which crystal to buy, choose the ones you feel drawn towards.
- **Cleaning** - Crystals need cleaning from time to time. There are various ways of doing this; one simple way is to leave them outside in the garden for 24 hours. Another is to wash them under running water.
- **Programming** - If you need healing or you are going to give a crystal to someone who needs healing, hold the crystal in your hand and send your healing thoughts into the crystal before using them or giving them away.

## Section 17 - The clothes you wear

The clothes you wear can effect your health. For example:

- **Instincts** - Try and follow your instincts towards your health and wear what makes you feel comfortable. Natural fibres - cotton, linen, wool and silk – don't cause as many reactions and allow the Energy to flow around your body in a healthy way.
- **Jewellery** - Can have an effect on your health and Energy levels for example:
  - **Gold** - If you have a health problem around the throat, wearing gold may not help. Gold sends Energies away from the body. If you love wearing gold, put on some silver to balance the Energies. You may notice a difference.

- **Silver or Copper** - These metals tend to attract and hold Energies and may help you. For example, copper bracelets are often used for people with rheumatism.

## Section 18 - Using your environment

Ensure that you have a good environment to suit your health needs. For example:

- **Fresh Air** - ensure that you take in fresh air.
- **Fresh Food** - eat fresh food, before the natural Energies disperse.
- **Pollution** - avoid taking in polluted air. Move to a different area if you must.
- **Plants** - choose plants in your home or work area. They may help your health by providing extra oxygen and moisture in the air. Some plants have been shown to absorb harmful EMF radiation. There are various books detailing these plants. Goosefoot and Spider plant help.
- **Pictures** - choose pictures or paintings that you like, to inspire you.
- **Feng Shui** - the movement of Energy in your homes or office can improve your life.
  - There are three schools of Feng Shui thought. Consult a specialist to assist you.

## Section 19 - Keeping a diary

You may find that it helps to keep a daily record in a diary to monitor your health progress. This can be very useful if you are not sure what affects you and when. Entries in your diary could include:

- **Diet** - Your daily intake of food, type and quantity.
- **Weather** - The state of the weather and how you feel that day.
- **Clothes** - The colours of the clothes that you wear.

- **Progress** - How you feel each day and how you feel you are progressing.
- **Sleep** - Note your sleep pattern.
- **Moon** - Note the moon circle (e.g. Half Moon, Full Moon).
- **Dreams** - Dreams can be an important indicator of current life patterns
- **Menstrual cycle** - Hormones affect the body

## Section 20 - Further Reading

Subject	Name of Book	Author	Publisher	ISBN
Affirmations and Positive Thinking	You Can Heal Your Life	Louise L Hay	Eden Grove Editions	1561706280
Assertiveness	Assert Yourself	Gael Lindenfield & Polly Adams	Thorsons Publishing Group	0694518697
	A Woman in her Own Right	Anne Dickson	Quartet Books	0704334208
Auras/Chakras/ Healing etc.	Hands of Light	Barbara Ann Brennan	Bantam Books	0553345397
	Light Emerging	Barbara Ann Brennan	Bantam Books	0553354566
	Pranic Healing	Master Choa Kok Sui	Samuel Weiser Inc	0877287139
Crystal Healing	Love is in the Earth	Melody	Earth-Love Publishing House	0962819034
Energy	Celestine Prophecy	James Redfield	Bantam Books	0446671002
	Energy Medicine	Donna Eden & David Feinstein		1585420212
Healing with foods	Healing with Whole Foods	Paul Pitchford	North Atlantic Books	1556432208

Guide to Self Healing

<b>Subject</b>	<b>Name of Book</b>	<b>Author</b>	<b>Publisher</b>	<b>ISBN</b>
Homeopathy	Rediscovering Real Medicine	Dr Jean Elmiger		1862041997
Positive Thinking	Timeless Healing	Dr Herbert Benson & Marg Stark	Simon & Schuster	0684831465

## Section 21 - Organisations to contact

Subject	Organisation
Counselling	<p><b>British Association for Counselling</b>                      1 Regent Place, Rugby, Warwicks, CV21 2PJ, England.                      Tel: 01788 578 323 Fax: 01788 562 189                      Email: <a href="mailto:bac@bac.co.uk">bac@bac.co.uk</a> . www. Counselling.co.uk</p>
Flower Remedies	<p><b>Dr. Edward Bach Centre</b>                      Mount Vernon, Wallingford, Oxen. OX10 OPS, England.</p>
General	<p><b>Association for Therapeutic Healers</b>                      Flat 5, 54-56 Neal Street, Covent Garden, London WC2, England.</p>
	<p><b>The British Cancer Help Centre</b>                      Grove House, Cornwallis Grove, Clifton, Bristol, BS8 4PG, England                      Tel: 01272 743 216</p>
	<p><b>British Complementary Medicine Association (BCMA)</b>                      St. Charles Hospital, Exmoor St, London W10 6D2, England.                      Tel:0181 964 1206</p>
	<p><b>The British Register of Complementary Practitioners</b>                      P.O. Box 194, London SE16 1QZ.                      Tel; 0171 237 5165 (for a qualified practitioner on the British Register)</p>
Healing	<p><b>Confederation of Healing Organisations</b>                      113 High Street, Berkhamsted, Herts. HP4 2DJ England.                      Tel: 01442 870 660 Fax: 01442 870 667</p>
	<p><b>Harry Edwards Spiritual Healer Sanctuary</b>                      Burrows Lea, Shere, Guildford, Surrey, GU5 9DG, England.</p>
	<p><b>The National Federation of Spiritual Healing</b>                      Old Manor Farm Studio, Church Street, Sunbury-on-Thames,                      Middlesex. TW16 6RG, England.                      Tel: +44 (0) 1932 783163 Fax: +44 (0) 1932 779648</p>

## Section 21 - Organisations to contact

Subject	Organisation
Herbs	<b>National Institute of Medical Herbalists</b> 56 Longbrooke Street, Exeter, EX4 8HA, England. Tel: 01392 426 022 Fax:01392 498 963
	<b>Neils Yard Apothecary</b> Covent Garden, London WC2H 9PD, England.
	<b>Nelson's Pharmacies</b> 73 Duke St., Grosvenor Square, London WIM 6BY, England.
	<b>School of Herbal Medicine/Phytotherapy</b> Buckstep Manor, Bodle Street Green, Near Hailsham, Sussex BN27 4RJ, England.
	<b>The General Council and Register of Consultant Herbalists</b> 18 Sussex Square, Brighton, East Sussex, BN2 5AA, England.
	<b>The Herb Society</b> 77 Great Peter Street, London SW1, England.
Holistic	<b>The British Holistic Medical Association</b> 179 Gloucester Place, London NW1, England 6DX. Tel: 0171 262 5299
Homoeopathy	<b>The British Homoeopathic Association</b> 22a Devonshire Street, London WC1N 1R, England. Tel: 0171 935 2163
	<b>The Faculty of Homoeopathy</b> The Royal London Homoeopathic Hospital, Great Ormond Street, WC1N 3HR, England.
	<b>Society of Homoeopaths</b> 2 Artizan Road, Northampton, NN1 4HU, England. Tel: 01604 21400 Fax: 01604 22622

## Section 21 - Organisations to contact

<b>Subject</b>	<b>Organisation</b>
Metaphysics	<b>The Society of Metaphysicians</b> Archers' Court, Stonestile Lane, The Ridge, Hastings, East Sussex. TN35 4PG, England. Tel: +44 (0) 1424 751577 Fax: +44 (0) 1424 722387 Email: netmeta@msm.com
Natural Medicine	<b>The Association of Natural Medicine</b> 27 Braintree Rd. Witham ,Essex CM8 2BS.Tel: 01376 502762
Psychic Studies	<b>The College of Psychic Studies</b> 16 Queensberry Place, London SW7 2EB, England

## Section 22 - Bibliography

<b>Subject</b>	<b>Name of Book</b>	<b>Author</b>
Auras/Chakras/Healing etc.	Hands of Light	Barbara Ann Brennan
Auras/Chakras/Hara/ Healing/ Protection etc.	Light Emerging	Barbara Ann Brennan
Auras/Chakras/Healing etc.	Pranic Healing	Master Choa Kok Sui
Control Drama's	Celestine Prophecy	James Redfield



## **Section 23 - How to contact Gentle Touch Healing**

### **Postal Address**

Gentle Touch Healing  
Wrest Park Enterprise Centre  
Wrest Park  
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MK45 4HS  
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### **Telephone Number**

+44 (0) 1525 863906

### **Email address**

[info@gentletouchhealing.org.uk](mailto:info@gentletouchhealing.org.uk)

### **Web Site**

[www.gentletouchhealing.org.uk](http://www.gentletouchhealing.org.uk)

## **Section 24 - Aims of Gentle Touch Healing**

- To provide affordable healing products and services.
- To raise awareness of natural Energies and how best to use them.
- To help people in reaching their true potential
- To encourage self-help and teach self-reliance
- To provide healing in the form of creative art.

## Guide to Self Healing

### Index

Affirmations.....	19	Chakras - Major.....	10
Aims.....	4, 29	Chakras - Trapped energies.....	10
Aloof - being.....	13	Chakras - Vortexes of energy.....	10
Anger.....	14	Changing your habits.....	14
Auras.....	8	Chi.....	7
Auras - Astral layer.....	8	Clear Quartz.....	23
Auras - Celestial layer.....	8	Clothes.....	24
Auras - Clogged and Blocked.....	9	Clothes you wear.....	23
Auras - Clothes you wear.....	21	Coincidences.....	20
Auras - Damaged.....	9	Colours.....	7
Auras - Emotional layer.....	8	Colours - To unblock chakras.....	21
Auras - Etheric layer.....	8	Colours - use of.....	21
Auras - Etheric Template layer.....	8	Communicating your needs.....	14
Auras - Ketheric layer.....	8	Concentration upon an object.....	17
Auras - Leaking and Twisted.....	9	Control Dramas.....	13
Auras - Mental layer.....	8	Copper bracelets.....	23
Auras - Protection.....	13	Copper jewellery.....	23
Auric Layers.....	8, 9	<i>Core Star</i> .....	12
Balance.....	6	Core Star - Core of our Existence.....	12
Broken bones.....	16	Core Star - Our Uniqueness.....	12
Calming sounds.....	20	Cosmic energy.....	7
Cancer.....	14, 16	Creating your own environment.....	16
Cells.....	6	Crystals.....	7, 23
Cells - Attacking bad cells.....	16	Crystals - Buying.....	23
Cells - Damaged.....	16	Crystals - Cleaning.....	23
Cells - Frequency.....	6	Crystals - Programming.....	23
Cells - Repairing damaged parts.....	16	Daylight bulbs.....	22
Cells - Replication.....	6	Decor.....	21
Central Meridians - Accomplish our Goals.....	12	Deep Breathing.....	15
Central Meridians - Our Intensions.....	12	Depression.....	21
Central Meridians - Our Personality.....	12	Diary - Keeping of.....	24
Central Meridians - Soul Seat.....	12	Diet.....	20, 24
Central Meridians - Spiritual emotions.....	12	Draining you of your energy.....	13
Chakras.....	10, 21	Dreams.....	24
Chakras - Blocked.....	10	Dwelling on Past Problems.....	14
Chakras - Energy Flow.....	10	Energy.....	7
Chakras - Energy Funnels.....	10	Energy - Comes from.....	7

## Guide to Self Healing

Energy - Flow.....	9	Mantras.....	17
Environment.....	24	Meditation.....	17, 18
Fears.....	13	Menstrual cycle.....	24
Fears - Coming to terms with.....	13	Mental problems.....	16
Finding your own Space.....	16	Meridians.....	11
Fluorescent lighting.....	22	Meridians - Conception.....	11
Focusing your thoughts.....	16	Meridians - Governing.....	11
Free from distractions.....	16	Monitoring your health.....	24
Frequency.....	20	Moon.....	24
Fresh Air.....	24	Music.....	7
Fresh Food.....	24	Music - use of.....	20
Giving too much.....	13	Negative Emotions.....	6
Gold - Shield of.....	13	Negative Thoughts.....	6, 19
Gold jewellery.....	23	Not eating regularly.....	13
Gold light.....	21	Out of balance.....	6
Grounding.....	15	Pain.....	16
Grounding energies.....	9	Past Problems.....	14
Gut Feelings.....	20	Patterns.....	7
Hara - Tan Tein.....	12	Pictures - Use of.....	24
Hara - Will Center.....	12	Plants - use of.....	24
Hate.....	19	Pollution.....	24
Hatred.....	14	Positive Thoughts.....	19
Healing Centre.....	5	Posture.....	15
Healing environment.....	16	Prana energy.....	7
Holding your own.....	13	Progress - noting of.....	24
Imbalance.....	6	Protection.....	21
Immune system.....	14	Pyramids.....	7
Instinct.....	20	Qi7	
Instincts.....	23	Relaxation.....	15
Interrogation.....	13	Rheumatism.....	23
Intimidation.....	13	Run down.....	13
Jealously.....	14	Seeing your problems objectively.....	17
Jewellery.....	23	Sending out healing thoughts.....	16
Ki7		Shapes.....	7
Lack of Direction.....	12	Silver jewellery.....	23
Lack of Will Power.....	12	Sleep patterns.....	24
Light.....	7	Soul Seat.....	12
Light - natural.....	22	Sound.....	7
Light - Strobe.....	22	Sound - use of.....	20
Listen to our own senses.....	20	Sound Frequency.....	20
Living in the Present.....	14	Source of the problems.....	13
Love not hate.....	19	Stress.....	6, 14, 17

## Guide to Self Healing

Strobe Lights.....	22	Using your environment.....	24
Stubbornness.....	14	Using your mind.....	19
Subtle energies.....	7	Visualisation.....	16, 21
Sun pipes.....	22	Visualisation - colour.....	21
Symptoms.....	13	Visualisation of a journey.....	17
Tan Tein.....	12	Vital Force.....	7
Tiredness.....	13	Weather.....	24
Traumas.....	13	What are we made of?.....	8
Treating the Source of problems.....	13	What is energy?.....	7
Tumours.....	14	What makes us well?.....	6
Unbalanced.....	6	White light.....	21
Universal life force.....	7	Worry.....	17, 19