



Holistic Healing Meditation Program™ Guide



Restoring Your Inner Light,
Your Divine Spark



Table of Contents

Introduction.....	3
Opening up for New Possibilities	6
Healing for Inner Peace – Inner Male	7
Healing for Inner Peace – Inner Female	8
Healing for Inner Peace – Judgment, Fear & Guilt	9
Healing for Inner Peace – Lack & Limitation	10
Cosmic Union of Inner Male and Inner Female – Whole brain	11
Bibliography.....	13
Appendix 1 The Seven Chakras.....	14
Appendix 2 Daily White Light Meditation	15
Appendix 3 Pure Rays of Light Meditation.....	16
Appendix 4 Integration Guide	17
Appendix 5 Overview of Different Meditation Techniques	22



Introduction

Congratulations and Welcome!

I was inspired to create the Holistic Healing Meditation program™ to help those who may not want to practice yoga but wish to attain inner peace and a higher state of being through meditation practice.

In ancient times, the practice of yoga was necessary to maintain one's physical body in a supple condition. This enabled one to sit motionless for a long period of time in a quiet state, in order to attain inner peace and a higher state of consciousness. Nowadays, with the availability of gyms and a variety of other fitness activities and practices, it's easy to substitute one or more of these other physical movement practices for yoga prior to meditation practice.

So although this meditation program is offered separately from the yoga program, it is recommended that you perform Holistic Yoga or other physical movement practice of your choice on a regular basis. Ideally you should engage in physical movement prior to the daily meditation practice, to maximize the benefit of the meditation practice and also to ensure that you do not neglect your physical body. Holistic Yoga is available online through our virtual studio web portal and you can practice Holistic Yoga prior to each of the healing meditation sessions in order to get the most out of each session.

The author brings more than 20 years of experience in many different types of meditation practices to this program. [See Bibliography chapter of this guide for reference, the blog on "Meditation, the way to heal oneself" on www.holistichealingandyoga.com/blog, and Appendix 5 of this guide for the Overview of Different Meditation techniques as practiced and experienced by the author.]

Although each specific type of meditation offers different aspects of the meditation practice—for instance some are silent with eyes closed focusing on breath, some repeat a mantra, some say prayers and/or affirmations and some are moving meditations with eyes wide open—the ultimate goal of all meditation practice is the same: to attain inner peace and access to higher state of consciousness, i.e. to unite Mind, Body and Spirit. When we are united in our Mind, Body and Spirit—that is, when we have attained our inner peace which is our natural state of being expressing our divine will through intuitive thinking in this physical form in each moment—we will manifest reality that is the highest good for all involved. The ultimate aim is for one to reach the state where one is in this united state in all waking moments so that prolonged meditation practice is no longer necessary.

The six week Holistic Healing Meditation Program has been designed with you in mind, and includes the following:



Holistic Healing & Yoga

Uniting Mind, Body & Spirit

- Master your thoughts & emotions
- Break through your old beliefs that no longer serve you
- Release past pains & trapped emotions
- Enhance your imagination, creativity & intuition
- Improve concentration, focus and memory
- Attain Inner Peace for increased health & vitality to realize your dreams

We look forward to supporting you!

Sincerely,

Kyung Sun Yi-O'Kelly

Your Partner in Our Healing Journey

"Uniting Mind, Body & Spirit"

"Recognizing the Spirit within me & you!"

Overview

Our Beliefs:

- Each and every one of us is a divine spirit, part of the Divine Spirit and one with the Divine Spirit, source of all creation, experiencing life in a physical body manifesting our own realities as human beings living on earth.
- Our individual realities are experienced according to the thought forms projected through our brain and through our actions, viz. our words and deeds.
- We have infinite capacity to change our realities and realize our dreams.

The Aims of the Program:

1. to help you create space within yourself for healing and nurturing;
2. to help you heal and release trapped emotions and old beliefs that no longer serve you; and
3. to help you recover your inner peace for enhanced intuitive thinking capabilities.

The Holistic Healing Mediation Program™ is delivered through the six one-hour sessions held weekly combined with 20 minute Daily White Light meditation practice (Appendix 2) to be carried out on your own. Each of the six sessions is a guided healing meditation using breath with intention and imagination. These sessions will help you to:

Week-1 Opening up for a New Beginning: Open up your body, mind and spirit in preparation to restore your inner peace, love light, wisdom and power.



Week-2 Healing for Inner Peace, Inner Male: Heal the past pains of your inner male, your male relationships and male expression of energy, unleashing your left brain qualities of thinking, analyzing, logic and action.

Week-3 Healing for Inner Peace, Inner Female: Heal the past pains of your inner female, your female relationships and female expression of energy, unleashing your right brain qualities of beauty, creativity, receptivity, and intuition.

Week-4 Healing for Inner Peace: Judgment, Fear & Guilt: Transform all manner of judgment, fear and guilt into open-hearted radiant joy, pleasure and discernment with strength, courage and confidence.

Week-5 Healing for Inner Peace: Lack & Limitation: Transform lack and limitation into divine trust and allowance of abundant flow of prosperity for all the tangible and intangible joys of human living.

Week-6 Cosmic Union for Vitality: Whole brain: Integrate all aspects of yourself into wholeness to realize your dreams and enjoy the fullness of life.

In the following chapters, the objectives of each week are discussed, along with the overview of each session you are expected to review prior to attending the session for the week.

Instructions

1. Start the Daily White Light Meditation (Appendix 2) as soon as you receive this guide.
2. Journal your experiences daily. [Here are some suggestions about what to take notes on (these are for your reference only. Writing helps you to focus, notice and integrate the changes.) For example, describe any visual and non-visual perceptions, and describe what you experienced in your body, what you experienced emotionally, and any spiritual or energetic experience, and take note of any insights that you received.]
3. You may repeat any of the guided healing meditations on your own as you feel like it. [You will have been given the access to the audio recordings of the meditation through the website www.holistichealingandyoga.com] If you fall asleep during the guided meditation, repeat it when you are well-rested. Sit up. If you have difficulty staying conscious during the healing meditation, get paper and crayons and let your hand bring the energy through you onto the paper. Remind yourself that this is not art, just a way to stay grounded.
4. Take an apple cider vinegar bath after each healing meditation session and carry out the Pure Rays of Light Meditation (Appendix 3). Repeat it as often as you feel like it.
5. Refer to the Integration Guide (Appendix 4) for further helpful tips throughout the program.
6. Complete *Identifying Thought patterns for Release* questionnaires before and after the program. The questionnaires are available at www.holistichealingandyoga.com/identifying-thought-patterns
- 7.



Opening up for New Possibilities

The objectives of the first week are:

- to relax your body by relaxing your mind through Daily White Light meditation (Appendix 2)
- to create space in your mind by creating space in your body through physical exercises
- to awaken your energy system by activating seven charkas
- to watch yourself, your thoughts and emotions
- to awaken your infinite self
- to realize the power of your choice
- to begin journaling any type of awakening you have about yourself and your world

The first session is to introduce you to Daily White Light meditation practice and guide you to experience Chakra Healing Meditation. Flowing within our bodies is the energy that drives and maintains our life functions. This energy flows not only within our bodies but also through the very fabric of the universe. We call this energy Cosmic energy (Chunji Giun in Korean), the divine universal energy that brings us to the perfection of self through enlightenment.

There are seven major energy centers running down the midline of our body. These are called chakras. Chakra is a Sanskrit word meaning wheel or circle. Each chakra governs a specific kind of energy related to various human attributes, from the most primal to the most spiritual. When all seven chakras are functioning well, we are healthy in body, mind and spirit. If you are struggling in a particular area, you will find a chakra that relates to that problem. (See Appendix 1)

The Chakra Healing Meditation will help you to open up energy channels in your body and to ignite your charka system in preparation for the healing process over the next few weeks.

It is important to spend at least 30 minutes daily on physical exercise, be it walking, running, cycling, swimming, rowing, dancing, yoga, tai chi, Pilates, jazzercise or any other physical movement activity. Carry out this physical activity prior to Daily White Light Meditation practice if possible.



Healing for Inner Peace – Inner Male

The objectives of the second week are:

- to replace distrust, defense and constriction with open-hearted trust and allowance for males and male expressions of energy.
- to reduce and eventually eliminate emotional triggers
- to experience clarity of mind and heart
- to develop the ability to deeply discern truth and integrity in yourself and others.
- to connect more deeply with others because the wall of pain that kept you separate is gone
- to make wise and healthy relationship choices.
- to allow your inner male to release the suppression of your inner female and inner child so they can heal and trust your newly balanced, healthy, mature inner male.
- to raise your energy to vibrate at the frequency of integrity and trust, and attract integrity and trust to you in all your relationships.
- to be in the present moment and respond consciously.

In this session you will purify yourself of trapped emotions, unhealthy thoughts & beliefs, painful memories & emotions from the past as they related to you and your inner male and your male relationships, and male expression of energy.

Energy has patterns of movement; we can call one pattern male and the other female. All human beings regardless of gender have a masculine and a feminine aspect. The male pattern of movement is assertive: it initiates action. In humans, it expresses itself through the logical mind as a need to understand, analyze, find the limits, make plans, and take actions. The male aspect is associated with the left hemisphere of the brain that perceives the world through the five senses and that we call the inner male. Ideally each individual would have a healthy, mature inner male and inner female aspect working together as equal partners, yet this is rarely the case. The discord between the genders started eons ago, and continues inside of your own psyche and outside, within your relationships. Our DNA passed down from our ancestors has been deeply imprinted with distrust and imbalance that becomes a self-fulfilling prophecy. Painful memories both conscious and subconscious create severe negative attitudes and feelings that may include resentment, anger, rage, hatred, jealousy, abandonment, betrayal, separation, heartache, love un-received, effort un-received, discouragement, rejection, longing, lust, conflicted, unsupported, taken for granted, hurt, pain, loss, grief, sorrow, sadness, bitterness, indignation and victimization.

This session will help you neutralize the painful memories and emotions, regarding men and male energy. This starts with your personal concept of a male creator. It includes your own male, your left-brain qualities of thinking, analyzing, logic and action.



During the session, after creating a relaxed and safe energetic space in and around your body, the command statements which you repeat to yourself are used to give your body instruction to release and heal trapped emotions and limiting beliefs at a cellular level. When a list of male relationships such as father, brother, sons, friends, lovers, husbands etc. are mentioned, repeat the command even if the relationship may not apply to you because we are also clearing the DNA from your ancestors. For example, you may not have a husband in this life but your mother and grandmothers did. You may be unconsciously carrying painful memories that distort your relationship patterns that you inherited from your ancestors. After the command statements, piston breath will be used to release and purify the dense energy, transforming it into pure unconditional love and compassion.

Once your inner male is free of dense energy, the left-brain quality of the masculine gifts of the divine consciousness is activated. These are the qualities of analyzing and thinking; being able to plan and carry out tasks to bring spirit into form; the aspect of being a provider and protector; and the initiator of action thereby enhancing the left-brain functioning.

Healing for Inner Peace – Inner Female

The objectives of the third week are:

- to replace distrust, defense and constriction with open-hearted trust and allowance for females and feminine expressions of energy.
- to find yourself better able to hear and trust your intuition and express your creativity.
- to enable your inner male and inner child to trust the inner female and the gifts she brings.
- to allow others to acknowledge, appreciate and value your feminine gifts of intuition, creativity, and caring.
- to allow your inner child to feel safer being in your body and on the planet.
- to attract integrity and trust to you in all your relationships.

In this session, you will purify yourself of trapped emotions and unhealthy thoughts, beliefs and memories from the past as they related to you and your inner female and your female relationships and feminine expression of energy. In order to restore the balance between the feminine and the masculine, the feminine aspect in all of us must be empowered. We must integrate our duality and acknowledge and appreciate each aspect contributing to the self and our society. We will balance our heart and mind, and emotion and logical thinking, intuition and practical inspired action. Each individual has an inner female, a feminine aspect that is associated with right brain functioning. This energy pattern is receptive and responsive and is more open and comfortable with the uncertainty and unknown. The feminine enjoys mystery and flexibility, and is happy to go with the flow. From this receptivity springs inspiration,



creativity and intuition. Feminine energy expresses through the heart and the emotions, and perceives subtle energy not discernable to the mind.

This session will help you neutralize the painful memories and emotions regarding females and feminine energy. This starts with your personal concept of a feminine creator, and it includes your own feminine right brain qualities of beauty, intuition, creativity, receptivity and perceptions of the unseen and unknown.

During the session, after creating a relaxed and safe energetic space in an around your body, the command statements which you repeat to yourself are used to give your body instruction to release and heal trapped emotions and limiting beliefs at a cellular level. When a list of female relationships, such as mother, sister, friends, lovers, daughter etc. are mentioned, repeat the command even if the relationship may not apply to you because we are also clearing the DNA from your ancestors. For e.g. you may not have a wife in this life but your father or grandfathers did. You may be unconsciously carrying painful memories that distort your relationship patterns you have inherited from your ancestors. After the command statements, piston breath will be used to release and purify the dense energy, transforming it into pure unconditional love and compassion.

Once your inner female is free of dense energy, the right brain quality of the feminine gifts of the divine consciousness are activated: openness, receptivity, the ability to open up sacred space, familiarity and comfort with mystery and unknown, creativity and intuition, and that nurturing and nourishing quality thereby enhancing the right brain functioning.

Healing for Inner Peace – Judgment, Fear & Guilt

The objectives of the fourth week are:

- to reduce and eventually eliminate judgment, core fear patterns and guilt emotions
- to eliminate inner critic
- to improve relationships
- to attain inner peace
- to attract positive outcomes
- to stay present, make conscious choices and respond from compassion
- to develop deep self-love

On the one hand, it is in our innate nature to judge and evaluate for discernment as we make our choices every moment. Doing so is automatic and always based on beliefs we hold and/or our intuition. On the other hand, it is in our ego where the judgment and blame are used for manipulation and control of oneself



and others. The resulting emotions of guilt and shame immobilize us, destroy our self-worth, and keep us from rising to our true potential and fulfilling our soul's purpose. Without purpose, our lives can be passionless and unsatisfying, leading to persistent anxiety and depression.

In this session, you will release yourself from core fear patterns and guilt emotions: fear of rejection, abandonment, other's opinions, pain, loss, uncertainty, trust. Fear is used to control behavior in families, schools, churches, commerce and nations. These patterns were originally used to socialize us so we would be accepted within a community. Anxiety, worry and self-doubt are all mild forms of fear, yet these are broadcast constantly through the media and in our interactions with others. The persistent cumulative effect of fear depresses not only the immune system but also blocks creative expression and the ability to explore and experiment with new ideas, behaviors and modes in your approach to life. The stronger fear frequencies of terror and panic are being triggered and reinforced as we witness events on the world stage.

During this session all manner of fear and guilt is neutralized and transformed into open-hearted radiant joy, pleasure and discernment with safety, courage and trust, and your ability to intuitively respond with grace to any situation. You are only moments away from retiring that nagging voice of inner critique; you will notice more compassion for yourself and others, taking yourself a step further on your path to deep self-love.

This session will help you relax and create a safe space in and around your body and repeat commands to release trapped emotions and limiting beliefs of judgment, fear and guilt. After that, the gift of the ability to discern what is in alignment with your highest good and what is not, is activated.

Healing for Inner Peace – Lack & Limitation

The objectives of the fifth week are:

- to reduce and eventually eliminate lack and limiting beliefs about money
- to eliminate inner critic about money
- to stay present, make conscious choices and respond from compassion
- to develop deep self-love

Lack, limitation, scarcity, poverty consciousness are beliefs and conditioning for many people from the moment we are born and reinforced continuously. It is time to heal this from our body, mind and soul. Even people who may be considered well off by others may be operating from lack and limitation consciousness, fear of losing their wealth, fear of being taken advantage of, insecurity about whether your friends are true, these are all symptoms. Lack consciousness can also show up in other ways because



at the core, it is a fear or lack of trust in the abundant flow of energy. Lack and limitation are by-products of separation consciousness because we perceive an artificial boundary that separates us from what we desire.

Allow yourself to reframe your belief about money. Money is an energy exchange to show gratitude for a product or service that has value to you. When you clear lack and separation from your consciousness, you will experience more energy, more love, more peace, more creativity, more passion and more prosperity. We will heal lack, limitation and scarcity & poverty conditioning and replace it with divine trust and allowance of abundant flow of prosperity of all the tangible and intangible, joys of human living.

This session will help you relax and create safe space in and around your body and repeat commands to release, heal and purify the dense energy, transforming it into pure unconditional love and compassion.

Cosmic Union of Inner Male and Inner Female – Whole brain

The objectives of the sixth week are:

- to bring your inner male and inner female together in sacred union
- to restore trust and allowance
- to balance right & left brain functioning
- to integrate polar opposite expressions by remembering the original divine plan
- to meet your multidimensional selves
- to increase discernment and compassion

With your inner male and inner female free of dense energy, by the 6th week you will be ready to honor them as the royal couple of the kingdom within. Bringing the royal family together in sacred union, you will merge the gifts of masculine and feminine aspects into one Divine consciousness, enhancing the whole brain functioning. After that, you will remember your original divine plan of creating polar opposite expressions, which is the foundation of the game on earth. The game was to be played with plenty of risks and drama. You will see that the plan afforded you much learning and insights for growth of your soul through the game, creating infinite variety of rich, sensual and diverse stories that are designed to evoke all manner of experience. And in order to fully experience this game, you created the veil of forgetfulness and chose your family of souls and roles you would play in the game. You will also remember that you created the illusion of time in order to make connections between cause and effect along with the made-up rules and belief systems. You helped to create the plan and as you are led to see all aspects of yourself in all the variations between the polar extremes you will get to choose to end the game of polarity and command yourself to integrate the polarities to bring them into balance and into wholeness. By completing the integration of polarities, you will be ready to choose and envision your unique divine plan



unfolding, expressing your divine love in a variety of different ways with courage, strength and confidence.

This session will help you relax and create safe space in and around your body and repeat commands to integrate polarities (dualities) and all aspects of yourself, and then choose your own unique divine plan to express your divine love in creating your version of paradise on earth.



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Appendix 1 The Seven Chakras

	Color	Location	Gifts	Fundamental Energies
1 st Chakra (Root)	Dar Red	Base of spine	Associated with survival needs, sense of grounding and connection to physical plane. It brings us health, prosperity, safety, security and physical vitality	Source of Energy, Passion, Strength, Courage, and Decisiveness
2 nd Chakra (Sacral)	Soft Red	Below navel, lower abdomen	Related to emotions and sexuality. It brings us creativity, depth of feeling, sexual fulfillment and good circulation	Sense of purpose, Physical power, Creativity and Sexuality
3 rd Chakra (Solar plexus)	Orange	Solar Plexus	Controls personal power, will and autonomy. Provides self-esteem, spontaneity and concentration	Metabolism, Life force, Inner Will and Determination
4 th Chakra (Heart)	Gold	Heart	Related to love, integrator of opposites in the psyche; mind & body, male & female, ego & unity. It brings us boundless love, wholeness, compassion, empathy and a deep sense of peace and centeredness	Compassion, Forgiveness, Unconditional Love, Relief from fear and anxiety
5 th Chakra (Throat)	Green	Throat	Related to communication on all levels. It brings us harmony, balance, healing, expression of our truth, and an ability to listen to our inner voice	Purification, Harmony, Peace, Emotional balance and inner peace
6 th Chakra (Crown)	Blue	Forehead (Third eye)	Related to the act of seeing both physically and intuitively. It brings us insight, intuition, wisdom and the ability to see the big picture	Awakening the soul, Wisdom, Intuition, Inspiration and Insight
7 th Chakra (Crown)	Purple	Top of the head	Represents the highest state of enlightenment and facilitates spiritual development. It brings us confidence, altruism, humanism, devotion, spiritual connection, and totality of being	Unity of body, emotions and soul, Oneness with the cosmos



Appendix 2 Daily White Light Meditation

The Daily White Light Meditation is to be practiced at least once a day, preferably in the morning before breakfast if possible; otherwise practice it either before dinner in the evening or at least 2 hours after dinner.

1. Create a safe and comfortable space where you will not be interrupted for at least 20 minutes.
2. Sit with your spine straight in lotus pose, if possible; otherwise in a chair. Bring your hands in front of your lower abdomen with your left palm on top of your right palm, gently resting on your thigh with your two thumbs touching.
3. Let the tongue touch your roof of your mouth and breathe in and out of your nose naturally.
4. Close your eyes and open your mind, (or if you prefer, gaze down on the tip of your nose).
5. Imagine and visualize, if possible, a big white light coming down from the source of all creation through the top of your head and let it flow down to your forehead, then to your throat, to your chest, to your solar plexus, to your lower abdomen, and then to your tailbone and hips, thighs, knees and to your ankles and out through your feet & toes and into the earth, anchoring in the center of the earth.
6. Imagine and visualize, if possible, a big ruby red light coming back up from the earth through the bottom of your feet up your legs, to the bottom of your spine, to the lower abdomen, and then to your solar plexus, to your chest, your throat, to your forehead and out through the top of your head and through the galaxy, back to the source of all creation.
7. Feel the two rays of light, white ray from the source and the ruby red ray from the earth coming together in your solar plexus, dancing and blending to create synergy, and the merged lights start to expand outwards spreading beyond the physical body into the space further and further. See and feel your energy body expanding, bigger and bigger merging with the lights stretching out into space.
8. Bring your attention to your heart center and call upon your 'I am' presence, the highest aspect of yourself. Remember when you say the words 'I am,' you will align with the words that comes next. Say, I AM ALL THAT IS, I AM ALL THAT IS, I AM ALL THAT IS, I AM PURE LIGHT, I AM PURE LOVE, I AM PURE JOY, I AM PURE WISDOM, I AM PURE GRACE.
9. Repeat the steps 5-8 to stay focused for the first 19 minutes of the meditation
10. Close the meditation with the Pure Rays of Light Affirmation, repeat it 3 times: "In pure rays of light, gleams the Divinity of the world. In pure love towards all that is, radiates the Divinity of my soul. As I rest in the Divinity of the world, I shall find myself within the Divinity of the world".



Appendix 3 Pure Rays of Light Meditation

The Pure Rays of Light Meditation can be practiced while relaxing in the bath (30 min) or whenever you get a chance to relax. You can relax entirely within the vibration of the following words:

"In pure rays of light, gleams the Divinity of the world. In pure love towards all that is, Radiates the Divinity of my soul. As I rest in the Divinity of the world, I shall find myself within the Divinity of the world"

With imagination, feel yourself surrounded by a flood of light streaming into your body; imagine the brightness of the lights as clear and real as possible. Imagine that the substance of the rays of light flooding into your body is the substance of Divinity. Feel and absorb these divine rays. Return these divine rays of light to all beings, to all there is around you. Imagine and feel yourself embedded into these divine rays of light and that, within them, you will find yourself.

If you prefer, you can listen to the audio recording of these words with background music while you relax.



Appendix 4 Integration Guide

The following are some of the experiences you may encounter during and following the healing program, along with some guidelines for how you can move through this healing period.

- ***Be prepared to experience discomfort.*** As you let go of the hidden and suppressed slings and arrows of the past, you will replace that cellular memory with the higher frequencies of love and light. As you move through this transition, you may experience some physical discomfort that is usually associated with healing process. Mental and emotional discomfort may also arise because you have raised your frequency and your awareness but you may still be living in the middle of the forms that you created in an earlier level of frequency and awareness. The forms are things like relationships, jobs, physical locations, life styles, habits and behavior patterns. Do not be attached to the forms. They are temporary and they will shift now to align with your new level of frequency and consciousness. Relationships might shift or dissolve. You might find that you are uncomfortable in your home or location. Your job might become too uncomfortable to bear. Let go of these forms—or you might find that the universe just moves them away from you. When you experience healing, you are walking through a new doorway. What lies beyond the doorway is all new and it takes some adjustment time. The transformation process is one of initiation, healing and then mastery of thoughts & emotions, and thus a new way of being. Initiation happens when you start the healing sessions, and as you move through these sessions, your higher consciousness may create practice exercises or tests for you by creating mini-dramas in your life. The mini-dramas you create when you are practicing mastery will relate to walking through a situation that, in the past, might have triggered a patterned response. You may create scenarios where common triggers are introduced. Then you have an opportunity to move through the mini-drama in a new way. You will know you have reached mastery when that trigger no longer presents itself.
- ***Acknowledge your feelings and let go.*** Everybody you are in relationships with (of any form) has been attracted to you based on the frequency you transmit and the issues you want to heal. We draw people into our lives, as mirrors, to reflect back to us what we need to heal. At a subconscious level, we have agreed with them to create an environment where mutual healing and integration is a potential. We constantly seek to know and love ourselves at a deeper level. When you go through a healing meditation session, your frequency raises quite drastically. You also heal issues at many levels. When you are releasing anger, you might create a practice exercise that normally would trigger your anger. We usually feel angry when our expectations created by our ego have been violated. The practice in this case is to be conscious of why you feel triggered, express it with respect and compassion, and then let it go. If you are clearing victimization issues, you might suddenly become very aware of all of the ways you have been feeling like a victim in your life. Or some may accuse you of victimizing them. Victim thoughts and feelings come up to the surface for release. Just acknowledge them and let them



go.

- ***Grief is a common feeling after the healing sessions.*** It is hard to believe, but we actually miss our old, limited self-identity even if it has caused us lots of pain and suffering. It seems like an old familiar friend has died. Allow yourself expression of grief and all other thoughts and emotions that show up. Expressing yourself moves the thoughts and emotions out of your system. Find safe ways to express yourself. Don't feel that you have to verbalize your thoughts and feelings to all people in your life. Be discerning. Most people won't be able to handle the intense thoughts and feelings that you have been suppressing for years. Remember, you have drawn these people into your life, subconsciously agreeing with them to facilitate your healing. You may have asked them to trigger you, but they probably weren't the ones to wound you in the first place. Most of the original wounding took place before you were seven years old. The idea is to move the energy by expression. Try writing, running, drumming, any physical exercise, talking into a tape recorder, drawing, dancing or doing the piston breath as you do in the healing meditation session. Whatever works! The first step is releasing suppressed thoughts and emotions from the past. When that process is complete, stay in integrity with yourself and others by continuously communicating the truth from your heart with respect and compassion.
- ***Physical discomfort may surface while your body heals.*** Your body is shifting to accommodate the new frequencies. The clearings released dense physical drama from your cells. They need to move out of the body so your body can begin to heal and rebuild. Drink plenty of pure water. Take apple cider vinegar baths to draw out all that needs to go. Treat your body with respect. Re-evaluate the way you take care of yourself. Look at your eating patterns, exercise patterns and sleeping patterns. Feed your body pure, wholesome nutrition. Spiritually, you may find a void as some of your spiritual beliefs or practices may want to shift. You may actually experience a change in your spiritual guides and teachers. You are at a new, higher level of frequency and your guidance and lessons will shift to accommodate your new levels
- ***Apple Cider Vinegar Baths after these healing meditation sessions.*** Your energy system will start to shed that which is no longer in alignment with the higher frequencies and expanded consciousness. To help with purification process, take an apple cider vinegar bath every day for at least 3 days after completing the healing sessions, if possible. Tap into your intuition for guidance on how often to do it after that. If you are experiencing physical symptoms such as aches and pains, fatigue or flu-like symptoms, turn to the apple cider vinegar bath for support. If you have suffered from a medical condition in the past, it might surface again briefly as it moves its way out of the body for the last time. The recipe for the bath is one half cup of apple cider vinegar in a normal size bathtub of hot water. Soak in the tub for one half hour exactly. It takes about 20 minutes for the formula to begin working. The last 10 minutes is when the actual purification takes place. Bless the water and release it. Don't share the tub or the water with anyone else. If you don't have a bathtub, do the same thing in a foot bath. A swim in the ocean may be substituted for the apple cider vinegar bath. You will continue



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to release in the 3-7 days following the session. When you release the dense energy that no longer serves you, empty space is created. It is important to fill that empty space with higher frequencies of light. The Pure Rays of Light Meditation can be used to call in and bathe yourself in the higher frequencies of light. This meditation recording is 30 minutes long, so it could be a perfect companion for your apple cider vinegar bath.

- **You may enter a period of time known as the void.** The void is a wonderful time. It is the space of creation. It is the time in between. It is as if you are sitting down to dinner and you have finished eating the first course and the plates have been cleared away. You are now waiting for the next course to be served. The next course will be served. This is also a time of great trust. It is an opportunity to exercise patience, a trust that everything will manifest in perfect timing. You have heard it said that the universe loves and lives to fill a void. The void is necessary. It is good. It is confirmation that you have successfully let go of the past. Now you have created space for the new forms. You may experience the void at any or all of the levels—emotionally, mentally, physically and spiritually. You may experience an emotional void as feeling empty or not getting emotionally charged any more. If you were used to riding an emotional roller coaster, you will notice a difference here. If you were very addicted to drama, you may even find it disappointing, or at least, non-stimulating. You will find that situations that used to push your buttons don't do so any more. This is actually a lack of attachment. You may drop your attachments to a person, to a situation, to an activity. You may experience a lack of attachment to particular outcomes. This non-attachment to outcomes is very desirable. It does not suggest a lack of caring, but a sense of loving allowance for people and situations to be as they are. For you are beginning to realize that in every moment, everything and everyone are just as they should be. It is all good. It is all perfect. You may see that closely-held mental patterns fall away. The old ways of explaining life and relating to it don't work anymore. In the void, you may not know how to think about something. It means you are not judging. It means you are not attached to the outcome. It is a good thing. Let it be. New ways of thinking, the Conscious Creator, will emerge. In the meanwhile, let yourself spend time in "no thought." When you quiet your mind, you allow inspiration to speak to you. When you quiet your mind, you can hear your heart. There is great power in the mental void of "no thought". While you are in the void, you may experience a feeling of "I don't know what to do." The only activity that is required in void is to just take good care of yourself. It is a time that you can re-parent yourself. Be the loving mother and father you longed for as a child. Treat your own inner child with love and compassion. Let yourself express your true thoughts and feelings. Once, expressed, let them go. Nurture and pamper yourself with love and tenderness. Take this time to just be, without doing anything. Spend your time doing those things that bring you joy, for you may suddenly find that you have plenty of time on your hands. Do those things that you love, but usually never have time for. Take a nap. Take a walk. Take a bubble bath. Go to a movie. Sit by the fire and stare into it for hours. The more love and trust you have in the void, the easier and faster your new life will appear. Listen and act on your inner guidance. Your destiny will unfold; your life's purpose will reveal itself. This will happen when there is no resistance. Resistance can look like fear and impatience. It can look like being attached and not wanting to let go of the old forms. Love



Holistic Healing & Yoga

Uniting Mind, Body & Spirit

yourself, trust yourself and Spirit and let go of attachment. Love, trust and let go. Love, trust and let go. Love, trust and let go. That's all you need to do in the void.

- **Journaling Every day, or as often as possible.** Take time to write down how your inner and outer world is changing. Write down old thoughts and beliefs that come to the surface of your awareness that were unconscious before. Allow these thoughts and beliefs to voice themselves and then decide if they serve the new you. If they do not, simply use the release technique given below. In the same way, write down emotions that pop up during the integration period. You may feel strong emotional energy and not even know what memory or circumstance it is connected to. This is all right. Don't try to figure it out. Just note the emotion in your journal and then release it using the instructions below. Also write down anything that seems like it might be a practice exercise. You create opportunities to practice your new consciousness. So you may create a situation that conforms to one of your old familiar patterns. You will notice that when these come up, you are much more conscious of your choices. Instead of reacting by default, you may stop and see that you now have options as to how to react. You can react from your default pattern or the new consciousness. If you react from default the first few times, don't worry. You will get more practice opportunities. You will find that you will catch and stop yourself much sooner, giving yourself opportunities to turn around the situation to a higher outcome. You will notice that you are more present in the now. Your practice is to move toward being free from past unconscious default behaviors and make conscious decisions in every moment. Also make note of all the ways that the fear of separation and abandonment motivate your thoughts and activities. We spend so much time and energy doing things for others, not out of the generosity of our heart, as we would like to believe, but rather, because we fear disapproval and abandonment if we don't please others. This becomes a real eye-opening exercise! We can eliminate a lot of stress, making our lives much simpler and less hectic, if we choose to only give to others when we feel our own cup overflowing with love and joy. If we are honest with ourselves, we will see that most people won't abandon us if we get honest and set healthy expectations for ourselves. The people in your life who object to you honoring yourself are not coming from a place of love and honoring of themselves. You can model self-love and healthy expectations to them. If they learn from you, fine. If not, they are not going to be able to stay in your world as you raise your vibration and expand your consciousness. Let them go in gratitude and compassion. Don't buy into their illusions of separation and abandonment.
- **Releasing That No Longer Serves You.** Become conscious of your thought patterns, beliefs, emotions and situations surfacing from the past that no longer serves you. Determine if you are ready to release them. See www.holistichealingandyoga.com/identifying-thought-patterns to identify and to release those undesirable thought patterns.
- **Seeing Beyond the Illusion.** The ultimate illusion is that we are separate from the Source, separate from each other and even separate from pieces and parts of ourselves. Yet this illusion is exactly the foundation of our reality on this planet. The other grand illusion is that we can be a victim of abandonment, betrayal or abuse. We create our own reality. We are creating it with every thought,



word and deed. We are creating it with unconscious thought patterns and beliefs as well. The main thing we want to do is to bring what is hidden into the light. We need to wake up and make conscious decisions. We want to stop creating from default mode and begin creating the reality we choose. We can stop seeing ourselves as victims and take back our power. With the illusion of separation cleared away from your DNA, you can begin seeing beyond the illusion. The way to do this is to know that whatever situation you have before you, you created it for some reason. Underlying every creation is the opportunity for the advancement of your soul. So if you have a situation or a relationship that is not how you would prefer it to be, ask yourself, "Why have I created this?" What is the person or situation mirroring back to me that I may learn from? Understand that what is happening in the world outside yourself is a reflection of what is going on inside. It is a clue to a hidden belief in your energy system. Once you uncover the belief, you can choose to release it.



Appendix 5 Overview of Different Meditation Techniques

This overview provides the description of the different meditation practices as experienced by the author at each stage of her transformation journey to date. If you have not already done so, see blog posting on "Meditation, the way to heal oneself" at www.holistichealingandyoga.com/blog.

[NB The following information is not intended to be used as a meditation guide. For a proper guide to practice the specific meditation technique it is recommended to refer to the book or website and contact the appropriate person to receive proper instruction before beginning.]

Meditation Technique (book/website for reference)	How I practiced it & Things I noticed & experienced
Tantric Meditation www.anandamarga.org	I first practiced some Tantra yoga (asana poses) to release tension, followed by still meditation twice a day for 15minutes before breakfast and before dinner for six weeks and there after once a day. Sitting with spine straight in lotus pose with eyes closed and breathing naturally, visualizing white light entering & moving through my body parts & chakra points, and merging with the universe, repeating the mantra at the same time. Initially I fell asleep often and in the beginning, thoughts were overwhelming and I struggled to keep my attention focused on the white light. After six weeks of practicing meditation twice daily, I was able to enter into the blissful state of white light, the absolute peacefulness inside myself. I experienced immediately more joy and clarity in my state of being and managed to cope through job loss, career change, move across the continents with my family, stressful traveling job, trauma & grief from tragic loss of my birth family.
Vision Meditation with Energy Dance (Ji-gam meditation) www.holistichealingandyoga.com	This meditation technique is practiced three time a week in the last 10min of Holistic Yoga practice with eyes closed, sitting in lotus pose, breathing naturally, visualizing the heart to heart connection with the earth and becoming one with the infinite life energy and then visualizing the outcome of your choice of creation for today and beyond, feeling it and being it and dancing with it. I always feel blissful after this practice but I found that preceding it with Holistic Yoga practice prior to the vision meditation is the key to a more powerful practice, becoming more in touch with the energy within and around my physical body. After the Holistic Yoga with Vision meditation practice I feel grounded and my heart is filled with love, joy and peace, and imagining and visualizing the outcome of what I choose to create, and being grateful for all that I am, do and have.
Bowing Meditation Book by Dahnyoga Education "Bowing: A moving meditation for	I practiced bowing meditation daily for 30min every morning in the hotel room while I traveled for work, it involved repeated movement of the entire body expressing gratitude to heaven & earth and love for humanity while doing 100 bows non stop and ending with the Vision meditation. I would always feel very connected and centered or aligned after the practice. I have practiced 300-360 bows non stop at a time for 21 days many times and as



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Uniting Mind, Body & Spirit

<p>personal transformation"</p>	<p>many as 1000 bows non stop for healer school training a few times. I lost 12-15lb over a period of 6 months from this intensive bowing practice.</p>
<p>Transcendental Meditation www.tm.org</p>	<p>I received instruction to practice TM twice a day, one in the morning before breakfast and the other in the evening before dinner for 20 minutes each, sitting in lotus pose with eyes closed, breathing naturally and watching my thoughts & repeating the mantra. Introduction was completed in 1 week through daily guidance of the practice by the certified teacher of TM. I was able to see that it was my own reaction to what is happening that was causing the stress, and release the negative thoughts and feelings that have been triggered and attain inner peace through the TM practice. Although I could see that it was my beliefs and perceptions, the way I was interpreting the world around me with excessive criticism and judgment, desperately wanting it to be different and yet at the same time feeling powerless to change the situation, and the TM helped release the aroused thoughts & emotions and some of the negative beliefs & perceptions I had, it was not until much later that I was able to release some of the stubborn beliefs and perceptions I had, at will, through the (self) Guided meditation practice.</p>
<p>Brain Wave Vibration Book by Ilchi Lee "Brain Wave Vibration"</p>	<p>This practice is incorporated as a part of the Holistic Yoga classes for 10min but can be practiced anytime anywhere with or without drum music. I practice BWV usually standing with eyes closed, shaking the whole body, finding the rhythm in the body, letting go of all thoughts and imagining my energy vibration merging with the cosmic energy vibration. I suffered the neck injury from a car accident and this practice helped release the pain temporarily but I found that the pain came back from practicing plough pose in the Holistic Yoga so I stopped practicing BWV all together until the pain was relieved completely through Guided meditation practice much later and I was able to resume the practice along with plough pose after two years since the injury.</p>
<p>DanMuDo (DMD) Basic Form (Korean Taichi) www.holistichealingandyoga.com</p>	<p>Like all practice involving physical movement; yoga, taichi, gigong or aikido, DMD basic form is a form of moving meditation that helps you to bring your attention to your body away from thinking other thoughts, becoming aware of the energy within your body and uniting it with the cosmic energy and thus your mind with the cosmic mind. DanMuDo Basic form is practiced with your attention in the lower abdomen after connecting your energy to heaven/source of all that is and the earth through your body. I received guidance through 6 weekly sessions. I always feel grounded and expansive with abundant peace after practicing DMD basic form.</p>
<p>Emotion Code by Dr Bradley Nelson www.healerslibrary.com/what-is-the-emotion-code/</p>	<p>This practice is performed using muscle testing to identify one of 60 different negative human emotions that can be trapped in your energy field that can be released at any given time and then by swiping the fridge magnet along the center line of your head from forehead to the back of your neck three times to release it. I found this practice while I was going through the menopause and it helped me release all of my trapped emotions over three month period and I believe that this was instrumental in shrinking away my fibroid as well.</p>
<p>Energy Healing Meditation Adopted from the Healing Code by Dr</p>	<p>This is a combined practice of self energy healing with prayer & affirmation (12min) for the following:</p> <ol style="list-style-type: none"> 1) 3 action items (Forgiveness, Healthy actions and Healthy beliefs) to forgive & let go of unhealthy past and to set healthy intentions for now & future, and 2) Cultivation of 9 virtues for now & future (Love, Joy, Peace, Patience, Goodness, Kindness,



Holistic Healing & Yoga
Uniting Mind, Body & Spirit

<p><i>Alex Loyd and Science of Mind practice of Spiritual Mind Treatment</i></p>	<p>Trust, Humility and Self control). It is practiced sitting comfortably holding your fingers about an inch away from each of the 4 points around your face in turn (the 3rd eye, throat, jaw and temple),</p> <p>Living as human beings, many of us are highly sensitive and/or carry strong & powerful energies within us, and when we are not aware, we can easily hurt others through our actions or inactions or get hurt by others just as easily by their actions or inactions. And as a result, the feelings of resentment are frequent occurrences in many families and work places. This certainly has been the case in my life and I found this technique to be quick and simple way to release hurt feelings and thereby preventing myself from harboring resentment. You can access the free video recording of the Energy Healing Meditation through the link here: www.youtube.com/watch?v=t5_RZfZhngY. Please feel free to leave a comment and share it with others.</p>
<p><i>Affirmation & Guided Meditation Emotional-Mental Detox program(EMD) & Divine Human Upgrade Program(DHU) by Suzanna Kennedy</i></p>	<p>These are a set of audio recordings of guided meditations that uses guided intentions & commands with affirmations; EMD program is a 6 week program to clear pent up emotions, limiting beliefs, memories, attitudes or perceptions while DHU program is a 12 week program to unlock, and unblock your true potential, for which EMD program is a pre-requisite. I found EMD program very effective and powerful, it helped me to release stubborn negative thought patterns. However, I found significant portion of DHU program to be overlapping with EMD. So I ended up creating my own version of guided meditation program synthesizing various healing techniques with the meditation techniques I have experienced to date. The result is a 6 week Holistic Healing Meditation program delivered in the form of 6 guided meditation sessions either live or via audio recordings to release all that you need to heal at any given time and to attain inner peace for increased health & vitality to realize your dreams. After creating 6 week HHM program, my neck pain was eliminated completely, it has been two years since the accident and I am now finally able to practice plough pose and BWV without the fear of the pain coming back.</p>

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