



Humanity Healing Self-Mastery Program Attitudinal Tools

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Curative

Learning How to Be Restorative

*Healing may not be so much about getting better, as about letting go of everything that isn't you
- all of the expectations, all of the beliefs - and becoming who you are.*

~ Rachel Naomi Remen





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We live in a moment of great changes: social, economical and environmental transformations are all around. Our Planet was never in such need of healing and restoration as it is now.

A curative energy comes from inside, when we finally awake to that all that surrounds us. It is a result of the projections of our unconscious and conscious minds. When we become aware that factors such as apprehension, fear of wars and a feeling of scarcity are creations of our collective mind; we can finally connect with our Higher Selves and start the process of Healing.

When we connect with the ever- unfolding reality of our Souls, we receive all the curative energy that we require. We can heal ourselves and the planet when we choose to release ourselves from the bonds of ignorance¹ and negativity, and when we decide to channel our creative potential of Love toward all Creation.

¹ The term ignorance here refers to the parts of ourselves where we refuse to access with the light of understanding



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Affirmation

I am aware and I embrace all the part of Myself that need to come to the light of real understanding. I recognize that Light and shadows are part of my inner self.



*"When I stand before thee at the day's end, thou shalt see my scars and know that I had my wounds and also my healing."
~Rabindranath Tagore*

Key Word

Acceptance



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Concrete Actions

There is something beautiful about all scars of whatever nature. A scar means the hurt is over, the wound is closed and healed, done with.

~ Harry Crews

1. Include in your daily activities the neglected art of Forgiveness. Without forgiveness there is no real healing. Forgiveness is the only proven way to cut cords and release the weight of situations from the past and the negative influence some people may have in your life.
2. The forgiveness process should be started with yourself. Accept and release to the light of your own soul the realization of your own restrictions and limits. This will help you clear the sensation of being “impure” and improve your sense of self worth. Try to harmonize the conflicting energies inside of you.
3. Practice the Presence of your Soul in present time. During your daily meditation time, create an internal temple of pure light. Add all elements that are sacred for you, like flowers, aromas, Candles, animals; and convert this magical place into a symbolic altar for not only your own internal healing, but also for healing of others.
4. Allow the presence of Angels in your life. As messengers of the Divine presence, they can bring much encouragement, inspiration and insight to your life when you least expect it. With reverence and respect, invoke the Angelic Charisma to your life.
5. Strengthen your personal ability to recognize that some difficulties and challenges in life are just part of a bigger learning process and that our perspective tends to be limited by our own set of concepts. Develop the aptitude of facing and accepting situations without shame. Try to perceive the “Global –Universal” perspective of every event in your life and do not lose yourself in minor details. It is important to recognize that Life does not always have your personal agenda in mind. You are a piece of a cosmic puzzle. Try to assimilate the right perspective in everything.
6. Make a point to pay more attention to the way you have been nurture yourself. This is an approach that includes not only the way you are provide for your physical body with food, but also the way you intake and take care of your emotional self with thoughts and feelings. The way you allow certain energies to get to your energy field and interact with your personal environment should be a source of permanent care on developing a Curative Attitude in your life.
7. Build up and strengthen your immune system. The immune system gains strength from minerals to produce proteins which make up all the cells of the body. When you keep your immune system under control, you make viable the action and development of other Glands



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like the Thymus and the Pituitary. These are the main support system of your personal process of ascension.

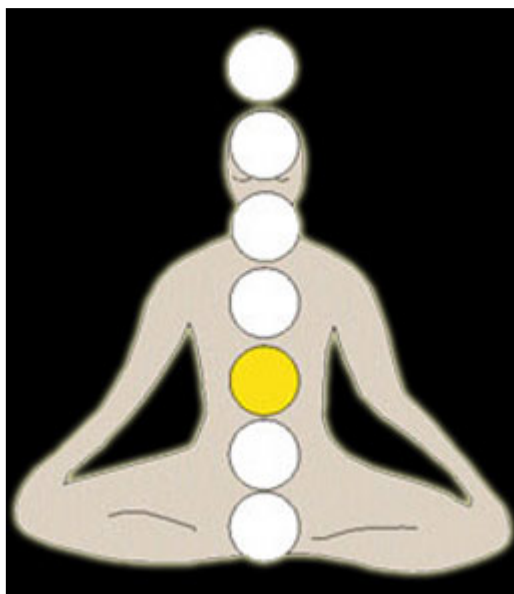
8. Avoid situations that cause you the sensation of being overwhelmed. They can threaten your emotional independency, especially when you fee yourself hypersensitive to things that are unseen and unknown. Always try to keep your mind clean from negative thought forms taken from others. Be aware that some of these situations can trigger the excessive sensitivity of your Soul and affect your heart and breathing, especially if they set off hidden emotional toxins.
9. Try to plan your activities and set them in stages. Try to develop all your actions in a more conscious way. Deliberately keep away from erratic patterns or addictions. Keep tab on what are your personal needs and the responsibilities you have with yourself. Leisure and personal care of your health are important factors in Self-Healing. Constantly ground yourself as a form to keep your energy in present time.
10. Consider creating a garden as a concrete restorative action. To put together a garden is to have the opportunity to increase the sense of self-reliance, creativity, childlike innocence, enthusiasm and involvement in life. Gardening can help you improve your general well-being and reduce stress through the gentle stimulation of your senses. A healing and restorative garden with herbs and flowers can considerably improve your quality of life and bring you in harmony with the timing of Nature's cycles.
11. Pay attention to the way you have been breathing lately. When you remember, make a point to take long and cleaning breaths. Use the 4X4 breathing technique: inhale 4 seconds, hold 4 seconds, exhale 4 seconds and pause 4 seconds.



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Energy Points: Solar Plexus & Root Chakras



The Solar Plexus Chakra is located midway between the navel and the base of the sternum. It supports the spleen, pancreas, stomach, and liver. The Solar Plexus Center is one of the main power chakras of the individual. It is associated with the functioning of the aura, or psychic energy field, and with Etheric and Astral plane sensitivity².

When working with a Curative Attitude and outlook, we will be inclined to feel ourselves overexcited, due to a difficulty to let go of many impressions, experiences and worries that have been directed inwards. Even though a little zeal is a good stance, you should strive to release tension and stress held in your physical body, especially the musculature. We may even experience some difficulties in sleeping. This can devitalize your physical body and increasing the sensation of exhaustion.

The solution comes from the integration of two energy points, or vortexes, in your body. Through grounding (using the energy that can be generated from the Root chakra, muladhara), the Solar Plexus

² Mantak Chia, Awaken Healing Light of the Tao, Healing Tao Books, 1993.



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can continue to keep the balance of all the emotional energies that circulate to your higher body in a healthy way.

Here are some suggested exercises to activate and energize your solar plexus:

- Invigorate your solar plexus chakra by dancing (do The Twist, hoola hooping, and belly dancing). The same way, the root chakra can be stimulated by stomping your feet upon the ground, marching and doing squats.

You can restore and stimulate the flow of energy of both centers through dieting.

Nourishing your Solar Plexus Chakra will also boost self-esteem and encouraging self-love:

- Granola and Grains: pastas, breads, cereal, rice, flax seed, sunflower seeds, etc.
- Dairy: milk, cheeses, yogurt
- Spices: ginger, mints (peppermint, spearmint, etc.), melissa, chamomile, turmeric, cumin, and fennel

Nourishing Your Root Chakra &Facilitating Grounding:

- Root vegetables: carrots, potatoes, parsnips, radishes, beets, onions, garlic, etc.
- Protein-rich foods: eggs, meats, beans, tofu, soy products, peanut butter
- Spices: horseradish, hot paprika, chives, cayenne, pepper

As auxiliary tools, we recommend the development of a personal scale of priorities and values. Be aware of your own of rhythm on dealing with your internal and Spiritual life. Move with small steps but towards consistent improvements in your daily living.

We also recommend the development of activities that will motivate your ability to improvise and create. This way you will find easier to deal with changes and with the Curative energy in your life.



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Benefit of developing a Curative Set of Attitudes

*"To heal from the inside out is the key."
~ Wynonna Judd*



Through the process of expanding the Curative approach in our lives, we recognize the need to be in tune with our inner emotions and expectations. We become trained to accept some of our reactions and we feel inclined to bring into the light of own Soul those very attitudes in order to be healed and released. In doing so we create entire new perspectives and we widen up the realms of possibilities for our personal energy of creation and ability to manifest in our realities all the elements we require to become aware and awake of this journey back to the Light.