



# Healing Thoughts

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**DESTINY AND THE YEAR 2010** Sharon Desjarlais from [Craniosacralsuccess.com](http://Craniosacralsuccess.com) states that "Robert Ohotto, Intuitive Life Strategist and author of one of my favorite books, Transforming Fate Into Destiny, says 2010 will be a pivotal year of personal and global transformation that will reshape the destinies of every human being on the planet. According to Ohotto, fate represents the contracts you were born into. The stuff that happens to you. Destiny is what you choose to do with it. When it comes to your destiny, you hold all the power. And that applies to everything in your life, including your practice and who you choose to attract to it. What do you choose to create for yourself, your clients, your loved ones and your planet in 2010?" (December 2009)

**LONELINESS STUDIED AS TRIGGER FOR BREAST CANCER** Scientists now know that loneliness causes increased breast cancer risk in rats. Whether that translates into loneliness causes breast cancer in humans is yet to be shown. It might be hard to find women willing to be locked up and isolated from the world in order to duplicate the rodent study. However researchers believe isolation causes stress which raises levels of a hormone that helps to trigger tumour growth. Rats who were kept in solitude were three times more likely than others to go on to develop the cancer. The tumours the rodents developed were also larger and more deadly. Reducing feelings of loneliness could potentially cut the numbers affected, the team behind the latest study believes. [<http://blogs.healthfreedomalliance.org/blog/2009/12/09/can-loneliness-cause-breast-cancer>]



**SOUND HEALING TUNING FORK CLASS** SomaEnergetics is a powerful series of sound therapies that utilize tuning forks calibrated to the frequencies of the ancient Sofeggio scale to help open energy channels for personal transformation and healing. Learn how to bring this profound healing modality to your life and the lives of those around you. Upcoming SomaEnergetics Classes: January 16-17, 2010. Class Fee is \$515 which includes purchase of set of forks.

**EMOTIONS IMPACT US AT A CELLULAR LEVEL** "Emotions get trapped in cells and when we fast or cleanse, these emotion-carrying cells, especially weak, dead, or dying cells are rapidly released from the body. In this way we release forever the emotions that were trapped within those cells." Dr. Anderson continues to say that most people are more affected by the past than the Now, and that when we cleanse or fast a striking emotional transformation often occurs, especially when mucoid plaque is released. ... Although mucoid plaque is a warehouse for negative emotions, negative emotions can become trapped anywhere in the body. Interestingly, where they are located can be related to what the emotion is - and stuck emotions often result in behavioral blocks. For example, people with difficulty speaking up for themselves may have trapped emotions that reside in the throat." [[http://www.naturalnews.com/027717\\_cleansing\\_negative\\_emotions.html](http://www.naturalnews.com/027717_cleansing_negative_emotions.html)]

**HYPNOTHERAPY PRICES ARE CHANGING** As of January 1, the cost of a 1 ½ to 2 hour Hypnotherapy session will be \$95. However, if you purchase your session before January 1, you will be offered the current price of \$75, as long as the session is scheduled in January 2010.

**UNEMPLOYMENT BRINGS SOME BACK TO SPIRIT** The *Miami Herald* notes that to combat unemployment there is an effective and sure solution that neither the Federal Reserve nor the Labor Department has mentioned in their repeated attempts to rescue productivity: embracing spirituality. In moments of crisis, life tends to become helter-skelter, and we are burdened by obsessive thoughts. The stress and the feeling of emptiness created by our dependence on external factors for happiness lead to the road of meditation, relaxation, yoga, Reiki and many other methods to nurture the soul. <http://www.miamiherald.com/opinion/other-views/story/1297626.html>

**REIKI EFFECTIVENESS FOR EMOTIONAL TRAUMA** Reiki is a really powerful healing method for emotional issues. With any chronic issue however, it will take regular treatments to get the healing breakthrough. (Just like Western medicine, if you don't stick with a course of treatment until you are healthy, you're going to get somewhat better or not better at all.) To be fair, deep emotional healing is some of the more difficult and painful to heal because you have to face the pain, process it, and integrate those experiences into yourself to become a NEW whole. Reiki can expedite the process of helping those issues surface fully, and can support the process of dealing with them, however it is still up to the recipient to do the hard work. <http://www.cecmissions.org/reiki-healing/reiki-healing-for-abandonment-and-separation-issues>

**WORLD WIDE CANCER TREATMENT SUCCESS** From reflexology to reiki to Thai massage, alternative medicine is significantly benefiting cancer patients in Israel. Patients praise the treatments for relaxing their body and mind, reducing pain and engendering a positive attitude. A volunteer helps a cancer patient. Yuri Shtern, a former member of the Knesset who promoted the regularization of non-conventional medicine in Israel, experienced the same positive effects of alternative treatment during his battle with cancer in 2006 and 2007. Thanks to his holistic approach, Shtern was better able to deal with the side effects of the medicine and deal with the cancer on a physiological level. <http://www.jpost.com/servlet/Satellite?cid=1259831455186&pagename=JPost%2FJPArticle%2FShowFull>

**PLANT EXTRACT FOUND TO BE POTENT CANCER TREATMENT** Chinese scientists have found that an extract of a common flowering plant — known to most of us as mums — could be a potent cancer treatment. In a series of studies, a research team headed by Professor Zong-fang Li from the Second Affiliated Hospital at Xi'an Jiaotong University's School of Medicine has previously demonstrated that *Chrysanthemum indicum* extract (CIE) possesses antimicrobial, anti-inflammatory, immunomodulatory, and neuroprotective effects. Now, in a paper published in the September issue of the *World Journal of Gastroenterology*, they report that it also kills human cancer cells through a process known as apoptosis. [[http://www.naturalnews.com/027486\\_cancer\\_health\\_cells.html](http://www.naturalnews.com/027486_cancer_health_cells.html)]

**HOSPITALS INCORPORATE ALTERNATIVE CARE METHODS** Hospitals, long considered stalwarts of Western medicine, are increasingly embracing treatment options more often associated with the East, such as acupuncture, naturopathy, massage therapy and hypnosis. Offering holistic therapies is one way hospitals can stand out from their competition as they vie for the health care dollars of a shrinking population, health industry analysts said. Alternative therapies are meant to complement conventional treatments, providing a gentler, more holistic approach to alleviating pain and stress. Hospital administrators say patients have come to demand the services as their popularity grows outside traditional medical circles. <http://www.detnews.com/article/20091214/LIFESTYLE03/912140354/More-Metro-hospitals-embrace-alternative-care>

**Upcoming Reiki I Classes:** January 9-10 (This class will also include Animal Reiki and will be priced at \$275 if both certifications are wished), and February 20-21, 2010.

**Upcoming Reiki II Classes:** January 23-24, March 6-7, 2010.