



Healing Tool

Given by Mother Mary through Denise

So here is the method for this form of self-healing. The first step is to install peace in yourself. Lie comfortably on your bed or on a blanket in the shade of a tall tree on a beautiful summer day. It starts well, doesn't it? Take some deep breaths. Concentrate on your breathing until you feel a state of peace within you. I do not mean a simulated peace. You must achieve a certain degree of peace for the healing to take place. It may take some time to feel this peace, especially if you're used to always running, always thinking, to having a busy mind, but if you persist, you will certainly succeed. For those who are having difficulty, another way to achieve inner peace is to imagine you are at peace and it will come to you. You will then feel a release as if you could finally be in a state of emotional vacancy. There will be no more tension inside. It is this state that will allow you to go to the second step.

Bring your attention to what needs to be healed in yourself. Suppose you have a pain in your elbow. In your mind, visualize the elbow. You do not need to touch it, to feel it, to budge it. You just have to bring your imagination in this elbow and with your intention, examine it. There will be images or ideas that will come but remember that the elbow is the end point of an architecture of light. Now with your inner eyes, look at this structure of light that surrounds your elbow, that rises in the space above, below and on each side. Examine all the structures of light that emanate from your elbow as a sphere. When an organ does not hurt, that it is healthy, the structures of light that you can see or feel are robust straight or curved luminous lines. When the organ is ill, these lines are fragmented, broken or even absent. If with your inner vision you cannot see this, then imagine that you see them. By doing this exercise of imagining the lines in your mind, you will automatically be drawn to create the structures of light that correspond to reality. Being in a state of peace, tranquility, you know very well that the consciousness that imagines or sees these lines of light is your inner Christ. It is your sacred Divine Presence who is helping you in this work.

As you imagine or look at those lines, you see the energy that emerges from this organ. You see or feel where the lines need to be healed, repaired. Then you can imagine a tool of light, a pencil of light shining like the sun and you retrace the lines of light around your elbow. You straighten them, you fix them, you repair them, you rebuild them. You work on your fields of light yourself, you repair them yourself. You do not expect healing to happen by chance, you are the Creator of your healing. This healing method is very simple. Once you have repaired the lines of light around your elbow, you order them to manifest, to materialize so that your organ can heal. You order them to hold their new place, their new shape, to keep their light and you decree that the healing is eternal, perfect and immediate.

Using your right as a Creator, your inner Christ Light to order these lines to reconstruct themselves, matter can only obey. You hold by your intention this light, this balance. Of course, the healing begins in the subtle bodies to eventually materialize in your physical body. This way of healing, you can apply to your bones, your nerves, your blood and your subtle bodies.

Suppose you live an extreme sadness. This extreme sadness is like an organ in your body of emotions and you do the same thing. You lie down, you calm yourself, you come into contact with your inner divinity. In this quiet space, you are One with your inner God, your great Presence "I Am". In this calm you are "I Am". At that moment, you are in control of your physical body and your subtle bodies, that is to say, that the Divine Presence in you is in energetic contact with your physical body and subtle bodies and you give it the authority, the command to heal this form.

Returning to the emotion that requires healing. You are lying and you know that you want to work and heal this pain that clings to you like a little child who does not want to leave his mother. So you're relaxed, you're in the calm of Deity and by your thought, you go to the sadness. Imagine the body of emotions that is around you like a large envelope, an egg of light and you ask by your intention to go to this emotion. You'll be drawn into a region of your egg and you do the same exercise. You see the lines, the dots or circles of light, the whole structure that represents that emotion. It may look like a stain, a region, a sphere, a shape, a shadow. Then you visualize light transforming this region completely, illuminating it, bringing a new awareness. You order that healing sets in, that the emotion be transformed into luminous energy, vibrant, alive and sacred energy and you will feel you are in a transformation.

Know that you are the Creators and 2009 is the year of the awakening of your sacred abilities. Then start using these sacred and divine capabilities that are in you. Begin to transform what inhabits you, what is hurting inside you. Begin to act as Creator, Goddess and God and mostly do not doubt yourself. Do not doubt any of your abilities. The eternal light being that you are has all the powers and when you doubt it's your ego that wants to prevent you from believing what you really are, to realize who you really are. So take that ego and tell it: "No, today I am what I am, I manifest my divinity. I let my Divinity express itself flawlessly more every day and you, admire the miracle. Thank you"!

Act as God and Goddess. Take the decision to manage your life as a god, a goddess with the power of eternity, the powers of transformation. You are beings of light, you are eternal beings.....then begin to act that way. Transform the way you perceive yourself, the way you look at yourself. Change your way of thinking. It is time to act now!