

## Newsletter August 2015

Summer 2015 is hot and dry. Our inner process or processes must be experienced and suffered by ourselves as hot and sometimes difficult as well. The very deep, unconscious inner patterns, traumas from childhood are coming up now permanently in our consciousness, cannot any longer be pushed away - want and need to heal. This old pattern of behavior rules our entire being. They are also vivid in our incarnations, our behavior and way of thinking, partially also in the pattern of our ancestors. This pattern will be visible in our bodies, cells and at all levels of our being, once we are ready to recognize us in our actions and attitudes.

Self-healing is inner liberation of all the patterns that restrict our thoughts and feelings. Through this process of our inner healing, we release the old ballast, separate from everything that is not us really equivalent to our pure soul. Then our soul will unfold purely in our bodies and mind, can develop in our thinking, sense and feeling. This healing can take days or weeks. We are at this time without strength and energy, have difficulties concentrating, nausea or pain in the bones and other physical weaknesses. Everyone feels like this in any kind being on his path to heal. Whoever is sensitive, can follow the physical and emotional changes accurately at all times.

Tingling in the feet, legs or hands indicates healing of feelings – frozen feelings can be felt again. We realize our own perception changes. The more we heal, the more peace and internal security will manifest themselves in our awareness. Our reactions to problems, strife, our everyday life will be more peaceful. Detachment and confidence in life will take part in our life.

It is important to know that inner healing for the body, the soul and the mind are very hard, deep work in the true sense of the word. The energy being needed for the healing of the soul will be taken from our bodies. Therefore, we can feel the physical weaknesses. We should deal with us at that time in a lovingly way. The mental integration of self-love, self-acceptance, self-worth and self-empowerment to be the creator of his own life, is now a great help.

And just as important, it is now to let unfold the joy of the new life in the quantum dimension of love in itself - as well as our soul. The soul is our innate strength, peace and harmony, our very own wonderful feelings. Our soul gives us our love for ourselves, leads us through our lives. We are guided by them in our vocation in our life. We know who we are and why we live as a human being on this planet.

Once we went through this process of healing, we experience our inner light, knowing we are secured in our life, can live our strength have the skills to be the creators of our lives full of confidence and awareness.