

# Sacredness in Healing

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## Our Native Philosophy

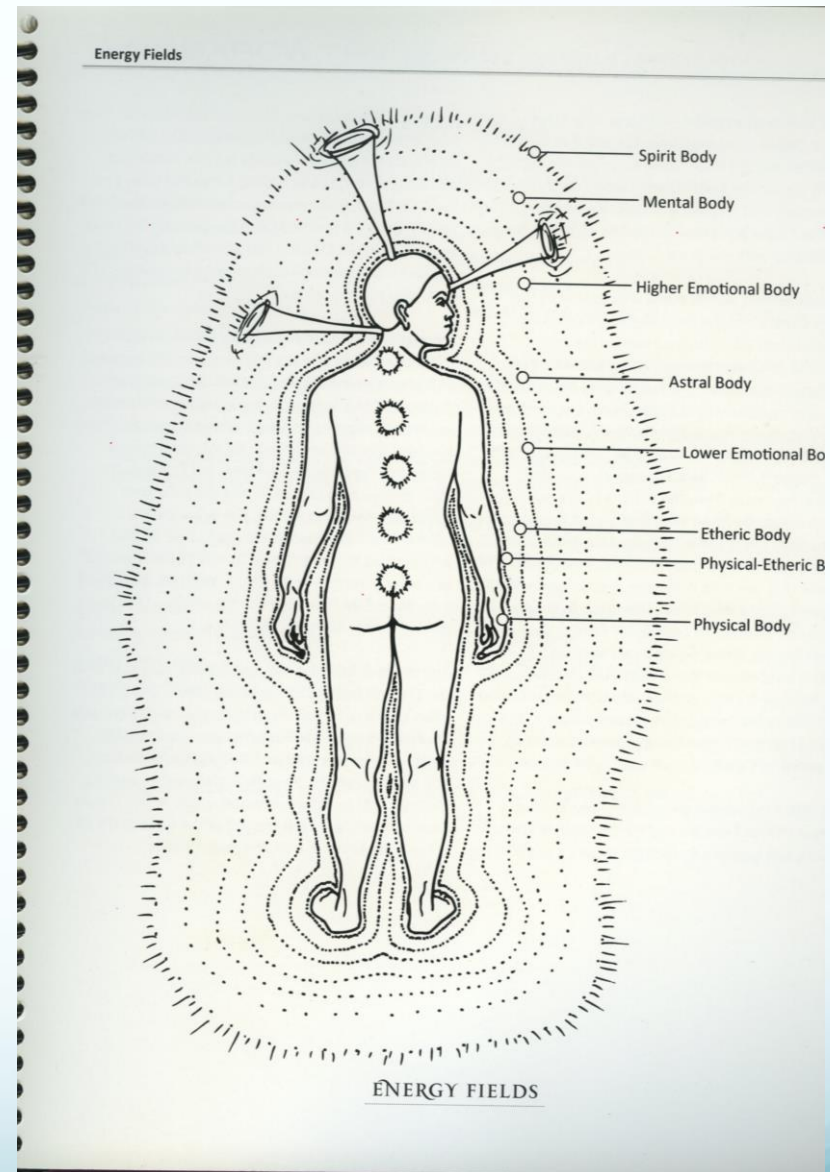
- Changes in the “Life Force”
- Spiritual, Mental, Emotional, Social, Environmental and Physical
- “Life Force” effects energy field in all living entities
- All are connected

# Connections=Relations

- Blood Relations & Extended Families
- Tribe/community/work
- Similar Doings
- Body and Relations to the Four Elements
  - Fire – Initiator and thought/ Brain, nervous system
  - Air – Sending a message/breath, lungs
  - Water – Emotions and essence of life/ lung, kidneys, blood
  - Earth – Grounding/ skin, bones, heart

# Energy Fields

1. Physical Body – connects with Adrenal Glands. Opens to the earth and spine to top of head
2. Etheric Body – 4” away from body. Sexual Organs (ovaries or testes. Emotional level which connects to Autonomic Nervous System, Cerebral-Spinal fluid, and endocrine glands. Relates to the throat and how we express and creative

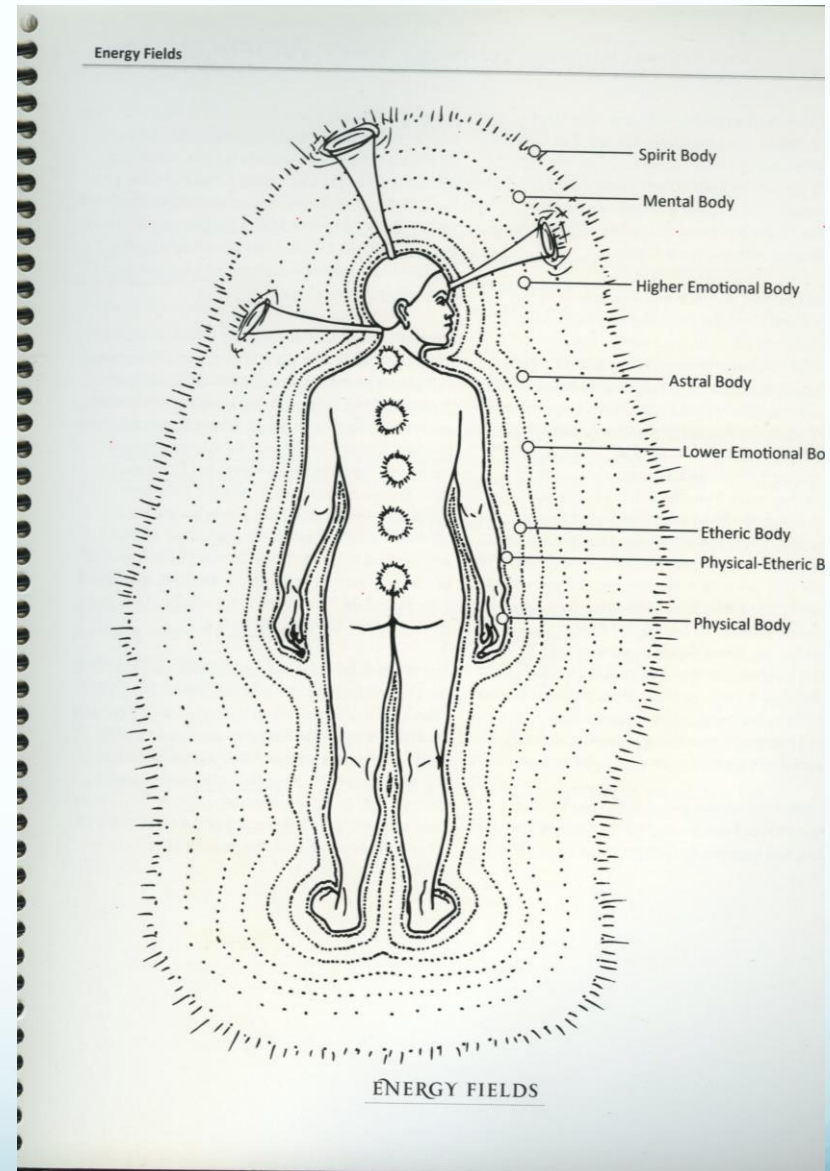




# Energy Fields

3. Lower Emotional Body – 12" above body. Connects with Solar Plexus and pancreas. Fear based emotions are stored. Emotional healing MUST take place before any healing can occur

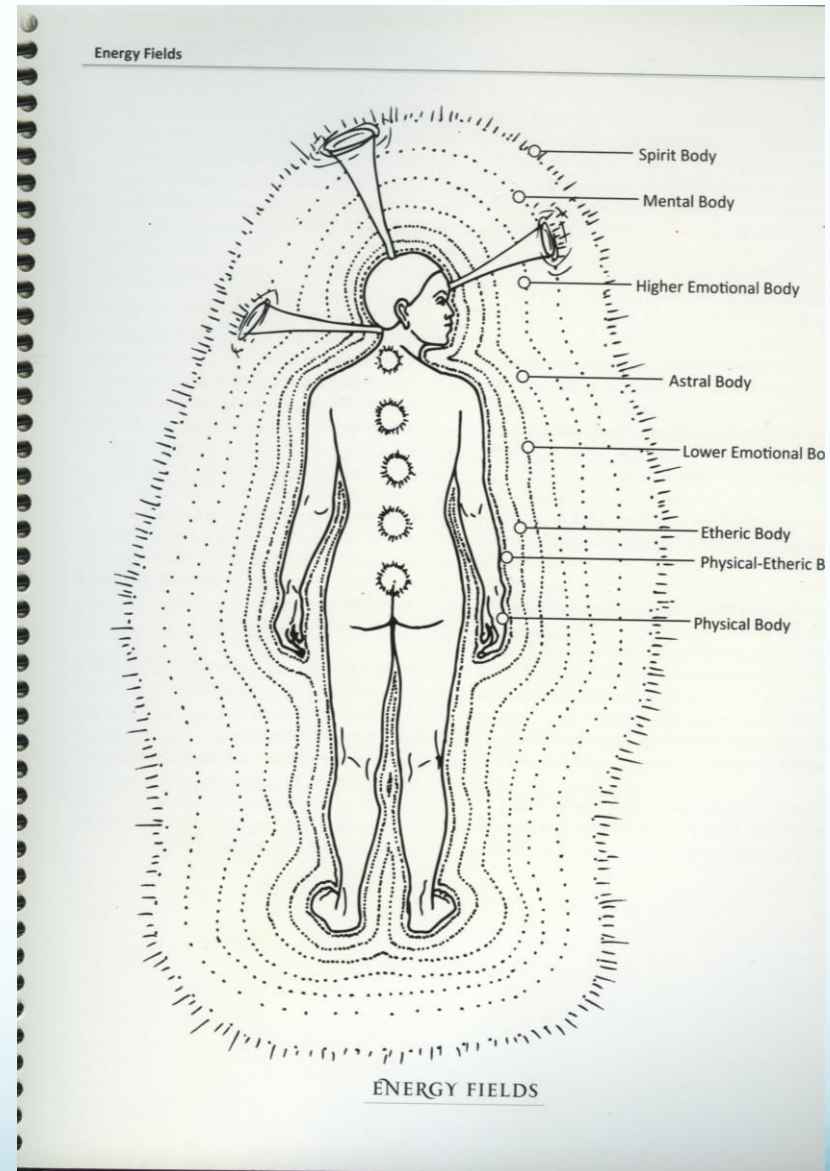
4. Astral Body – connects with heart and thymus gland. Heart is the most powerful energy generator



# Energy Fields

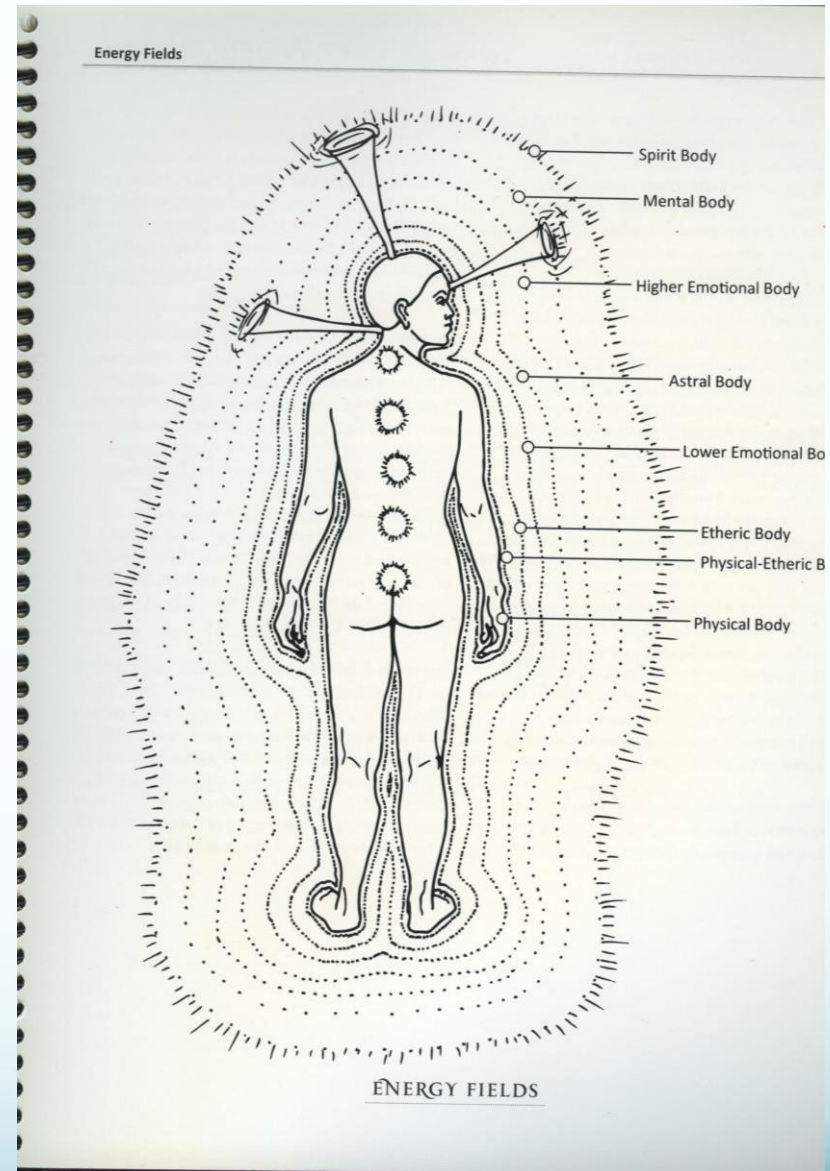
5. Higher Emotional Body – 20" above the head. Connects the throat/parathyroid glands. Deep relation to the Sacral Chakra. Emotions of deep love, sincerity, creativity and expression

6. Mental Field – over 30" away from body. Brow (third Eye) and pituitary gland. Visualize our future, consciously or unconsciously. Balancing and control of the body



# Energy Fields

7. Spirit Body – connects with the pineal gland, opening of the birth center skull. Direct relation to Root Chakra on the physical body. Grounding, open to heavens above, deep knowing



# 7 Chakra Fields and Organs

## 1. Root – kidneys, skeleton (arthritis, osteoporosis)

- Adrenal glands sit above kidney and produce hormones, adrenaline and the steroids and cortisol of stress and fear/flight
- Senses – taste, mouth
- Element - Earth

## ● 2. Sacral – Bladder (Reproductive problems, sciatica)

- Senses –smell, nose
- Element - Metal



# 7 Chakra Fields and Organs

- 3. Solar Plexus – Stomach, Liver, Gallbladder, Pancreas (gastritis, hepatitis, pancreatitis, diabetes)
  - Senses – hearing, ear
  - Element – Water
- 4. Heart – Heart, Lungs, Circulation (atherosclerosis, myocardial infarction, emphysema, arrhythmias)

Senses – sound, vibration

Element - Water

# 7 Chakra Fields and Organs

- 5. Throat – Throat, Thyroid, Jaws, Mouth (hypothyroid, laryngitis, TMY, neck problems)
  - Senses – hearing, inner ear
  - Element – Water
- 6. Brow – Eyes, Locus Ceruleus-located near top of brain stem. (Migraine, vision problems, strokes, brain disease)
  - Senses –sight, eye
  - Element - Wood

# 7 Chakra Fields and Organs

- 7. Crown – Cerebral, Cortex, Skin (epilepsy, learning disabilities, nervous disorders, insomnia, skin rashes)
  - Senses – voice, tongue
  - Element - Fire

# Trauma on Physical, Mental, Emotional & Spiritual

## Physical

- Traumatize cellular structure
- Depletes organ function
- Inflammation and can not detox properly
- Headache, dizziness, difficult breathing, blood pressure, heart racing, numbness, aches and pains, nightmares, muscle weakness/tremors

## Mental

- Cognitive reactions, emotional, then mental
- Acute stress disorder
- PTSD
- Rage, anxiety, panic attacks, emotional problems, substance abuse, suicide, hyper arousal. Effects physical



# Trauma on Physical, Mental, Emotional & Spiritual

## Emotional

- Effects organs, ANS, Cerebral spinal fluid, hormones,
- Emotional and social withdrawal, fatigue, hunger, fear, uncertainty, loss, combative

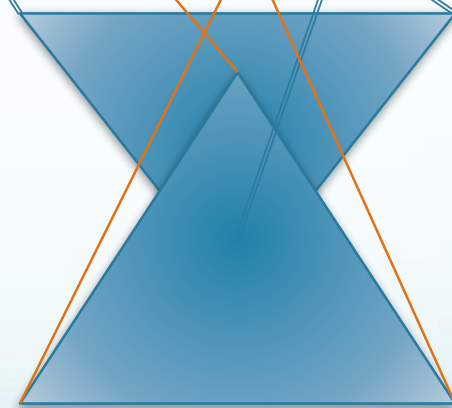
## Spiritual

- Entire system depletes
- Lack of connection to nature. Lack of connection to self care, determination and management in life.
- Suicidal, homelessness

# Systems Development

- Kidney – Conception to 2 yrs.
- GI/Liver – 4-6 yrs.
- Lung/Respiration – 7-11 yrs.
- Endocrine – puberty (11-15)
- Cardiovascular – 17-21
- CNS – 21-28

CNS	Endocrine	CVS
+	+	+
DigestionLiver	Lung	Kidney



# Sacred Spaces



# Trauma and Healing

- Come within
- Healing at inner core of No space
- Include silence and mediation
- Be true and dependable practitioner
- Trust in Caring
- Hand healing is important for trauma as it transforms cold and forge heat
- Ceremonies
- Sound healing
- Essential oils, homeopathic, herbs
- Minerals, Crystals, Earth
- Affirmations
- Water, Fire, Earth, Air, Metal elements
- EFT, Acupuncture (Ear), hypnoses, reflexology



# Over all, Observe the following

- Acceptance, Letting go, seeing and hearing
- Gratitude, learning and honoring
  - Self, family, extended relations, and others
- Speaking, loving and service
- Living, working and mindful activity, meditation
- Involve in “Team” for healing to occur
- Provide markers for accomplishment, Initiation = marks it and allows to move forward

Creator is Caring and Listens, Learn to  
trust in the process of healing

