



CRAZY WINDOW

Vol. 38



EDITOR'S DESK

Hello Dear Reader,

Yet another festival season has arrived and we are almost set to say goodbye to 2015. Like every year, this year too would have given it's share of joy and sorrow to you.

Being always happy is not a practical thought but how we deal with sorrows and pain is completely a choice we make.

As we are going to begin a new year soon, I would like you to learn a few basics of healing practice and learn more about the energy called love.

Carmen Harris joins us today to help us learn about healing and it's benefits. We have also included a few videos to help you better.

I believe, you will like these videos and this special X'mas edition of Crazy Window.

Wish you and family a very happy Christmas !!!

Love,
Ruby Shiv

Q: The glowing candle on your website speaks a lot about you helping others heal from their real pain. When and how did you begin this journey?

A: I'd been on my journey towards becoming a healer for longer than I realized at the time. I suppose it all began with my being a dreamer and also my sensitivity to many things in this world - from sound, to light, to taste, to smells to personal slights!

A healer has to extend beyond the five physical senses to 'feel' into the other dimensions that exist outside of time and space.

A healer also has to realize the power of the dimension of dreams and the importance of visualization.

These are the areas where the the magic happens.

I guess if I bring it right up to date it all began with seeing the healer Seka Nikolic healing my daughter of a scalp condition about 8 years ago.

As I watched her working her magic (which, after years of seeking a solution through doctors and conventional medicines/potions, was extremely effective,), a profound thought seemed to emerge from out of the ether and present itself to me.

It was this: 'Seka is an amazing healer, but we can ALL heal.' This wasn't a thought as such, it was more of an extreme knowing that confronted me seemingly out of nowhere. The next significant event to happen was that I was at the hospital bedside of a friend's daughter who was diagnosed with terminal cancer.

She was lifeless and attached to various monitors and hospital life-saving equipment. The full story, of course, is in my book, but what happened that day shocked the hell out of me! I realized that the palms of my hands are endowed with the ability to sense and to manipulate the electro-magnetic aura around a person.

Our aura contains Information about the physical body, and we can communicate with this information to healing effect. From being lifeless and hardly breathing, this person suddenly and unexpectedly Woke Up! This is when my journey truly began.



Q: Many people have started accepting the power of spirituality. How is Reiki helping people and how do you find it different from other practices?

A: After this miraculous event happened, I had a burning desire to find out as much about healing as I could. I read scores of books, went on seminars and workshops including taking my Reiki 1.

Most people start the other way around - their curiosity about healing leads to them studying and then becoming a healer. With me, I discovered the gift and went on to study the whole area of healing.

Reiki is a phenomenon. Although I only went to Reiki level 1 (I felt my curiosity was satisfied after the first stage. I wanted to discover the nuts and bolts of my own intuitive ability rather than imbibe or study another system or modality of healing), I have a number of friends who have gone beyond and those who have become Reiki Masters.

There are many different alternative healing modalities but each, including Reiki, recognizes the one principle - that universal energy, though we cannot detect it with our 5 physical senses, exists. I think it's wonderful that we have reached a stage in Western society where we no longer think this stuff is 'weird' or that the practices of spirituality are outside the bounds of normality.

The East have been cognizant of chakras and meridians and universal energy for thousands of years - who are we to dismiss such an ancient body of knowledge? I love the democracy of Reiki - how in a weekend you can be equipped with the knowledge to help your loved ones with easing their suffering.

**Carmen's website -
www.space-for-grace.webs.com**

Q: I have heard you talking about why people should do things they can't stop doing. Would you give a piece of advice to our reader's on why they should find their passion and life purpose.

A: We are all here as Creative beings. We come into this world to make our mark, to face challenges and difficulties that take us to our next level of Consciousness.

We may think that it's all about the flash car, the mortgage, the enviable expense account or the huge pension, but think about it. What do these things in themselves do for us? They make us feel GOOD about ourselves. But only for a while.

Again, it all comes down to vibrations. What, essentially, we are all seeking is to raise our vibrations in order to feel wonderful about ourselves. The best way to do that is to do what you absolutely cannot stop doing, do what you LOVE.

When you are in your passion you will not only adore your life, you will also magnetize towards you the right people, situations and experiences that amplify your purpose on this earth.

Purpose doesn't have to be huge or headline-making. You'll know what it is because it feels RIGHT when you're doing it.

When you get to this place, no-one can take away your bliss - unlike the car that rusts, the mortgage that becomes a burden, the expense account that goes with the stressful job or the pension that may have cost you your health.

I'm not saying that life will then be devoid of challenges, of course not. Challenges are the condition of being here on Planet Earth in this human suit. However, how you meet those challenges will be significantly different to how you'd meet them if you were already in a dense, low-vibrational state.

There I go again - rabbiting on about Energy! Why? Because Energy is everything, and Everything is energy! And energy, quite simply... is Love (ask Einstein). Love is what powers the universe. Love is what will bring each and every one of us Home.

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Q: “ We are what we vibrate”, points to natural healing, we would love to know your experience on natural and energy healing.

A: Everything in the universe vibrates at its own frequency. In vibrational terms, the human body is no different to a flower, a rock, a piece of chalk or the sun and moon.

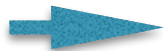
But vibration goes beyond physical, tangible objects; even words and emotions have vibrational frequency. When we are in a good, healthy place, our vibrations tend to be high. When we are unwell, unhealthy, or possessed by negative thoughts, our vibrations are lower and denser. So, at any given moment, who and what we are is reflected in our vibrations.

Ever notice how you are drawn to some people, yet repelled by others? What we are detecting and responding to is an emanation of that person's vibration. Everyone wants to feel good - so we go towards those people whose vibrations make us feel high and light! Rather than me giving you examples of my experience around energy healing and vibrations, why don't you have a little experience yourself?

I have a short 4 minute video on Youtube. Why don't you go there and focus on any of these three low vibrational states you might be feeling right now - Fear, Anger or Sadness? Because universal energy exists outside of our human notions of time and space, you will be able to receive the energy I am transmitting and experience a shift in your vibrations.

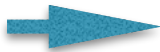
From feeling not so good, you'll return to a state of neutrality. Read the favorable comments by people who have tried it and benefitted from it. Go try it now!

Check Youtube video here



<https://www.youtube.com/watch?v=bPvAF34a9xc>

If you want more of an explanation as to how it works, watch this (don't forget to leave your comments on both videos):



<https://www.youtube.com/watch?v=UuVVxbsw8x0>

Q: A successful career as a writer for Eastenders, film dialogue coach and a great passion for healing practices, how do you find a balance between two completely different worlds?

A: I'm no longer writing for Eastenders and do very little TV work now, my passion is mostly for healing and writing about all aspects of healing.

Even so, the key to achieving balance in life is to make sure that your energy field is clear and flowing. When my vibrations are high and my energy flowing, I can write at a phenomenal speed! My book on Cold Laser Technology is an example of that - it quite literally fell out of my head one morning!

That's because I was in an optimal vibration. As human beings, we are capable of anything! But our energies must be on our side. You've heard the saying; 'Never go to bed on an argument.' Well, that is such wise advice. And the reason for that is arguments involve low, dense emotions - anger, fear, anxiety, irritation, disappointment, frustration, etc.

If you go to bed in this vibrational state you're literally draining your batteries. At this point our immune system becomes compromised and we are open to all sorts of opportune bugs and infections. An argument literally can make you sick! So the way that I achieve balance is to check my body for any signs of physical tension or emotional density.

Our body, by the way, is always communicating with us. Just be still and get into the habit of Listening and Noticing what you notice. Any signs that all is not well, even at a subtle level, is an indication that work needs to be done on your energy field. Maybe you need to forgive someone, and that someone could be you.

Maybe you need to let go of something. Or perhaps there's something you are resisting and the best course would be to simply accept the person or situation for what it is. When you get into release, forgiveness and acceptance you are doing yourself a huge favor in terms of personal potential.

From this place, imbued with energy, everything and anything is possible! Juggling two different careers become a piece of cake!

**Carmen's
daughter is British
actress, Naomie
Harris, who
played
Moneypenny in
the James Bond
films Skyfall and
Spectre.**

BETTER USE OF MONEY




DONATE GIFTS



GIFT CAKES &
CHOCOLATES TO
POOR KIDS



DONATE
WARM
CLOTHES



HAVE A
GREAT
FAMILY TIME