



The Power of Healing Love

By Nancy E. Robinson Revised.
4/1/2015

THE POWER OF HEALING LOVE

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By

Nancy E. Robinson

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Dedication:

This book is writing in memory of dear friends and loved ones who have left this earth plane.

NANCY WOOD SMITH,
DEBBIE STEWART WARD
TRINA ALEXANDER CALI
ANDREA FRITSCHÉ

Disclaimer

All the information contained in this book is the expressed opinion of the author from years of study into metaphysics. It is the authors' wish that the reader is informed of the many healing modules that have come of age. If the reader acquires just one thing from this book then the love has passed on.

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INTRODUCTION

“The day will come when, after harnessing space, the winds, the tides and gravitation, we shall harness for God the energies of love. And on that day, for the second time in the history of the world, we shall have discovered fire.”

-Pierre Teilhard de Chardin

Within each of us is a Power. This Power has always been with us but we have forgotten. It is now time to go within to access this Power. The Power is connected to ALL THAT IS. Your Power is eternal. The Power's name is LOVE.

Love has the high frequency of 500 as calibrated on the map of consciousness by Dr. David R. Hawkins, and is able to transmute our lives completely. It is your birthright to come to know this

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LOVE within and listen to the guidance that has always been there. For every situation you face in life changes your perceptions to one of Love. Love the situation as a great gift to learn what you need to learn so you can ascend higher. The situation may be your health, prosperity, relationships, or finding your true purpose. Resisting anything only creates struggle. If you find yourself facing a grave illness do not resist it. Love it, for it has been attracted to you to learn a great life's lesson. The lesson is so simple, just **LOVE**.

Release everything to the Power and trust in Creative Intelligence to bring into your life what you need to continue your spiritual journey. Let go and let God/Source/Creative Intelligence (whatever you want to call it). Our

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brains, the logical side, have a very hard time with this. But we need to go beyond the capacity of the brain to the Spiritual. Quietness allows the still small voice of wisdom to be heard. You will need to commit with faith and courage and put into action what you have heard. You will know it is the voice of LOVE because you will feel peaceful, content, and worries will melt away. Release the worries and wait quietly with faith for the answers to come, and they will come. Allow the healing to begin.

IT STARTS WITH YOU

The first action you need to take is to detoxify your beautiful body. I speak from experience when I tell you that juicing WORKS.

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The best resource to help you along this path is to educate yourself on the power of super foods. The most informative resource for this is FMTV.COM. There is a free trial to sample the amazing films, documentaries and recipes. The film that got me going was FAT, SICK AND NEARLY DEAD by Joe Cross. [REBOOT WITH JOE](#). Just reading the testimonials will motivate you to do something to show your body LOVE. After the detox we followed [DR. FURHMAN](#). We followed his program for about a month and then formulated our own routine. We found the beginning very time consuming preparing all the produce and fruit but is so worth it. The weight really did fall off and as promised by Dr. Fuhrman, our bodies now crave only healthy food, all

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other cravings are gone. Being a confirmed Chocoholic this in itself was a miracle. Energy levels sky rocketed and the best of best was no more medications and all the lovely side effects that go along with them. Onto freedom and health.

We would be delighted to share our routine which we simplified to meet our lifestyle. See page 35. First of all you need to prepare for your health launch. This IS going to cost you money to get started but in the long term your return on investment will be priceless.

We purchased the Beville Juicer and found it to work great. Lots of recipes and support on Joe's website Reboot with Joe.

(CROSS, 2014)

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LEARNING TO LOVE YOURSELF

You know how to love. Think of your pets or a child and how your heart opens to them. They are the teachers of unconditional love. They are in your life to teach you how to love yourself unconditionally. This is a cleansing of your soul/spirit. Remove the limitations and beliefs you absorbed as an innocent child. Release them and let them go. Purify your heart and learn to give tender loving care to yourself. Become your own best friend. The best tool to learn to love your Self is with mirror work. Every time you see your reflection in a mirror say, "I love YOU!" Go to a mirror and look deep into your eyes and see beyond the body to the energy that emanates around and from you. See the child within that is yearning for your

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love. Learn to give it freely without judgments or any criticism. Love yourself just as you have been created. The acceptance that comes from self-love will begin to heal old emotional wounds. As these wounds surface cleanse them with tears, release and let go. It takes practice, patience and persistence. Try to make mirror work a habit every day and watch the energy glow around you change to a soft loving pink. This is the Divine cocoon you were born into. It is this warm, soft cocoon that will begin to heal you. Allow it.

CREATE YOUR SACRED SPACE

These are crazy busy times, especially if you are raising a family. Remember the

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saying; “Happy Wife, Happy Life”. This concept of taking care of you is brand new and it will take courage and commitment to set boundaries and time aside just for you.

On my healing journey when I was a single Mom, I had my own business and raising 2 little girls, I taught my little ones that Mommy needed quiet time.

I do know how hard this is to create for yourself when you get home from work and two little angels crave your love and attention. Some people lock themselves in the bathroom and decompress with a long bath. However, if you are now facing a serious illness the time for yourself has become critical.

If you have the space create a corner or a room just for your quiet time. Get

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yourself some noise cancelling headphones and put on soothing music.

Scientific research has now validated the power of sound in healing. Find a routine that works for YOU. You can start by journaling or relax with a guided meditation.

Lots of resources for meditation on YouTube. YOU are responsible for your health and must be proactive.

JOURNALING

Journaling is a tool that allows the release and healing of emotional wounds. Get a beautiful notebook and an easy writing pen and keep it close to write down thoughts and feelings.

Remember there is no right or wrong as we are practicing our unconditional love of ourselves so write anything. No

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judgments - just get it out. It will feel great and you will begin to see patterns on how great you have become at beating yourself up. This has to change for you to heal. End each journaling with how grateful you are for being you.



MEDITATION

One of the greatest tools the sages have taught for millennium is meditation. Meditation takes practice but is not to be a struggle. Quieting the chatter of the mind is the whole purpose of meditation.

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This takes practice and again to emphasize the importance, you will need to create your own space - some place quiet and comfortable where you will not be disturbed. You can even put a “do not disturb” sign on the door to train your family that you need your quiet time. Make this space very special to you. Create a corner with things that please you and make you smile. Create an altar of loving things. Use an audio device with head phones that cover your ears - ear buds let too much noise in. Find a soothing piece of music that washes over you and helps you to relax.

Bring your attention to your body and slowly ask each part to let go and relax. Now bring your attention to your breath. Slowly breath in, all the way down to

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your belly, hold to the count of 4 and slowly release all the air through your mouth which is slightly open with your tongue relaxed on your lower teeth. Do this deep cleansing breath 3 times and just feel the tension leave your body. Bring your breathing back to normal but keep your attention on it. Focus on your breathing and ride the waves of the music. Start to train your brain chatter to be quiet. Say 'hush' to the noise coming from your mind and just be with your breath and the music.

Now ask your Spirit Self to take you within to meet your inner child. If your inner child has been wounded it may take some time for her/him to show themselves. Once your inner child appears, go up and hold him/her in your

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arms and send all the love you can muster to them. Be warned that lots of tears will ensue as the wounds start to heal. This is a good thing. Now ask your inner child what it is that they want or need. Have a conversation with them. Learn from them, as the inner child holds the key to your blocked emotions.

It is these blocked emotions, that have piled up for so long, that are now manifesting in your body as dis-ease. You need to reveal, release and heal. Do this every day at a time when you can have your quiet time.

VISUALIZATION

You are now going to learn to have a conversation with your body. It has been trying to speak to you for a long time

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and you have ignored it. Your body is surrounded by an energy field called the aura. Intuitive healers are able to see or feel your aura and can pin point exactly where the dis-ease is. You are going to learn to become your own healer.

Everybody is equipped with all they need to heal. Your body is the doctor, diagnostician, and pharmacopeia. And every thought you have about your body carries a message of energy either positive or negative. As a healer you now need to direct the unconditional love energy to the parts of your body that need it. Be wise and supplement your healing journey with traditional and alternative medicine. Do whatever it takes to bring balance and vitality back into your body. You can go directly to the spot in your body and ask it what it

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needs. You can go into the pain and ask it what it needs. Then visualize a scene where you are directing healing love into your cells. See yourself as vibrant and healthy. In your visualization, take yourself on a walk somewhere that you would love to be - the beach, a garden, mountain top, or create your own healing spa in your mind. You will find your way to a spot that makes you feel totally safe and loved. Create it with your imagination, see the colors, smell the aromas, hear the sounds. Put yourself into the scene and send the healing love to yourself.

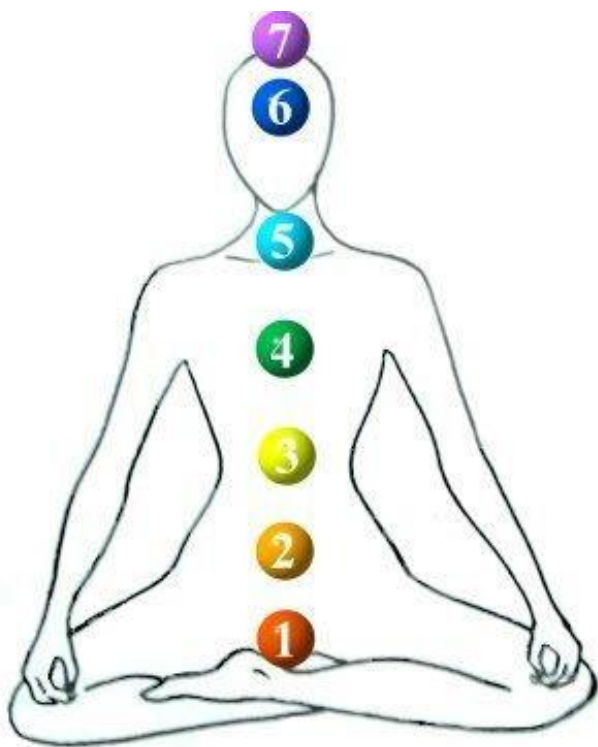
CHAKRAS

Chakras are energy centers along your body. There are 7 main chakras.

Chakras are conduits of the life energy.

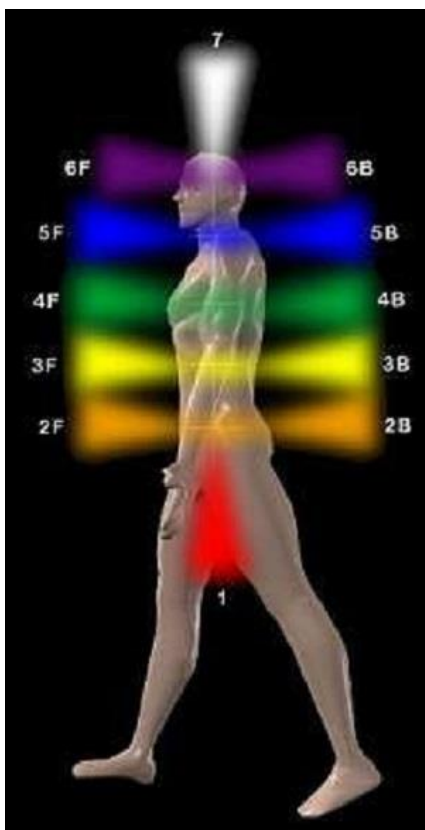
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The chakras are located on the main branches of the nervous system. They collect and transmit energy.



EVERYTHING IS ENERGY

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THOUGHTS CREATE ENERGY.

**SYMPTOMS OF DISEASED
CHAKRAS**

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CHAKRAS	ORGANS	MENTAL / EMOTIONAL ISSUES	PHYSICAL DYSFUNCTIONS
<p>CHAKRA 1 Black tourmaline #1</p>	<p>Base of spine, legs, bones, feet, rectum, immune system</p>	<p>Physical family & group safety and security, ability to provide life's necessities, ability to stand up for self, feeling sense of belonging, social & familial law and order</p>	<p>Chronic lower back pain, sciatica, varicose veins, rectal tumors/cancer, depression, immune-related disorders</p>
<p>CHAKRA 2</p>	<p>Sexual organs,</p>	<p>Blame and guilt,</p>	<p>Chronic lower back</p>

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<p>Carnelian #2</p>	<p>large intestine, lower vertebrae, pelvis, appendix, bladder, hip area</p>	<p>money and sex, power and control, creativity, ethics and honor in relationships</p>	<p>pain, sciatica, ob/gyn problems, pelvic/low back pain, sexual potency or lack of, urinary problems</p>
<p>CHAKRA 3 Citrine #3</p>	<p>Abdomen, stomach, upper intestine, liver, gallbladder, kidney, pancreas, adrenal glands, spleen, middle spine</p>	<p>Trust, fear and intimidation, self-esteem, self-confidence & self-respect, care of self and others, responsibility for making decisions, sensitivity</p>	<p>Arthritis, gastric or duodenal ulcers, colon/intestinal problems, pancreatitis/diabetes, indigestion - chronic or acute, anorexia or bulimia, liver dysfunction, hepatitis,</p>

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		y to criticism, personal honor	adrenal dysfunction
CHAKRA 4 Rose Quartz #4	Heart and circulatory system, lungs, shoulders and arms, ribs/breasts, diaphragm,	Love and hatred, resentment and bitterness, grief and anger, self-centeredness, loneliness	Congestive heart failure, heart attack, mitral valve prolapse, cardiomegaly, asthma/allergy, lung cancer,

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	thymus gland	s & commitment, forgiveness and compassion, hope and trust	bronchial pneumonia, upper back, shoulder, breast cancer
CHAKRA 5 Blue Lace#5	Throat, thyroid, trachea, neck vertebrae, mouth, teeth and gums, esophagus, parathyroid, hypothalamus	Choice & strength of will, personal expression, following your dream, using personal power to create, addiction, judgment & criticism, faith & knowledge,	Raspy throat, chronic sore throat, mouth ulcers, gum difficulties, joint problems, scoliosis, laryngitis, swollen glands, thyroid problems

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		capacity to make decisions	
CHAKRA 6 Sodalite #6	Brain, nervous system, eyes, ears, nose, pituitary gland	Self-evaluation, truth, intellectual abilities, feelings of adequacy, openness to the ideas of others, ability to learn from experience, emotional intelligence	Brain tumor/hemorrhage/stroke, neurological disturbances, blindness, deafness, full spinal difficulties, learning disabilities, seizures
CHAKRA 7 Amethyst	Muscular system,	Ability to trust life, values,	Energetic disorders, mystical

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st #7	skeletal system, skin	ethics, and courage, humanitarianism, selflessness, ability to see the larger picture, faith and inspiration, spirituality and devotion	depression, chronic exhaustion not linked to a physical disorder, extreme sensitivities to light, sound and other environmental factors
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¹ <http://www.astramate.com/chakras.htmglyness>

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	Clear Quartz	crown
	Amethyst	third eye
	Sodalite	throat
	Rose Quartz	heart
	Citrine	solar plexus
	Carnelian	sacral
	Hematite	root

CRYSTALS

Crystals hold the wisdom of the ancients, and have healing powers. As everything is made of energy and vibrates at its own rate, so too, do crystals have their own energy and have been used for conduits of energy. Crystals are a gift from

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Mother Earth to amplify the power of love. They are another tool you can learn to use to promote your well-being. The crystal pendulum can help you discover which of your chakras are strong or weak. (VIRTUE)

To help you clear your energy centers you can lay on the bed, cleanse using your breath and place the crystal corresponding on your chakra area.

Relax and visualize the crystals balance and cleanse each energy centre. Start at the root chakra and visualize the red healing light swirling. Stay with it for a few minutes and then tune in with your senses and feel the warmth. Move to the next chakra area and visualize the crystal on your sacral energy centre opening and cleansing this energy centre with the healing orange light. Again do this for a

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few minutes and then sense the warmth as the energy moves through you.

Now move up to the solar plexus and visualize the yellow light drawing in the energy, cleansing and balancing this energy center. Sense the warmth as the light heals.

Go up to the heart chakra. Visualize green healing light being drawn in by the crystal. See the energy cleansing and balancing, feel the warmth.

The heart chakra is the most powerful.

(Research by the

<http://www.heartmath.org/Institute>).

Stay with the warmth for a little while longer. Release all the negative energies, feel and heal.

Up to the throat chakra and feel the crystal drawing in the healing blue light into this energy center. Again stay with

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it till you feel the warmth as the healing light cleanses and balances.

Concentrate now on the third eye chakra and visualize the crystal drawing in the indigo blue light pulling in the healing light to cleanse and balance this chakra centre. As this is your vision center stay a few moments and see if you can picture yourself completely healed, healthy and vital.

Last is the crown chakra. This again is the chakra that pulls in the healing light from universal love. Pull that healing energy in through the crown with the help of the crystal. A white light is being drawn in through your crown chakra and washes over your whole body.

Love can and will heal you. Use whatever you need to do to be healthy

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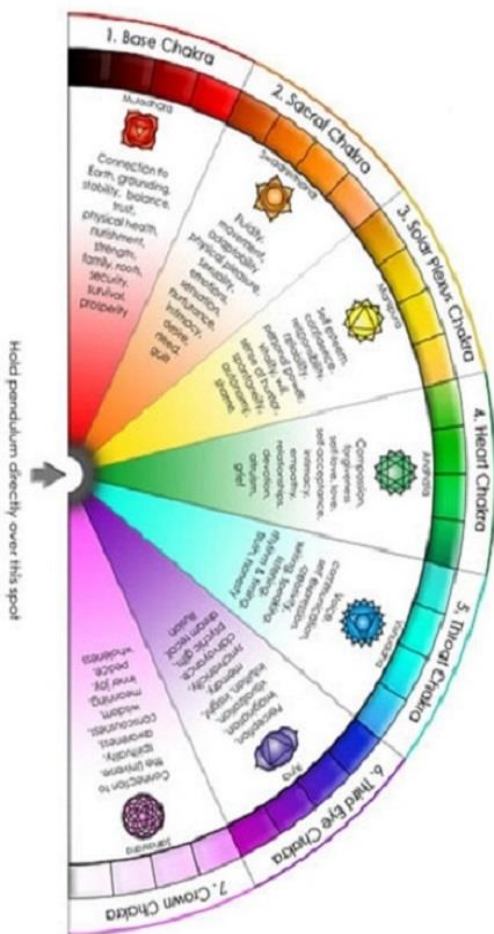
and vital. As this has become your greatest life challenge your whole day needs to focus on you and your healing. The rest will take care of itself.



Crystal pendulums can assist in helping to identify you strong and weak chakra areas. There is a wonderful resource online [Ask Your Pendulum](#). You can also print out the chart on page 22 at

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CHART



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www.AskYourPendulum.com

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AROMATHERAPY

Aromatherapy is the practice of using the essential oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being.

For example, Sweet Orange Oil is used to assist in healing especially for cancer. You can place a few drops on a cotton swab or use a diffuser. There are scented healing candles you can purchase to create your sacred space.

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“You and I and essential oils are all created by vibrations, the spoken word of God. The healing power of essential oils is more than chemistry. It is vibrational in nature, the resonance of the healing vibrations in the oils that carry their creator’s benevolence, seeking harmony with the vibrations that comprise our bodies, minds, and souls.”ⁱ

EFT – Emotional Freedom Technique

This is a simple technique that really works and is easy to learn. Tapping on specific energy meridians to clear and get the energy moving. There is a wonderful YouTube example by Rick Otner. [TAPPING by RICK OTNER](#)

I use this method whenever my body is talking to me through some discomfort or pain. Usually after 3 times using

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tapping the pain subsides. I use whatever works. (PARNELL) Loving to research I then look for the metaphysical message in my reference library. Two of my favourites that I constantly refer to are: Louise Hay's book: Heal Your Life and Feelings Buried Alive Never Die by Karol K. Truman. (HAY, 1984) (TRUMAN, 2003)

For example:

Cancer	Deep Hurt. Longstanding resentment. Deep secret or grief eating away at the self. Carrying hatreds. “What’s the use?”	I lovingly forgive and release all of the past. I choose to fill my world with joy. I love and approve of myself.
Cancer	A form of self- destruction. Lack of love for self and others.	I completely and totally love and accept myself.



MUSCLE TESTING

“The greatest contribution that muscle testing offers us is the ability and clarity to make choices from the heart and not from the thinking mind. Muscle testing creates a bridge to our deeper energetics and through muscle testing we can more effectively read and connect with this deeper wisdom.

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The self-muscle testing technique helps us to identify those things that either supports our life force or those things that do not.”

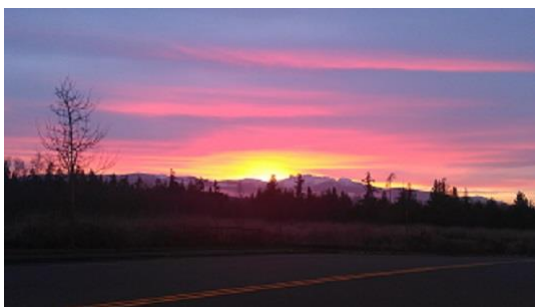
To check yourself means to observe how you feel and observe the state of your mind. Does my body feel a live, balanced and ‘switched on’? Does my mind feel calm, clear and alert? Looking at objects can also have a direct effect on your energy flow and meridians. Staring at or simply observing a tree in nature has a positive effect on our energy field.”²

[SELF MUSCLE TESTING](#) You tube explanation. You can test for what is life supporting and what is not.
(HETHERINGTON, 2013)

² The Art of Self Muscle Testing by Michael Hetherington. L.Ac ebook 2013

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Grounding, being out in nature has a very powerful healing effect. Run bare foot in the grass or lie in a meadow for about 20 minutes a day. On sunny days I lie on the ground and hold my hands up to the heavens and can feel the energy streaming in.



POWER OF PRAYER

Prayer is communion with Divine Love. One of my greatest teachers along the spiritual journey is Emmet Fox. “There is no difficulty that enough love will not

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conquer. There is no dis-ease that enough love will not heal...It makes no difference how deeply seated may be the trouble. It makes no difference how hopeless may be the outlook....A sufficient realization of love will dissolve it all.”³

There is NO problem that LOVE cannot heal. When we pray we are connecting to the Power within or Divine Presence and drawing upon the miracle of Love to assist in our healing. Prayer is the surrender of the (FOX, 1940) outcome to the Higher Power, letting go and having faith that the Divine sees you as whole and healthy and this you must believe in your heart as well.

³ The Power of Constructive Thinking: Emmet Fox. 1939 ISBN0-06-0628260-X

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Constantly affirming your wholeness is a form of prayer.

It has been documented in the Intention Experiment and the Maharishi Effect that if enough people are placed in a war torn location and they pray the fighting stops. Prayer is a very powerful intention.

WORDS THAT HEAL

As everything we think or say has a vibrational energy, it makes sense to become very conscious of the words we use. Are we using life affirming words of love for ourselves and others or are our words negative and restrictive. It will amaze you when you start to keep track of what you actually say and how many negative comments just flow out of our mouths.

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To help yourself become aware of your words, put an elastic band around your wrist and when you are aware that you have said something negative, give the elastic a snap. You will become more and more conscious of your own vernacular and can now replace these words with “feeling better words.”

In my studies and research it was brought to my attention that if I say, my fibromyalgia...then I am owning it. Instead I would say the fibromyalgia. Happily it is almost gone as I am practicing what I say and write about. That is why I am so passionate about the healing power of love because I know it works.

Have fun creating a list of positive affirmations and post them in colorful post-its all over the place. I have them

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on my mirrors, in my bathroom, on the ceiling of my bedroom and the dash of my vehicle. Write them in your journal and remember to use the present tense, I have or I am.

For example: I am vital, vibrant and alive. I am valuable just because I exist. I really love myself.

Remember the only one in your mind is you and what you think comes from you.

So use words that heal. (KLINGLER, 2013) **POWER WORDS**

ANGEL RAPHAEL

Raphael is the angel of healing. His name means “He who heals.” Raphael heals physical illnesses of humans and animals and guides healers and would-be healers.

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St. Raphael Prayer for Healing

Glorious Archangel St. Raphael, great prince of the heavenly court, you are illustrious for your gifts of wisdom and grace. You are a guide of those who journey by land or sea or air, consoler of the afflicted, and refuge of sinners.

I pray to you, assist me in all my needs and in all the sufferings of this life, as once you helped the young Tobias on his travels. Because you are the "medicine of God" I humbly pray you to heal the many infirmities of my soul and the ills that afflict my body. I especially ask of you the favor (here mention your special intention), and the great grace of purity to prepare me to be the temple of the Holy Spirit.

Amen.

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ENERGY MEDICINE

“Energy Medicine recognizes energy as a vital, living, moving force that determines much about our health and happiness. In energy medicine, energy is the medicine, and energy is also the patient. You heal the body by activating its natural healing energies; you also heal the body by restoring energies that have become weak, disturbed, or out of balance. Energy medicine is both a complement to other approaches of medical care and a complete system for

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self-care and self-help. It can address physical illness and emotional or mental disorders, and it can also promote wellness and peak performance.”ⁱⁱ

Everything is made of energy: molecules, pathogens, prescription medicines, and even emotions. Each cell pulses electrically, and the body itself emanates electromagnetic fields. The human body is a complex energetic system, composed of hundreds of energetic subsystems. Disease is caused by energetic imbalances; therefore, health can be restored or established by balancing one’s energies.”ⁱⁱⁱ (DALE c. , 2011) (EDEN, 2008)

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QIGONG HEALING

Qigong is the practices of gentle exercise to move the chi or life force energy throughout the body. Qigong has been shown to positively enhance nervous system activity and reduce stress hormone levels. It can boost immunity, deepen sleep and ease headaches. Science has shown the benefits of Qigong using infrared detectors to show that chi was detected and measured for positive changes on connective-tissue

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cells, increased DNA and protein syntheses and cell growth in all human cells.

Medical Qigong is used for self-healing and healing others. It has been successfully used for arthritis, asthma, anxiety, neck-pain, depression, bowel complaints and other maladies.

Science is now suggesting that we are all connected through higher dimensions of the universe. Science and Spirituality are now blending together for greater awareness.

“When Qi is flowing, the body, mind, and spirit are vibrant and healthy.”^{iv}

(DALE C. , 2009)



SOUND AND MUSIC TO HEAL

The magical healing power of music is universal. And now science has taken it one step further to show the effects of sounds on brain waves. There are many resources now available to experience the relaxing sounds of music.

One of my favorites is Music for Healing, Mind, Body & Spirit by the Steven Halpern. I have many of his CD's I listen to daily. There are also specific healing mediation and music for cancer patients. I have given mine away to someone special that needed it. These are all accessible online for immediate download. I have music playing all day long and I especially like the SPA channel on T.V.

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Use your aromatherapy and music in your sacred space on your healing journey.



RAISING YOUR VIBRATION

The vibration of LOVE is 528 hz. and where there is love there is healing. The best science behind this is demonstrated in the book [LOVE THYSELF by DR. MASARU EMOTO.](#) Science has gone further since his research and they are able to document the rate of vibration within our hearts and brain waves. To fully understand this I would suggest checking out the website

RESOURCES

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We followed Dr. Fuhrman's plan for 6 weeks and then streamlined to meet our lifestyle. (FUHRMAN, 2014)

DR. FUHRMAN

VIBES UP Tools to help raise your vibrations to a healthier you.

SIMPLIFIED DAILY MENU

You will need supplements and we order ours online from [VITAMART](#)

Morning:

Hot water with a slice of lemon. NO MORE COFFEE.

BREAKFAST

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Green Smoothie:

2 big handfuls of organic washed
baby spinach leaves.

1 banana

1 tsp. spirulina

1 tsp. wheat grass

1 scoop PhytoBerry

1 tbsp. hemp hearts or Chai
seeds

1 tbsp. flax seeds

8 oz. pomegranate juice or
almond milk

1 cup frozen mixed berries

LUNCH

Chocolate Shake:

1 scoop Vega One nutritional
shake – chocolate

1 tbsp. Cacao powder (this is
different than Fry's Cocoa powder)

1 tbsp. Cacao nibs

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8 oz. of almond or soy milk
unsweetened

You can add stevia to your taste
preference

4-6 ice cubes

We use our good old Osterizer to mix
this. I have used a Vitamix but they are
quite expensive.

DINNER

Dinner consists of a huge salad with
beans of any kind, nuts, lots of fresh
produce and balsamic vinegar dressing.
Drink lots and lots of water and bless the
water to cleanse and purify your body.

**I SEND UNIVERSAL LOVE AND
HEALING TO YOU EVERY DAY.**

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Medical disclaimer

The information provided does not replace your relationship with your doctor. The information is for your general use, so be sure to talk to a qualified healthcare professional before making medical decisions or if you have questions about your health.

<http://www.supportinglove.com>

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