

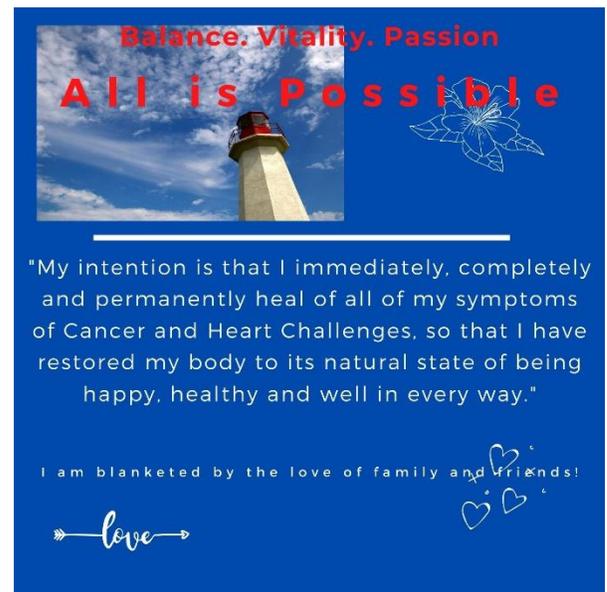
Assisting those with health challenges can be very hard if they are close family members or friends. We have a connection with them that has us invested in the outcome of their illness. However, if we think about how we can hold the space for them and provide them with assistance without bias of outcome, then we produce the opportunity for them to be engaged in the healing process.

We can assist with some of the aspects of their wellness journey by balancing their systems to receive the drugs that they will be taking. We can do this by holding the intention of the person with the intention of the drugs in the palm of our hands and focus on the balance of the energy to harmonize.

When you feel that this has been accomplished by how your hands feel you can then picture the outcome of their journey being for their highest good. You will notice some kind of shift in your awareness. It might be how the hands feel, may be a temperature shift, words in your mind, a clear picture of outcome, a shift in your breath or blinking. There are many ways the body can signal the change.

You can create a poster for family and friends to use daily. You can suggest that they hang the poster in a place that they frequent, like a hallway, bathroom mirror, fridge. A suggested time to say the words on the poster each day means that many people will be setting the intention at the same time. For example, on rising each morning, or in the evening before bed. Here is an example of a kind of poster you can create. You can add photos of times shared together, or something that reminds you of the person, or something that they adore.

You can also create a poster for the person to participate in the healing process as well. They can say the words and put up the poster similar to family and friends might. And you could suggest that they could say the words when lying down to relax or sleep, and again upon waking, while doing Cook's Hookups. That is, they can cross the right leg over the left leg and then cross the right hand over the left hand and turn the hands to link the fingers. Resting for a few minutes with the tongue on the roof of the mouth, they can shift when they feel this position is complete. The second part is to put the feet side by side, then touch all the finger tips of one hand to the other hand with an open spread of the fingers on each hand, then place the fingers like over the belly button. Again, the tongue is on the roof of the mouth and just breath deeply. When this process is finished, it can be time to sleep or rise. The intention from the poster can be running through the mind, or a picture of the final outcome that is desired can be created and experienced with all the senses.



The phrases that are chosen above are the results of the research done by Lynne McTaggart and her Power of 8 gatherings. She also has intention gatherings for specific people with illness challenges that offer these phrases and intention sessions with people from around the world. Her blog posts provide lots of background and research if you wish to know more. Here is a brief synopsis to research for cancer. We are not at war or in a battle, but rather we are in harmony and peace with the illness. We want to engage the innate healing potential in the person to begin to do the healing, so that their body,

mind and spirit finds its own balance. We cannot have a vested interest in this and outcome, but must inspire and leave the healing to the person. We can do this by removing our ego to do everything in our power. Also, to be relaxed and present to assist. By sitting with the person, or thinking about the person from a distance we can begin to deep breathe and create a flow of energy from head to toe and out into the ground. Once this is established. We can put our hands to the edge of their biofield (energy egg, auric field, space around them) and just continue to deep breath and hold the space. Our hands inspire a shift of energy, known as “negative entropy” that inspire the energy field to move from chaos in patterns and frequency, to order in patterns and frequency. We set out intention, we hold the space, we inspire with our hands and we breath deeply moving energy from head to toe. If the person we wish to assist can hold a similar space by deep breathing and imagining the flow from head to toe

We are not waging a war against
Cancer



Researchers:
Leonard Laskow and Glen Rein

INdepth Studies revealed that Intention combined with leaving 3 cells left had the greatest success rate.

Connect emotionally with the person involved

Put in a specific request: "I Return my cells to their natural state," then move aside, and let go of the outcome

"The Urge To Kill", Blogpost Sept 2019
Lynne McTaggart

and into the ground with the intention to create balance and flow at the same time, there can be a connection made in the moment. This isn't always possible, but is a great way to begin the flow together – whether in the same room or across distance. Choosing a time to connect in this way may create a pattern of connecting for both people. Again, the outcome is not in our hands, but we can be available to provide support and inspire the innate healing potential.

Not knowing what to do to help can leave us feeling helpless, but these simple tools can have very profound results for everyone. For the person who needs assistance to heal, they can be confident that their family and friends are engaged and connecting, and have built a community with a healing bubble to support.