



## **What Is Metaphysical Healing?**

Intuitive, or metaphysical healing (the terms can be used interchangeably), refers to the relationship between our emotions and physical body. These two aspects are not disconnected, but actually interact continuously on an energetic level. Physical symptoms, discomforts and illnesses all share emotional counterparts. The conduit between them is elastic and accessible. We can use our mind and thought patterns to access this conduit. This is the domain of metaphysical healing. Some coin this pathway as 'mind-body-spirit'. Until you learn how to harness this energy and "mind-set" personally, an Intuitive or Spiritual healer can help guide you there.

## **How Does This Work?**

Humans possess seven energy sites, or "chakras," located in the energy field or aura, hovering approximately 6 inches around your body. Shamans, Reiki practitioners, and metaphysical spiritual healers all refer to these sites. The chakras run up the spinal column and are each about the size of a lemon. They almost act as funnels, where we can send in fresh energy or extract or reset old energetic patterns.

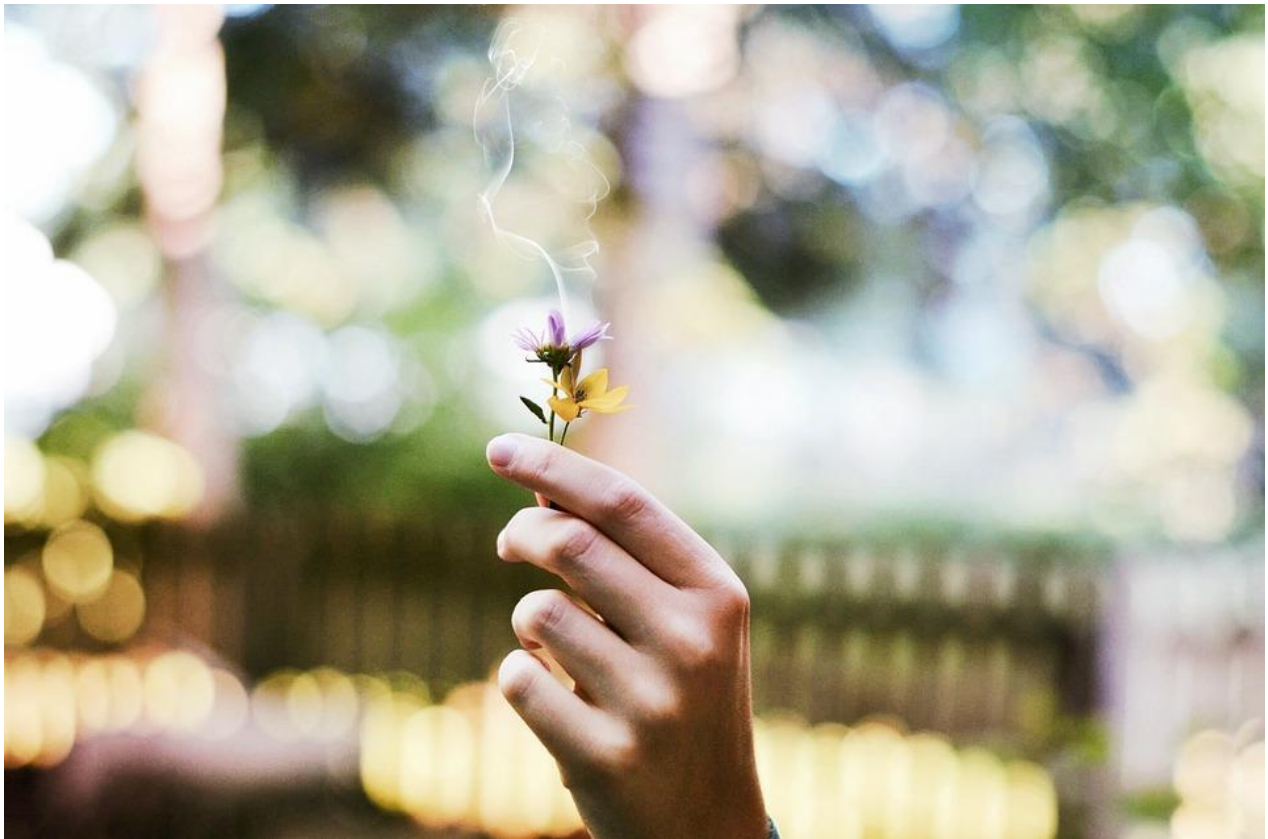
The energetic chakras are most often bogged down or 'trapped' by a prior emotional wound, shock or even just a stubborn pattern or outdated mindset. We all actually bear inner healing skills to open, cleanse and reset the chakras. The sad part is that these abilities have been glossed over in recent generations, but more prominently used and passed through families one hundred years ago and more. Chakra one sits at the coccyx and we stair step up to chakra seven at the crown of the head. Each chakra governs a primary bodily system (i.e. chakra four oversees the heart, blood vessels and circulation, while chakra five governs the respiratory tree, including the sinus, ears and lungs.) Associated with each chakra and the correlating bodily systems are a grouping of corresponding emotions. In other words, certain emotions link to certain body parts and chakras, and vice-versa.



Let us take chakra five for an example. Our authentic voice, joy and self expression are conveyed here, with lungs, diaphragm, larynx, sinus, ears and breathing all in interplay. Words, song, sharing, and communication all ring forth from chakra five when we are living in harmony energetically. If we are sad, grieving, filled with sorrow, or have shut down speaking our truth for a prolonged period, the energy of these downward-spiraling emotions will settle in at the site of chakra five.

The energetic pattern of unresolved negative energy/emotions; a stymied voice or remnant sorrows will compromise the respiratory tree and its functions over time. Soon, physical symptomology can manifest, as a call to the conscious (thinking) mind that something is imbalanced. If we can honor this warning signal (akin to a dashboard light blinking), and tend to our emotions, spirit and body, the symptoms can clear. If we cannot do so on our own, an energy healer or metaphysical healer can be of help.

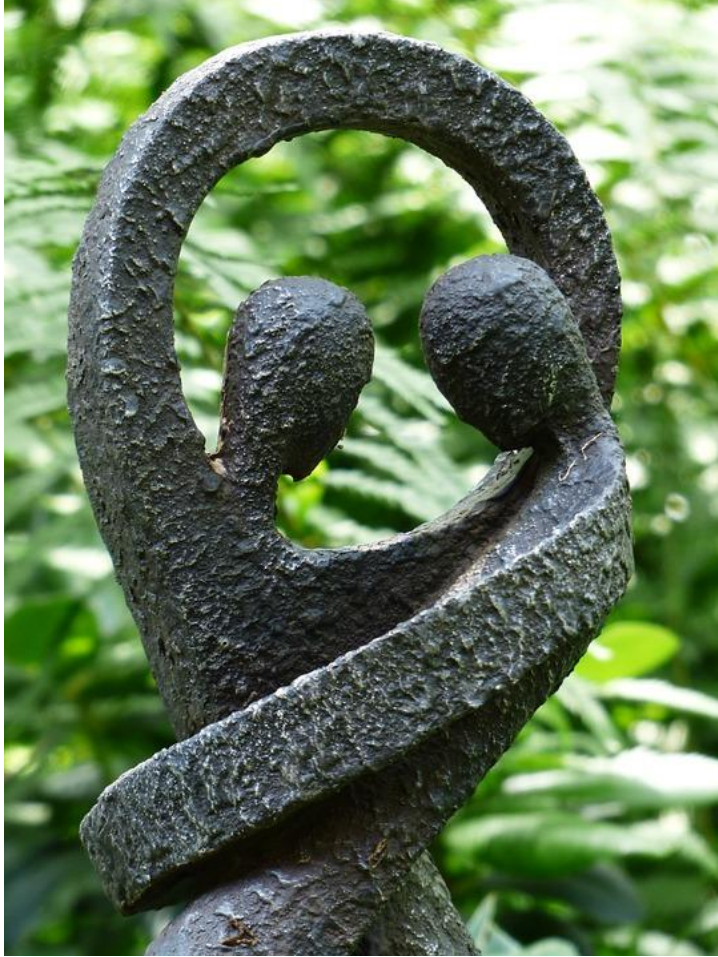
A cold, bronchitis, pneumonia, earaches, allergies and asthma are chakra five symptom/illness states all pointing to unresolved grief, sadness, choked-off words, or even not listening to our own voice. If you are repeatedly trying to communicate something to a partner, boss, spouse, and they cannot “hear” you, the frustrated energy you hold around this dead-end will gather in the respiratory tree, housed at chakra five. An illness does not seem so illogical then, once we understand this relationship between body, mind and spirit. We are complete beings.



### **What Does the Metaphysical Healer do?**

A metaphysical healer is trained to perceive the energy patterns of the chakras and organ systems for an individual. This is done via our sixth sense of intuition, a skill we all possess, but which has become more acutely honed by trained metaphysicians, shamans, intuitives. Once the practitioner gleans an understanding of the emotions “behind” a symptom picture (i.e. headaches, cancer, kidney stones), and can share this with you, then process dialogue and





healing exercises can be implemented to begin energetically shifting the “holding pattern” at the chakra site and particular organ.

Metaphysical healers usually can guide an individual to employ self-help techniques (i.e. setting an intention, prayer, visualization, etc) to effect energy shifts, as well as direct you to other professionals (such as Reiki practitioners, acupuncturists, chiropractors, homeopaths, naturopaths or some medical physicians) who may be accessory technicians when more frank physiology is at play.

Please understand that metaphysical work should never replace necessary medical care. The two approaches can be complementary to one another, reaping very positive results. Tending to our spirit is just as critical as tending to our body.

Coming to value and work with our own inner powers of consciousness regarding changing our energy patterns can be an empowering and transformational process. Metaphysical healing, biofeedback, mindfulness meditations, epigenetics and other forms of mind-body-spirit work are fascinating healing vehicles, utilizing the gifts of inner resource born to each of us. We all claim innate skills of willpower, faith, vision, authenticity, self love, creativity, belief that we must honor. Some of us have forgotten how to implement these skill-sets, or were never oriented to such in their upbringing. And, it is never too late to learn.

These are your very own powerful tools to utilized for your healing and wellbeing. As a metaphysical spiritual healer, it is my honor and privilege to help guide an individual or group, with this process. Bringing a person into their own beautiful wholeness, balance and unique manifestation of Self, brings joy, reward and fulfillment to me, too. Healing happens of the inside. You too can thrive!

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## ABOUT THE AUTHOR

Katina I Makris, CCH, CIH is a Certified Classical Homeopath and a Certified Intuitive Healer, trained at The Stillpoint School of Integrative Life Healing, by the world renowned Spiritual healer, Dr. Meredith Young-Sowers.

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