



Jumpstart Your Healing – Eight Elements that Aid in Healing

Welcome to the first issue of the **Keys to Total Healing** newsletter. It was my intention to have the newsletter come out at the launch of the website in October. However, that didn't happen and the October newsletter is now the November one. Either way, I am delighted to get out this first edition of the newsletter to you.

It has been a ground-breaking, exciting time for me - building up to the launch of the website in early October. I hope you really got that excitement too as the brilliant orange, blue and gold banner, or 'header' of the home page flashed up for you. Didn't my graphics artist, Lani, do a fabulous job? I drafted the sketch but she brought it to life. And my webdesigner, Krista, skillfully crafted a beautiful website that is easy to navigate.

More about the banner, or 'header' as it is called in the lingo - there are many features in the header that are powerfully symbolic of the healing work that I do. Firstly the colours - orange and green are the colours of healing, while blue represents Truth. It is only through Truth that it is possible to heal, hence the blue door, which symbolizes the passage or transformation of healing. Did you notice the head of the gold key? The space encircled is heart-shaped to remind us that it is Love that gives us the courage to face the Truth in ourselves, and ultimately it is Love that heals.

"Knowledge (Truth) sets us free. And Love heals us." *Anonymous*

My intention in preparing these pages for the website was to intrigue you, dear reader, and to entice you to consider shifting your thinking about disease and opening your mind to a whole new realm of possibilities for healing.

The simple truth is that, if you are unwell you cannot get well by applying the same thinking that got you sick in the first place. To bring yourself back to healing and wellness you need to change your diseased or dis-eased way of being/thinking.

"Healing in the body passes through a change in spirit (*consciousness*)."
Gerard Athias

The good news is that you hold within you the keys to your own healing. All the pieces of the puzzle (why you got 'sick', how and why now) are known to a part of

you but you are just not aware that you know. The fact is that you are your very own expert on you!

While medical doctors are experts in diagnosing disease and taking action with life-saving treatments, you are the expert about yourself. With Keys to Total Healing I am inviting you to bring into your conscious awareness knowledge of your own expertise. When you bring attention to the emotional context and deeply held beliefs of your life you begin to access the truth about you - your body and your mind.

Many of my patients claim that they can't remember much about their early life experiences and can't recall any significant emotional woundings. The truth is that their 'memories' are just not readily available to be remembered because the brain has them stored in their subconscious. The consequence of these repressed memories is that all too often, we do not live our lives with as much aliveness - joy, fulfillment and contentment - as we would like, and, all too often, we have a sense of something pressing in on us, something that is limiting how we express ourselves and live our lives. Indeed, many of us are surviving rather than thriving.

But the natural state of our bodies and 'spirit' is wholeness, health and happiness, joy and fulfillment. Illness and disease, unhappiness and struggle, signify emotional baggage that needs to be cleared in order to move toward health, toward wholeness. There are tools and aids to help you access the repressed emotions and limiting beliefs. It is through accessing the emotions that you can uncover the associated dis-eased thinking and experience a shift in your consciousness that is essential to healing.

Here are eight key elements or attributes that can support you in your healing process:

1. Be willing to change - recognize that you need to change and find the courage to face whatever fears that change may bring.
2. Seek the truth of your experience - trust that your emotions will lead you to your truth as it is experienced in your body (which will allow you to bypass the controlling filter of the conscious mind and put in a direct relationship with your truth.
3. Be honest with yourself - set the intention to get at the truth.
4. Be willing to bring to your awareness, and to feel, your feelings - feelings are the language of the heart or spirit.
5. Be willing to express your emotions - with expression comes release, with release change can happen, and with change healing is possible.
6. Be willing to take responsibility for your life - stop blaming others and playing victim - choose to be the power in your life.
7. Seek to understand yourself and others
8. Seek to develop a loving regard for yourself and others.

These eight key attributes support healing but in truth there are **only two conditions required for healing**, as Claude Sabbah, my mentor and trainer emphasizes:

1. You need to find resolution for the disturbing or conflictual aspects of the

emotions and thoughts that are the root cause of your disease or dis-ease.

2. You need to have absolute certainty of healing - that means you need to clear any doubt you might have about the success of your journey by changing your mindset about what disease is and what is possible for healing.

"Healing is letting go of conflict to open the way to Love." *Nelie Johnson*

Remember we are all our own healer for ourselves alone and no one else. My role in your healing process is to act as a facilitator and support for you. Since you're the expert about you, you get to be involved in your own therapy and become empowered in the process. With **Keys to Total Healing** and me as your guide, your healing journey can be part of a wonderful unfolding, experience toward freedom and well-being.

Upcoming events:

November's Monthly Seminar Topic is ' Avoiding the FLU without the flu shot '.

Come and learn more about who should get the flu shot and who not, and what the flu shot can and cannot do for you.

Learn ways to minimize your risk of getting the flu and other common illnesses ... and in the event you get 'sick', learn how you can best recover from the flu and colds quickly and easily.

Date - Tuesday, November 27th

Location - Lougheed Health Centre

Time - 7:30 PM

Please [click here](#) to register. A minimum number of registrations is required for the seminar to go ahead.

Introductory Evening Presentations

For Vancouver

Date - Monday, December 3rd

Location - Best Western Uptown Hotel at Kingsway at 10th Avenue

Time - 7:30 PM

[Click here](#) to register

For Maple Ridge

Date - Thursday, December 6th

Location - Lougheed Health Centre, 22838 Lougheed Hwy

Time - 7:30 PM

[Click here](#) to register

For your convenience, you may also register online on the [Workshops](#) page.

I look forward to seeing you at the seminars and sharing healing knowledge with you. You are most welcome to bring along interested family and friends.

Thank you for becoming a subscriber to the 'Jumpstart your healing' Newsletter. My overall intention is to inspire you and engage you in your own process of self-discovery.

Here's to the adventure of healing - opening to freedom and well-being!!!

Best of health and healing,

Nelie

Copyright 2007 Nelie Johnson/Keys To Total Healing
www.keystototalhealing.com