

## **Transformation-AllStars Presentation**

*What I did on my 'Summer Vacation' – or  
Learn how to Maximize your WHD Presentation and build your Practice*

*by*

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***Talk 1:***

**‘How can we use the power of our thoughts for Self-Healing?’**

During this talk you will learn exercises, that are designed in such a way that you can use them to stay healthy or to support the healing process.

***Talk 2:***

**‘How to use the Chakra-System for Self-Healing’**

Learn more about the seven energy centers in your body, how to stimulate these centers, also known as chakras, and how to balance them, so that self healing can occur more easily.

***Talk 3:***

**‘Ways of Letting Go’**

During this talk you will learn new ways of letting go... of things, emotions, thoughts, experiences that no longer serve you. Through the process of letting go, you create space for healing and new experiences within yourself.

***Talk 4:***

**‘Look back ahead’**

Let us find ways together, that lead to new discoveries of experiences in the past, allowing for new insights to come into your awareness, that way opening the space for new perspectives for the future.

*Several Exercises to deepen the Understanding of how Thoughts effect our Body  
from the Presentation:*

**‘How can we use the power of our thoughts for Self-Healing?’**

1. Imagine, if you will, a moment of deep sadness; feel it, sense it, experience it in your body ..... Now take a deep breath, clear your mind .... and change this sadness into a moment of great joy and bliss and feel, sense and experience this emotion as thoroughly as possible ..... And now take another deep breath and clear your mind once again and change the emotion of joy and bliss into one of calmness and tranquility .... Note the changes that occur within you as you move through these different states.

2. Maybe you also remember a moment when you felt as if somebody was watching you, and sure enough when you looked around there was somebody looking at you. What happens in a moment like that, what makes us aware of that look?

It is my understanding that in moments like this we feel, on a subconscious level, a shift in our energy field. And this shift - within our field - is caused by the thought or intention directed towards us.

3. Take a few deep breaths to relax .... Then rub your hands together, stimulating the energy flow between both hands. Then separate your hands while paying attention to the energy between both hands. The experience of the energy can be felt as tingle, cold, warm, like a cushion. Now move your hands closer and then further apart. Pay attention to the changes of the field between your hands.

4. Take a few deep breaths and go to a moment in your life when you felt very weak and powerless. When you are emerged in that emotion repeat Exercise 3 and note the difference.

5. Take a few deep breaths and now go to a moment in your life when you felt most powerful. Emerge in that emotion fully and then repeat Exercise 3 and note the difference.

Now let us look at what happened:

Most likely the energy between your hands felt different in each of the three exercises even though nothing changed on the outside. The only change that occurred was within yourself, and that change was ‘only’ a thought combined with an emotion.

Let us consider again that everything is energy. We know that energy vibrates constantly in the form of waves, called frequencies. Depending on the speed, we can distinguish between different frequencies. This is why whales and other animals can hear sounds we cannot, the frequencies of those tones are either too low or too high for our ear to recognize.

We also know that energy waves are attracted to other energy waves of the same frequencies. Think about tuning a piano, a guitar or a violin. When you ping a string only the ones that are calibrated to the same frequency will start vibrating. This is the Law of Attraction – like attracts like.

When thoughts are energy and we utilize this energy – our thoughts - in any circumstance: in preparing for work, for a test in school, or to reach a goal we had for so long, whatever the situation, we influence the outcome by the way we think and feel about the situation. This is how powerful we ARE.

## *Safe Place*

### *Discover your Magical Healing Power within*

Do you remember having had a bruise and then one day it was gone? Or maybe you remember when you cut yourself, and you put a band aid over the cut to protect the area and a few days later the cut had healed, or you had the sniffles and a few days later it had all gone away. You probably did not think much about the bruise, the cut or even the sniffles and yet your body knew exactly what to do in order to heal. Is it not amazing that our body knows how to heal and re-establish balance?

Let us for a moment think about health as a state of balance and illness or disease as a state of imbalance. And let us further assume that our body is capable of maintaining a state of balance. And even when we feel sick or are challenged with a disease, even then most of our billions and billions of cells are functioning properly and healthy. Our body somehow knows how to maintain a balance while constantly and simultaneously millions of inter- and intracellular processes take place. The simple fact that tears cried due to happiness have quite a different chemical consistence than tears cried from pain or grief shows us how amazingly differentiated our bodily responses are and how much inner wisdom our body has. And it is ours to access.

Now, when health is a state of balance and dis-ease is a state of im-balance, then healing is the process of re-turning to a balanced state. This means the body is working to re-establish harmony while using all available sources to reach this goal. Would it therefore be appropriate - and in a sense, be respectful toward ourselves, to see all healing as self-healing? What would it be like when we were to change our point of view and intentionally utilize the healing powers within; while using the various forms of treatments and approaches as possibilities to assist us on the road of self-healing?

Through a study done by the Institute of HeartMath in California, it was discovered that the DNA changes its shape according to feelings felt by the researchers. When gratitude, love, and appreciation were felt, the DNA responded by relaxing, the strands unwound and the DNA became longer. When the researchers felt anger, fear, frustration, or stress, the DNA responded by tightening up, becoming shorter and even switching off some of the codes. This effect was reversed and the codes were switched on again when feelings of love, joy, and appreciation were felt by the researchers.

What have these results to do with healing and self-healing? Each cell in its nucleus has a strand of DNA, within which - among many other things - the information of a healthy, properly functioning body is located. And since we are in charge of what to think and feel, we can support our healing process by learning to relax - regardless of the environment - and use all our senses and abilities to envision and feel the perfect outcome.

The following is an exercise called 'Safe Place', that will assist you in creating this place within, where there is peace and quiet, where you have access to your inner wisdom and can co-create the outcome you desire.

*Now, if you will, just find a comfortable position and take a few nice, deep breath in, and while breathing in through your nose into your belly, imagine this breath being filled with relaxation and inspiration. When breathing out through your mouth, exhale all that you are ready and willing to let go off now. And as you continue to breathe easily and effortlessly... breathing in, relaxing, breathing out, releasing... I would like you to envision - in your minds eye - a place where you feel absolutely safe and comfortable. This can be a place that you know well and have been to before, or maybe it is a place you would like to visit some time, or maybe it is a place in your imagination, it does not matter, just allow yourself to be there fully now. And as you experience this place with all your senses, become aware that this is **your** place. It is there for you alone. It is your place of calm and peace and harmony. It is your place of relaxation and tranquility. And only by invitation through **you**, other people or things can be there.*

*And while you enjoy this safe place of yours, you may notice the air, the smells, the temperature, the sounds, the texture. You might also become aware that, as your body relaxes more deeply, so does your mind, and you drift away into your inner place of harmony and peace. This place within, where you can just be. This place within, where you can pause, breathe and let go. And as you let go and be calm and safe, you might be surprised to find that this calmness and peace spreads further then you might have thought possible. Being so calm and peaceful within and without, you might be astonished to find within, the path to your inner wisdom.*

*This path that is connecting you with your spirit, with your inner source of wisdom, peace and harmony. And if you had questions of some sort before you got here, maybe in the safety and stillness of your inner place answers will come, now, or later, at the perfect time for you. Just be. Be there for as long as it feels good. And whenever you are ready to come back into the present time, do so at your own pace, knowing that this inner sanctuary resides within, was yours, is yours and will always be yours. Yours to visit, to discover, to enjoy.*