



TUTOR TALK: Something to think about – answer these questions in your diary.

- Are you intuitive? Would you like to develop your intuitive qualities?
- Is it possible for intuition to heal? If you did not believe so before, are you able to set aside any scepticism and look at other possibilities?
- Are you looking for physical healing, emotional healing or sexual healing?
- How would your life be different if you received this healing?

INTUITIVE HEALING

What if?

Imagine if illness was detectable and reversible long before any signs of illness was apparent? To your ordinary awareness it cannot be detected – yet intuitively you can tell it is there. You have a healing system within you that contains important information about ways to stay healthy and in many cases to tackle illness before it takes its physical form.

We can all learn to receive precise inner guidance about how to avoid illness and stay healthy. Is science enough to keep us well, or is our inner vision a resource we also must turn to?

By being accountable for your intuitive needs you can better nurture and care for yourself. Our intuition can open up our spirituality and teach us how to become more healthy and whole. If you are in good health physically, emotionally and sexually, your intuition will help you to stay well and will urge you to recognise messages to help prevent illness.

WHAT IS INTUITIVE HEALING?

Intuitive healing is diagnosing and mending our physical, emotional and sexual well-being from within. Healing in its broadest terms may involve a cure or it may not. Intuitive healing helps to bring about self-knowledge and soul growth which is brought about through illness or as death approaches.

Some illnesses are ‘curable’ but remember, the learning we receive during times of illness may not always be about curing the disease. Illness can be a catalyst for developing self-compassion and defining what is truly important to us. Remember that spiritual or intuitive healing will always help the situation bring us spiritual fulfilment.

We will begin by focusing on prevention and later we will look at illness, but first reflect upon these following questions.

- How often have you walked around feeling physically unbalanced but are not sure why?
- There may be no signs of an illness but do you sometimes feel you are about to get sick?
- Maybe you have felt unexplainable symptoms for many years but keep ignoring them?
- Do you feel as though life keeps spiralling out of your control and each day is a struggle to get on top?

If any of these questions relate to you it is important to stop and evaluate your stress levels and health. Are there any areas of your life you feel can be improved upon? Do you need more exercise, more time alone, to get out of a negative relationship? Make sure you are setting aside enough time for yourself so you can relax and recharge. The above changes may seem relatively minor but on an intuitive level they indicate early difficulty. The key is to stop denying any messages your body sends. Becoming conscious of your body will help complete your self-image, bring awareness to your body and its patterns to help prevent disease.

A QUICK STRESS TEST

Below area number of *normal* life events. Please circle the numbers in the mean value column for each of those events that have occurred to you in the past twelve months. Step two: for each circled number place it in the blank space beside the mean number (to the right of the page). Step three: now add up all of the mean numbers corresponding to stressful events that have occurred to you in the past twelve months.

1.	Death of a spouse or child	100
2.	Divorce	73
3.	Marital separation	65
4.	Detention in jail or other institution	63
5.	Death of close family member	63
6.	Major personal injury or illness	53
7.	Marriage	50
8.	Being fired from work	47
9.	Marital reconciliation	45
10.	Retirement	45
11.	Major change in health or behaviour in family member	44
12.	Pregnancy or of spouse or partner	40
13.	Sexual difficulties	39
14.	Gaining a new family member	39
15.	Major business readjustment	35
16.	Major change in financial status	37
17.	Death of a close friend	37
18.	Career change	36
19.	Increase or decrease in level of arguments with partner	35
20.	Taking on a significant loan or mortgage	31
21.	Foreclosure on mortgage or loan	30
22.	Change in work responsibilities	29
23.	Child leaving home	29
24.	In law troubles	29
25.	Outstanding personal achievement	28
26.	Partner beginning or ceasing work outside the home	26
27.	Starting or leaving school	25
28.	Major change in living condition	25
29.	Revision of personal habits	25
30.	Troubles with your boss	23
31.	Change in residence	20
32.	Change to a new school	19

33.	Major change in amount or type of recreation	19
34.	Major change in spiritual activities	19
35.	Major change in social activities	18
36.	Taking a small mortgage or loan	17
37.	Major change in sleeping habits	16
38.	Major change in family get togethers	15
39.	Major change in eating habits	15
40.	Holiday or vacation	13
41.	Christmas	12
42.	Minor violations of the law	11

TOTAL

RESULTS

According to the Holmes-Rahe statistical prediction model, a score of 150 or less means a relatively low amount of life change and a low susceptibility (about 30% probability) to stress related illnesses. A score of 151-299 implies a 50% probability and a score of 300 or above implies an 80% probability of experiencing a health change-usually a negative health change. This model does not take into account the different ways that people deal with stress. However completing this inventory may give you some insight into the stressors that are potentially dangerous to your health.

PREVENTION

Beliefs are very powerful; realities can occur through beliefs. How many of us have overdone it at work, or looking after the children, doing the housework and wished we could get a cold so we could lie at home in bed for a rest only to find, within a few days a cold would arrive?

Our bodies are very intelligent, they need to get their rest and they need to be pampered. If a thought comes along that tells the body it should get sick so it can have a break then the body will get sick. Beliefs and illnesses are connected. Conscious and unconscious beliefs urge the body to respond.

It is also important to realise that we do not necessarily have to inherit genetic illnesses, these do not have to be ours. We do not have to inherit something that is not ours. We can't always regulate what happens to us in life but do not allow yourself to believe you will get an illness just because it is in your lineage. Prevention is more in your grasp than you think.

Physical distress signs

For you to become fully aware of your intuition it is vital to get to know your body, as well as your mind. Slow down and get to know your body. Notice how good it feels to breath, smell, see a friendly smile, hear someone call your name, or gently touch your arm.

To help prevent illness you should become aware of your bodies distress signals. Listen to your body. If you are tired, rest, if you are hungry, eat, if stressed slow down, get a massage, or meditate. Listen to the warning signs, if you do not listen you will become ill.

Another exciting new ‘medicine’, which is starting to take hold of the western world, is called energy medicine. Building upon ancient Hindu and Buddhist systems this energy medicine recognises our bodies and spirits as manifestations of energy composed of seven midline centres called **chakras**. Any imbalances in these centres cause disease. We will look at chakras in more detail later in the course when you will learn how to get used to picturing your body in terms of chakras. The secret of preventing illness through chakras is to catch the imbalances in your body long before you have pain or a full-blown disease.

As you have learned, a positive start to prevention is getting to notice your body well. Try this exercise which you should aim to practice everyday to help you get to know your body.