

## **Transformational Healing by Peter Tongue**

I believe that sickness and disease are a result of a combination of factors that affect us in our lives. These factors include our genetics, our personality, the environment in which we grow up, and emotional trauma. A combination of any or all of these factors can trigger the onset of a crystallization of discordant energies that eventually become dis-ease or disharmony in the body. I also believe that all disease and sickness can be removed from the body through a meditative healing process of understanding, love and alchemical transformation.

Our personal bloodlines contain the genetic coding and DNA going back through our maternal and paternal families. Many contain repeated patterns of dysfunction or even family secrets. Typical patterns include alcoholism; physical, emotional and sexual abuse; and deep-seated guilt and shame. I also believe that we are being given the gift to HEAL these ancient repeated patterns in this current lifetime. Family issues can be healed for all time through forgiveness, compassion and understanding. People merely repeat patterns of behavior that they were shown as young children at a very impressionable age. This conditioning is extremely powerful and we are all subjected to it as children. Even subtle words and actions retain great power and influence. The diseases that people are manifesting in their bodies today are often a reflection of these family circumstances. The disease is also showing us something that we need to face up to in our life. The good news is, once we accept that, the healing process can begin.

Not only are we carrying these susceptibilities in our DNA, but we are also subjected to a certain type of social upbringing in our family, which reinforced these qualities. Some of these qualities are extremely positive. For example, someone in the family may have had a musical gift and benefited positively from this. When that person becomes a parent, there is often an expectation that the children will learn to play an instrument. They are surrounded by music in the home and the child that had a propensity to music will take up an instrument and thrive. So the genetic and social environment build on each other in a positive way.

The same is true, however, for dysfunctional tendencies. For example, alcoholism carries with it a great deal of shame, guilt and secrecy. Often the children in a household with an alcoholic are brought up giving the impression of a "perfect family," appearing to do all the right things to the outside world. Behind closed doors, however, a different truth can exist: control, discipline by shame, internal confusion and sadness. This way of operating is not necessarily consciously deliberate, but has been deeply entrenched through traditional family behaviors. The children are held in a state of constant fear that the truth may get out. If in addition to this conditioning, the child also experiences a specific emotional trauma, then the opportunity for disease to crystallize in the body is enhanced.

This trauma could be the death of a loved one, a betrayal by a partner, the loss of a job or financial insecurity. The disease will manifest in parts of the body related to the conditioning and the trauma. It is sometimes said that a person "died of a broken heart" – well that can literally be true!

So what can we do to help someone who is suffering from a chronic illness or disease?

My own belief is that we need to treat the disease with understanding and love rather than "attacking" it. It has appeared in our bodies to let us know that in some aspect of our lives we are not following our true path. It is a signpost along the way to say that we are on the wrong road. So now we have to view things differently and get a sense of what this disease is all about.

It is helpful to review family dynamics, incidents and traumas to gain a sense of how different events impact us, as well as seeing which behaviors we have carried with us into adulthood. What issues linger in our world? How do we behave as an adult in the world today as a result of our conditioning?

As we bring forward these thoughts and feelings we are now ready to begin the healing process. My practice involves using very gentle healing meditations, calling in the assistance of the Archangels, Ascended Masters, our guides and loved ones. In creating an embrace of love we can move into a state of deep relaxation and allow the necessary shifts in energy to take place. Through guided visualizations, we move into a state of forgiveness of self for any perceived harm we have caused, as well as forgiving others for any perceived harm they may have caused us. We will then cut the cords of attachment to people and situations that no longer serve our higher purpose.

Now really deep and profound healing can begin.

Assistance from the higher realms includes working with unconditional love, and a combination of powerful healing energies, specific to each person's needs. The body responds to these healing frequencies of vibration with great joy.

My experience has been that people suffering from disease have lost touch with their own spirit, they have lost joy in their lives. This healing process enables them to reconnect to their authentic self – who they REALLY are. Once this flow is re-established, spirit returns, joy returns, love returns and synchronicity in the outer world shows us that we are on the right path.

There is now no reason for the disease to continue to exist. You have returned to your core being and slowly but surely the disease will fall away and leave the body.

As we become embraced by these powerful energies from Spirit, the cells in our body and our DNA transforms into a higher octave of vibration, such that we never have to suffer disease and illness again. We can live our lives in a state of peace and joy. We also now have a responsibility to help others who are suffering. Having moved through the healing process, we are now in the perfect state to assist others on their journey of healing – not necessarily as an expert, but as a supporter who knows exactly what it is like to be in this pain. We will now be on our true path helping and serving humanity as we move towards a Golden Era of Peace.

Peter Tongue holds weekly meditations as well as offering one on one transformational healing sessions.

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