Intuitive Self-Healing

Achieve Balance and Wellness Through the Body’s Energy Centers

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Introduction

Fall 1997: Beginnings
Hundreds of tiny golden pyramids, each about one inch in diameter, spin around my bed, humming and vibrating softly. Glowing brightly, they illuminate the bedroom just before dawn, allowing me to see their tiny mud-brick structure—a vision that has been appearing for several weeks. Their vibration pulses through my body, as if they are alive and teaching me their rhythm. I hold still between the warm white sheets, worried that the throbbing hum will wake my slumbering husband next to me and our daughters down the hall. My husband doesn’t stir. Then I remember—only I can see, hear, and feel the pyramids.

This vision was only one in a series of mystical encounters that had begun months before. The morning greeting answered my nightly question: would the triangles disappear as abruptly as they appeared?

The paranormal experiences were a welcome distraction from my predictable suburban life: kids, work, grocery shopping, cooking, and cleaning. Their unexplained wonder gave me something to look forward to, something just for me. They also reminded me of my childhood home. As a
teenager, I would avidly read the books on spirituality and self-actualization that filled my mother’s bookshelves. They awakened something in me that I couldn’t explain but that touched my heart deeply. On Sundays I visited churches, searching for human contact that could move me as these books did. I found none. I kept my activities secret from my peer group, hoping to fit in. Now, years later, what I remembered from my reading allowed me to trust these auditory and visual encounters that were not of this world.

During this time I worked as a registered oncology nurse, an odd career choice given my holistic upbringing; in my childhood home we would often eat organic food and take nutritional supplements, and we saw a chiropractor as our primary physician. I loved nursing, though, but worried that if a patient required an emergency intervention such as a defibrillator to restart the heart, the mystical images, voices, and feelings that I sometimes perceived might distract me. I sensed my inner awareness changing and wondered if I would easily recognize signs of distress and respond quickly with a crash cart.

I decided to share my worries with my supervisor, Lois Williams. When she saw me walking toward her second-floor office, she waved me in. I often visited her office to request additional support for treatments that were outside of routine hospital protocol. She was always helpful and interested in my opinions, and she often came up with creative solutions. Lois probably thought I was visiting for a similar reason this time. I was pretty sure she had never dealt with this type of problem.

I told Lois about the golden pyramids, the odd feelings, and the voices I’d been hearing. Her physical response was calm and centered. I had no idea what she was thinking.
Surprisingly, she neither suspended me from my job nor ordered a psychiatric evaluation. Instead, she explained that I was viewing energy. She encouraged me to touch patients with my hands instead of a stethoscope. Terms such as chakra and hands-on healing flowed from her mouth as if they were common to her vocabulary. I had no idea what a chakra was, but hearing the word set in motion a constant wave of emotion in my heart. As I backed out of her office in disbelief about our conversation, I saw for the first time a calming waterfall behind her desk. Behind the waterfall was a beautifully framed picture of an angel, who seemed to smile.

Three days later, the wave in my chest—as I could think of little else—enticed me to lay my hands on a patient. Not knowing what would happen, I carefully chose the healthiest patient on the floor, a sixty-year-old female scheduled to go home the next day. Having no clue about what to do, I entered her hospital room and promptly shut the door behind me, hoping to prevent anyone else from coming in and asking me what I was doing. I introduced myself to the patient. Her face was tight; she probably thought I had a needle or some other invasive tool to prod her with. I explained that I wanted to gently place my hands on her. Her face softened as my words sank in. She liked the idea. I paused, stunned: my multisensory world frightened no one.

Even though I had touched hundreds of patients as a nurse, this time felt different. A strange inner calm filled my body as I gently laid my hands on top of the cotton hospital blanket, near the middle of the woman’s belly. She closed her eyes and softly sighed. My eyes shut, too. Was it my focus on the simple act of touching another that relaxed us? In seconds I heard a high-pitched, barely audible harp melody. The haunting tune flooded my senses, coming from a place
that was familiar, but of which I had no conscious memory. The unknown yet tangible surroundings and the melodic music brought tears down my cheeks. Blushing, I peeked with one moist eye at the patient. Her eyes were still closed. She, too, was freely weeping. It seemed as if the patient and I stayed in a magical state for hours, but when I gazed at the clock on the wall, only a few minutes had passed.

Suddenly I felt my head pulled intensely toward her body, forcing my eyes wide open. I was within inches of her, looking directly at her midsection. Panic rose in me as the force became stronger. I turned my head slightly to look at the patient. Her calm, tear-stained face had not changed. Seeing her peaceful look settled me. What was I afraid of? My mind gave me a quick pep talk: *Something wonderful is happening, just go with it.*

I lowered my head a few inches closer to her stomach, relaxing the strained muscles in my neck, and closed my eyes. An image of the woman I was touching appeared, just as alive as she was. In my mind, I could see her chest rise and fall, her eyelids slightly flutter, and her left foot move underneath the white blanket.

I wanted to open my eyes to see if what I was viewing was simultaneously happening in the room, but then the vision changed. Strangely and miraculously, I was now viewing the inside of the patient’s body. As if I were watching the Discovery Channel, I could see her organs, tissues, bones, and blood pulsating together. I momentarily felt gratitude for the anatomy classes I’d taken years ago. Had they been in preparation for this event?

A new vision replaced my wandering thoughts. Many colored balls, or orbs, lined the center of her body: a yellow ball of light in her abdomen, a white glow at the top of her
head, and a radiant green ball deep in the center of her chest. The orbs were just as alive as her veins and arteries. And just as quickly the spheres changed shape, forming beautiful cones spinning deep within her body. More spinning lights ran down her body. I felt as if I were watching a psychedelic light show.

At the same time, other information about her life was relayed to me. It was not expressed in the way that you hear words, yet the information was similar. A whirlwind of facts kept coming: childhood illness, a marriage, and other adult relationships, all of which somehow related to the onset of adult health issues. My mind raced to keep up but was incapable of remembering it all. As if the cones knew of my inability, the information abruptly stopped. I almost hooted with the rush, but before I could make a sound, a new sensation shocked me—a faint human touch on the top of my hands. The patient was rubbing them and smiling, signaling that we were done.

Summer 2010: Energy Medicine at Work
After that day, more than anything, I wanted to lay my hands on people to help them heal. In the hospital, I asked hundreds of patients for permission to do so. Only one said no. I approached patients who weren’t assigned to me so that I wouldn’t know their diagnoses. I compared my energy readings with their medical charts. Over time, through the realization of my accuracy, I built a dictionary in my mind of what the impressions meant. With every new patient I touched, stronger energies pulsed through my body, improving my ability to retain the stories that their bodies shared—information that led me to understand the emotional reasons for their illnesses.
I now know that the spinning balls of light that I viewed during my first encounter and with other patients in the hospital are called chakras—beautiful energy centers in the body that transmit and receive life energy. Each chakra has its own color and unique role in maintaining vitality in your body, mind, and spirit. Chakras are multidimensional, appearing round or cone-shaped. They form the main centers of a system that contains thousands of smaller energy points. The term chakra is a Sanskrit word meaning wheel or disc. Descriptions of the chakras first appeared in the Vedas, ancient spiritual texts dating back to 2,000 BC. This complex circuitry holds within it the keys to our evolution and wholeness.

I had hoped to continue using my skills in the hospital and perhaps teach them to other nurses. I soon realized that the traditional hospitals weren’t yet ready for that type of change. If I wanted to focus on energy medicine, I would need to start a private practice. Today I treat thousands of people worldwide from all walks of life and in every age group.

I’ve written this book because I want to share with you, the reader, what I’ve discovered over the past thirteen years about the energetics of healing. My experiences have taught me more than I thought I could learn in a lifetime—astonishing truths about human beings: how our consciousness, love, and recognition of our illusions can work together to help us heal.

In this book, you will read real-life client stories and view beautiful illustrations that will help you learn about the chakra system and understand more fully that everything is energy. You will also recognize that modern medicine’s tools for healing, such as surgery and pharmacology, although necessary, are limited. Energy medicine’s tools are boundless and life changing. Combining conventional medicine or
Figure 1. Each of the seven primary chakras receives and transmits vital life-force energy through a spinning motion. The chakras send energy into the body and send illumination beyond the body.
holistic medicine with energy medicine can speed a person’s body toward lasting health. Truly, everyone has the power to change their reality and create a vital, fulfilling, and healthy life. Self-awareness is the key to making the changes, and energy medicine can help you get there.

At the end of each chapter, you’ll find easy-to-follow energy medicine exercises that I recommend to all my clients because I believe that each person is his or her own best healer. I derived the exercises from childhood experiences, my energy medicine practice, yoga, and from a popular 1960’s psychological therapy called Core Energetic. These exercises can positively change energy (physical, emotional, mental, and spiritual) within seconds. They release stagnant energy from a chakra and its surrounding anatomical area, while increasing vital energy flowing into the body. Some of these exercises take very little time, approximately one minute each. They may be a little unusual, but they work amazingly well!

May this book inspire healing in every area of your life!

Joyful blessings,
Marie
Intuitive healing isn’t new. It’s been around for centuries, but we have forgotten what it means to listen to our own body’s messages. Instead, we have given our healing power away by not paying attention to our feelings and centered thoughts when we feel ill or are diagnosed with a disease. Intuition by definition is about knowing. Intuitive healing begins with discovering the vital energy within. There is nothing unusual about it. We all possess it. Each of us is our own best healer.

Coming to know this intelligence within manifests itself in many different ways. Some people view images in their mind, hear words, or feel sensations. Others pick up insights during their daily life which seem to come from others—from radio, television, or billboard advertisements. Wherever our insights arise from, we all possess the aptitude to recognize them and discover what is in our best interest.

Even if you have tried many times to perceive your internal messages, but feel that you possess no skill to do so—trust me you do. After working with thousands of clients, I’ve learned that everyone has the capacity to receive, interpret, and successfully use their senses. You have this ability because we
are genuinely powerful. You might be unaware of your great fortune, but nevertheless you are powerful.

More people are beginning to understand personal power, but it remains a new concept. Individual power is limitless and we can learn to utilize it through internal awareness. Yet, somehow we feel that we don’t have this authority over our own lives, and in particular over our bodies. Instead, we make appointments with medical experts, who are often complete strangers. They know nothing about who we are as unique individuals. The expert generally has little time to assess the particular qualities we possess. Yet we usually allow them, without any hesitation, to tell us what’s wrong with us and how to fix it.

Most of the time, this health model actually works. We receive the necessary antibiotic, surgery, or cream that heals our body. But sometimes the cream only works for a short period of time. Or we are prescribed many different medications in search of the correct one, sometimes enduring side effects without attaining lasting health. Or the surgery doesn’t work, and the now somewhat familiar practitioner recommends another one.

I believe that we are moving away from this old view of healing, and evolving a new model as we increasingly realize that each person is an integral part of a healing process. Though we will continue to rely on skillful practitioners to tell us our options, we’ll also learn to trust that invaluable insights lead to the healthiest outcomes because they come from within. Where else could information about your health lie? Can it be locked away in someone else’s awareness? Of course not.

Although we belong to one race and are anatomically similar, we each have a biochemical “fingerprint.” Our
internal chemistry differs from everyone else’s because the complex organic matter that lives inside all of us is affected by emotions. Emotions, like everything in the universe, are made of pure energy. They form patterns in your body based on feelings you have expressed or repressed throughout your lifetime. Even if you are not aware of your feelings, they circulate within your body creating health, happiness, abundance, or the lack of these things.

If the energy arrangement in your body has created health problems, you can help change them by learning to feel your feelings—especially those you have chosen to ignore. Energy becomes stagnant when emotions do because energy moves in the body based on how we feel. Positive energy moving into the body prevents disease and helps the body heal if it becomes ill. When healthy energy moves in, it wakes stagnant energy from its lifeless slumber. Vital energy then pours in, helping tissue and organs function better and making all forms of medicine more effective, too.

As an intuitive healer, my job is to look, listen, and feel sensations that your biochemistry is expressing. Most people don’t pay attention to what their being is sharing with them. Most hope they won’t have to change at all, and that their health problems will simply vanish. The body in its infinite wisdom is asking you to change in some sort of mental, physical, emotional, or spiritual way to achieve wellness.

Modern medical discoveries still blow my mind away. It’s incredible that new technology can help a twenty-five-week-old fetus survive outside of the womb. It’s mind-boggling that cardiac surgeons no longer need to perform open-heart surgery to bypass occluded arteries. They now perform this with a lifesaving procedure known as MIDCAB (minimally invasive direct coronary artery bypass) in which several small incisions
are made in the chest (sometimes with the help of a robot). The procedure reduces critical healing time and avoids the risk of infection. While modern medicine’s advancements are truly remarkable, the expansion of energetic medicine is too.

Here’s a good example of how conventional medicine contrasts with intuitive healing in recognizing and treating illness.

Recently, while treating a new client, I intuitively saw a small, pink, circular flashing light on the right side of her throat, an indicator to me that her thyroid was stressed and functioning at a lower-than-normal level. When I explained my findings, my client reported that she had routine blood work done the previous year, and her doctor said that her thyroid test came back low-normal. He said that he would retest her thyroid the following year, and if her thyroid numbers continued to decrease, he would prescribe a drug to counteract any potential health issues or symptoms.

I asked her thoughts about her doctor’s recommendation. She said she’d asked him whether she could do something immediately instead of waiting for her numbers to potentially worsen and eventually taking prescription medication. Her doctor replied no.

Standard medical practice is to wait until symptoms arise or until test results indicate a medical condition. Then pharmacology or surgery is used to treat the problem. Energy medicine recognizes changes in the body before diagnosis and after. It works naturally with the body to help it re-experience its normal state of health, to avoid disease or heal if disease is present. To maintain a healthy immune system, it’s critical to address potential disease and not wait for symptoms to arise or worsen.

Through our energy work, we could start the healing process on that day. First I detected a lack of energy at her
thyroid gland and then re-established a positive flow of energy to the area through the fifth chakra (read more about the fifth chakra in chapter 6). I recommended easy exercises for her to do on her own to keep positive energy flowing to the area. I also recommended she schedule a follow-up visit with her physician or with a naturopathic physician, to clinically monitor her thyroid levels. We talked extensively about the emotional reasons why stagnant energy might have built up at her fifth chakra, potentially affecting her thyroid gland, and discussed what changes her body was asking her to make in her life. The insights I received from her body weren’t foreign to her. Similar ideas had briefly come into her awareness, but she had not realized their wisdom until that day.

You may be wondering how it’s possible to have awareness of your health without modern technology and to assist in your own healing or prevent disease. The answer lies within your feelings.

Feelings can be experienced as a physical sensation such as touch, warmth, tingling, or a gut feeling—a visceral reaction to something uncomfortable. Feelings can also be known as a state of consciousness resulting from emotions, sentiments, or desires. Emotions are multifaceted, resulting from internal biochemical and external environmental influences. All of them are direct messages from the deepest intelligence of your being.

When I work with clients, I’m constantly reading their emotions about their childhood and other prominent times in their life, which are related to their current situation. At the same time, I’m registering physical sensations that I feel. I know they play a key role in communicating to me how clients are experiencing the session and about how the energy is flowing in their body. They tell me whether they are relaxed;
cold or warm; which parts of our conversation create the highest awareness or “aha” moments for them; and which ideas I need to repeat or perhaps explain differently.

When the body is free of emotional stagnation, when we feel, understand, and express our real feelings, we become present and clear. Clarity allows each of us to become a multi-sensory being and better develop the three Clair’s: clairvoyance, which means to see clearly; clairaudience, which means to hear clearly; and clairsentience, which means to feel clearly. Such clarity allows us to sense a limitless world beyond our ego-driven one, a world where we are free to receive information to heal and enjoy our lives in every capacity.

Assessing your amazing energy centers, located throughout the body, is one way you can evaluate the uniqueness that is alive inside you. It also allows you to gauge how your being feels during healthy times in your life, stressful phases, and instances when you face health challenges.

Throughout this book, you’ll learn how to hear what your body is telling you about the connection between your health and emotions. By doing so, you’ll find out how to prevent disease or heal from one that you might have. Intuitive healing is simple. It begins with you discovering your natural sensitivity to your body’s powerful energy, which then opens you to a vastness inside you that is filled with loving energy.
With Intuitive Self-Healing, this registered nurse and renowned energy healer provides accessible instruction for helping you tune into your health at a deeper level. *If you would like to purchase a signed copy please let us know. Meet Marie. Women’s Intuition and Self Healing is an integrative healthcare practice that was conceived from a pure wish to care for you. Rooted in preventative and restorative health options for females beginning at age 12, every client is offered a unique and spirited model of care that promises to enhance her well-being. Develop your intuition and support self-healing through practices you can do while having a cup of tea. Practice intuitive self-healing easily and deeply every time you have a cup of tea. Learn how to recharge and protect your energy during your tea break. Discover how to change the quality of water and your tea with intentional energy.