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The Power of Healthy Energy Flow in Healing by Melanie Dragovich

I absolutely love, with overwhelming passion, elevating my consciousness, and am now on a mission to help raise the collective consciousness by guiding others to do the same.

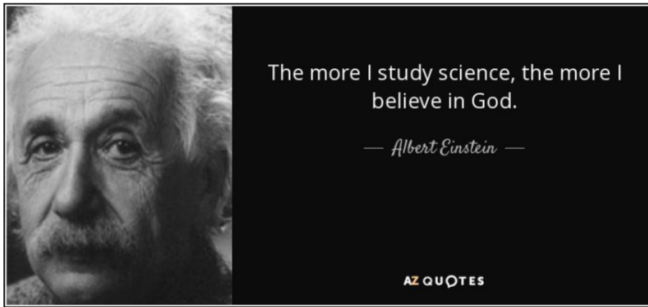
I began to realise that throughout my life I have been piecing together what I needed to do to heal my mind, body and spirit. Many times I have put myself in the position of being a human experiment trialling different strategies and methods with a dangling carrot tempting me along the way of simply **feeling good**. I am passionate about this and fully commit myself to processes. I have drastically altered my diet, taken courses, learnt from great scientists, Dr's and Spiritual leaders and have embodied their wisdom. And as I did all this I noticed...

- my immunity strengthened incredibly,
- my mental wellbeing is super strong,
- I learnt to notice and trust my intuitive feelings and follow them
- I am easily able to process emotions allowing them to communicate their message to me and pass through my system
- I am fit and healthy
- I feel loved and have an abundance of love to give
- I have a sensitivity to my subtle energy body around me that I could never have imagined was even a thing,
- and I have developed the ability to literally feel the presence of higher frequency beings, such as my spirit guides around me.

I really didn't know what was going on, all I knew was that all of these feelings were extremely comforting and I didn't ever want to go back to how it was before. It suddenly dawned on me that all the things I was doing was slowly cleaning away the gunk from my system, physically, emotionally, mentally and spiritually, and I was drawing on healing and energising energies that are openly available to all of us... I was (and still am) literally REACHING HIGHER CONSCIOUSNESS. And I am passionate to help others elevate their consciousness in ways that they need to too.

I would like to take this opportunity to touch on **just a few concepts** that powerfully help raise consciousness and I hope you integrate them into your life if you're not doing so already. I seek to inspire individuals to learn their own power, and include practices in their everyday living that help them to obtain mind, body, spirit harmony and thrive as human beings.

Whilst I was applying these practises in my life I noticed a beautiful bridging between scientific findings and spiritual beliefs. I am convinced that the bridging of science and spirituality is exactly what our world needs in these times. Just by simply embodying this 'knowing', somehow I felt more whole already.



I learnt from some great scientists, and also from amazing spiritual teachers, and now I totally resonate with Einstein's quote 'The more I study science, the more I believe in God'.

No matter which way I looked at it, I always circled back to the conclusion that it was necessary for us to achieve mind, body, spirit harmony for human beings to have optimum health and wellbeing. We have to nurture all of ourselves... our four bodies - physical, emotional, mental and spiritual. They do not operate separately, they are all intricately connected and they are all made of energy and the energy flows through and between each one causing responses and reactions in the others.

Human beings are more than just a physical body

Mental	thoughts & attitudes
Emotional	the bodies reaction to thoughts through nervous system, hormones, water
Physical	skin, organs, skeleton, brain etc
Spiritual	Character, sense of purpose, & connection to all things

In this talk I will give details of research and scientists findings and will weave in mention of each of our four bodies and the trickle-on effect they have on each other, hopefully building a picture for you of the importance of caring for each of these four bodies that make up the whole. And I will explain scientific findings of why healing is all about a healthy transfer of energy within, **and** outside the body. And when you think about it this makes total sense since human beings are made of energy.

In his book *Why woo-woo works : the surprising science behind meditation, reiki, crystals, and other alternative practices* Scientist David Hamilton tells of studies that have shown a high correlation between certain personality types and different types of cancers. Personality type C who have tendencies to suppress negative emotions, be passive, unassertive, and cooperative,



David R Hamilton

- A writer
- Columnist
- Speaker
- Kindness Scientist.

were linked to some cancers, including breast cancer, and cancer of the colon or rectum.

Hamilton (2021) also outlined other studies showing that people who are consistently aggressive and angry are linked to cardiovascular diseases more than any other personality types, and even more so in men. He explains that the research shows that people who are angry and hostile are more likely to have higher levels of calcification in their arteries as if having hardened their heart towards others. In contrast, people who are gentle and kind appear to have healthier arteries.

Consider children who have grown up experiencing ongoing trauma. Studies have discovered that child abuse and/or neglect have been linked to both mental and physical conditions in their adulthood. Hamilton's list includes: depression, anxiety, mental health diseases, chronic pain, arthritis, fibromyalgia, cardiovascular disease, cancer, rheumatoid arthritis and diabetes.

Dr Bessel van der Kolk

- One of the world's foremost experts on traumatic stress.
- The founder and medical director of The Trauma Center in Boston, USA,
- The director of the Complex Trauma Treatment Network.
- A past professor of psychiatry at Boston University Medical School



Bessel van der kolk explains in his book 'Your Body Holds the Score' the processes of our brains and body when faced with traumatic experiences.(p70) He describes how first and foremost our brains are designed for survival. The thalamus receives information from our senses and passes it on to our amygdala which sends signals to our bodies releasing stress hormones, such as

cortisol and adrenaline into the body, even before we have realised what has happened.

Immediately we begin to react using fight or flight responses. It is less than seconds, in fact several milliseconds, later that our prefrontal cortex makes sense of the situation and assesses whether the flight or flight actions are necessary. If the prefrontal cortex decides the event is not a fight or flight situation the body will return to a calm state. However, if the situation continues to be stressful but the body cannot react as it needs to, for example, by fighting or running away, it has to find another method of coping. So, effectively when we have an experience, our minds create a thought relative to how we perceive the experience, and our body reacts with an emotion. Many of us have been taught to 'suck it up and get on with it!' which sends us the message that we need to just ignore the emotion we are having, and we bury it deep within. And, as Hamilton (2021) states, 'A continual overload of hormones in the system can unbalance the body's natural homeostatic balance and upset the immune system increasing the risk of diseases... such as cancer.

Imagine if more people were educated in knowing that emotions and unprocessed trauma had such profound effects on the body and knew to seek help to rid themselves of this unwanted overflow of toxic energy... Or even better, had the awareness of how to listen to, and respond to their bodies needs themselves. Potentially, the medical systems would have far fewer people coming their way! Our world is making progress in this area, but there is still a long way to go yet... Let's keep working to spread the word!

Bruce LIPTON

- PHD - Doctor of Philosophy
- Scientist of Epigenetics



Bruce Lipton, Scientist of Epigenetics reaffirmed this concept by detailing the importance of positive self-talk, **and** good nutrition. He explains that our thoughts and our environment create our reality. He carried out research with cells, which he obtained from the same source, and split them into 3 different petri dishes. After feeding each petri dish with slightly different culture mediums they all grew into something different! Lipton discovered that it's the culture medium that changes genetics. The culture

medium in our bodies is our blood. Our blood's value is determined by the nutrition we feed our bodies and the information that our brains are sending, by way of hormones, emotional chemicals and neuropeptides.

If we are in a constant state of stress and anxiety our body is going to be continually producing hormones such as cortisol which is preparing us for fight, flight or freeze. Now, it is great to have cortisol whip through our bodies in times of need, such as when we're about to get run over or perhaps chased by a bull and need to get out of the way fast, but having this hormone continually streaming through our body, heavily outweighing other necessary hormones such as dopamine and serotonin, our systems are going to wear it one way or another. In his Gaia series, Lipton explains that during states of fight or flight your blood rushes to your limbs to support quick getaways. While this happens the blood is no longer centralised in the core of the body nourishing and supporting the main organs or the immune system.

In his book 'Breaking The Habit of Being Yourself: How to Lose Your Mind and Create a New One' Joe Dispenza explains that our bodies actually become addicted to the chemical rush it experiences during emotionally charged moments and will panic, if, after a while, it doesn't get it, so your body cleverly makes



Dr. Joe Dispenza

- Scientist
- Teacher
- Lecturer
- Author.

your mind re-live scenarios over and over again so that it can get that rush of chemicals. This explains why it's so hard to change an old habit of negative thinking into a habit of positive thinking. Your body is trying to protect you from what it considers an uncomfortable new way of being and helps you revert back to the familiar old comfortable way.

Let's just quickly recap a few main ideas that have arisen here...The 1st point is that it is so important to become aware of your thoughts and take charge of your runaway mind. So many people don't even realise this is a thing. They allow their mind to control them. But it's time to take charge of that mind. Be like the observer. Then if you decide the thoughts are the types that are causing you grief you can get to the cause of the problem. Take ownership of it. Don't be the

victim. You have the power to control your own thoughts and emotions. Perhaps it's a scenario where you need to forgive yourself or others. Forgiveness is an integral part of healing. Many people recoil when I say this but honestly, you are doing it to set **yourself** free. I'm not saying the other person wasn't in the wrong, but it **is** worth **trying** to see it from their point of view... hurt people hurt. Anyway, letting go is a must for your own health, to stop that continual flow of toxic chemicals in your system. You don't even have to tell them you've forgiven them if you don't want to! If this is a problem for you I invite you to make contact with me.

The 2nd important point I'd like to quickly revisit here. is that your body needs you to pay attention to your emotions, notice where in your body you are feeling it and how it really feels. This is your body speaking to you and it needs you to listen. Then, notice what you need to do for it. Are you feeling tight in the chest? Do you need to breathe deeply into it, and perhaps you need to focus on relaxing your shoulders. Feel into it. This is just a quick example, and may not be enough to effectively resolve a great many emotional experiences. There are many ways to respond to emotions, and once again I invite you to get in touch with me if you need more support.

It's a bit like when you are talking to a friend and the friend isn't listening. You feel hurt and annoyed, and like there's an empty gap that your friend didn't fill for you. Imagine how your body is feeling when you decide to ignore the message it's trying to send you. Effectively the healthy flow of qi, or vital energy has been disrupted from being able to flow freely in that space in your body.

Dr. Sue Morter

- An international speaker
- A master of bioenergetic medicine, quantum field visionary.
- The founder of the Morter Institute for Bioenergetics, an international destination for healing and wellness education.



Dr Sue Morter, in her teachings of The Energy Codes' explains that a pain point or impediment in the body is not actually a blockage, as is widely believed, she describes it as an **absence** of conscious vital energy. She says our soulful self has electromagnetic circuitry, more commonly known as meridians or nadis, of which enlivens the nervous system. If the main energy centres down the centre of your body, your chakras,

become unbalanced from trauma or emotional overload, a disturbance or wobble occurs which interrupts the flow in the electromagnetic circuitry, causing the energy to move around the distorted part in the energy field. Practices are applied to realign the body's energy system.

Our spiritual being definitely has a powerful involvement in the healing process. Deep belly breathing, relaxation, movement like yoga and qigong, and of course 'faith' that your body knows how to heal, are all valuable contributors... especially when your mind gets out of the way.

We not only affect the elevation of our own consciousness with our words, thoughts and emotions but also that of others...

I will begin by saying that I absolutely love scientist Masaru Emoto and really value what he teaches us through his experimentation with water. His research demonstrates the power of being kind and grateful towards one another. These acts contribute far more towards good health than many people realise.



MASARU EMOTO

- A Japanese businessman
- author
- pseudoscientist

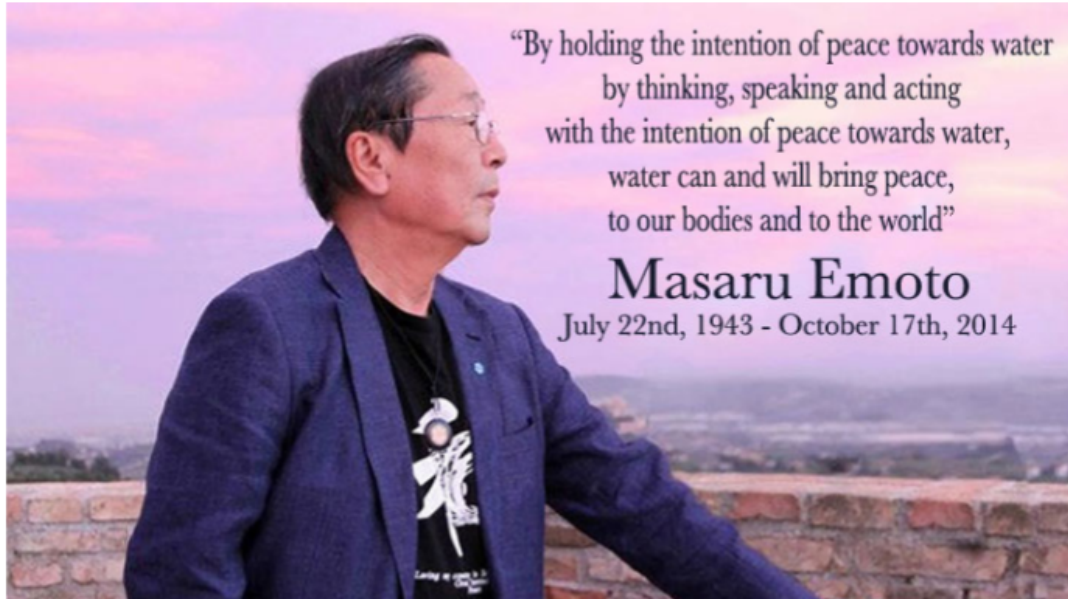
There are a couple of experiments I'd like to quickly share for those of you who are unfamiliar with his work. The first experiment I will talk about is one where he set up 3 jars half filled with rice and covered the rice with water. Each day for a month he spoke different words to the jars of rice. To the first jar he said I love you, to the second he said you're an idiot, and he completely ignored the 3rd jar altogether. At the end of the month the jars were very telling... the jar who was thanked was fermenting and was letting off a sweet aroma. The second jar who was told it was an idiot turned black and the one that was ignored went rotten.

We are made up of approximately 70% water. This experiment just shows how powerful our words and intentions are when directed at a body of water... **we are bodies of water**, imagine how powerful someone else's words and intentions are when directed at us!

Emoto is famous for the water crystals that he and his team photographed showing the beautiful formations when the water is collected from its natural surroundings. He also shows crystals that are chaotic when they are retrieved from unnatural surroundings such as from a tap in a person's home. Most of us are drinking this chaotic water, perhaps you might like to consider the effects this has on not only a person's body but also their frame of mind.

Which leads me to the second experiment of Emoto's that I'd like to draw your attention to. Emoto came together with a group of children and their mothers. They viewed the chaotic water crystals from a tap under a microscope. They then formed a circle around the water which they'd placed in a glass in the centre and together they all sent it thoughts of love and gratitude. Apparently some of the mothers were rather sceptical about this but were astounded to see the results afterwards. The water crystals had transformed into **beautiful coherent patterns** showing the **power** behind these **good thoughts or prayer**.

Can you imagine the effect positive and kind thoughts towards a person might have, since we are also made up of vast amounts of water. You might even want to consider sending your glass of water love and gratitude before you drink it so that you contain these high vibe feelings within you rather than chaotic ones... I know I do!



These water experiments show how much of a toll it can actually have on a human being. The healing ability of love and gratitude. We know it feels good to love and be loved but how many of you realised how much it actually physically affected us. How magnificent! Even though we might not immediately see the results with the limited perception of our own eyes, if we slow down and allow ourselves, we can feel differences.



Water is not the only magical substance that we often take for granted. We also receive transmissions of healing and energising energies from our very own beautiful earth... So bare feet on the earth is a must. This is known as Earthing or Grounding, and has fantastic benefits such as reducing pain, chronic stress, poor sleep, cardiovascular disease, and

many other health conditions. You can find this information, and more in the research paper called [Earthing: Health Implications of Reconnecting the Human Body to the Earth's Surface Electrons](#), referenced below. Leaning up against a tree does the same thing, and soaking up healthy doses of the sun's rays is also so healing for us!

It doesn't take long on this journey of elevating consciousness before you begin to see things quite differently. You discover that you are actually on a journey of finding yourself underneath the layers of beliefs and expectations of families and society's and so forth, that we've taken on in our attempt to conform, fit in, be respected and liked... And you start to realise that beliefs aren't

always true, or right, and you begin to shed those things, allowing your true self to emerge. It can be really scary exposing the true you, but finding yourself, and being proud to be you, loving your unique gifts and sharing them courageously with the world is the ultimate goal. We are all part of the integral puzzle on this earth and each of us fit best of all as our true selves of love and light. I love this quote from Howard Washington Thurman...



“Don't ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive.”

Howard Washington Thurman
Author, philosopher, theologian, educator, and civil rights leader

It is time, more now than ever before, to share what I have learnt, to help those who are ready to make changes in their lives for the better, to help them move forward in these uncertain times of so much change. My mission is to guide people in elevating their consciousness so they are able to cope with the stresses of today's world, be happy and healthy, and really love who they are... so they can then go on to share their love and unique gifts with our world. Today I have touched on just a few aspects and their overarching concepts which require unique integration for everyone.

Elevating consciousness is what I am all about. I love doing it with absolute passion and I will never stop. My life has always been about seeking that 'feel good' feeling, and doing whatever it takes to get there. I have experienced profound changes in mind, body and spirit, and if you are **willing** and **ready to commit yourself**, I'd love to help you experience it too!

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