

Healing Phase

Understanding possible reactions after Spiritual-Emotional Processing

Like all therapies, Spiritual-Emotional Processing (SEP) can be followed by a “healing phase”. It is also known as “**healing crisis**”, “**initial reaction**” or “**initial worsening**”. A healing phase can be described as a period of imbalance and discomfort as our body is healing. We feel worse as we are actually getting better. It is typical for a healing phase after SEP to come on fast and to disappear nearly as fast.

As a rule of thumb, we can experience an initial intensification of symptoms, such as fever, headaches, diarrhoea or emotional reactions, which in turn are followed by a rapid improvement. These symptoms, which people usually consider as signs of disease, have to be recognized as signs of healing instead. Yet, as soon as these symptoms arise, there is a natural tendency in the client to throw in the towel. This is more likely so, when there is a strong reaction after the SEP. Many a person gives then in to the tendency to run away from his own healing.

It must be clearly stated:

Spiritual-Emotional Processing and its path of healing are – despite all gentleness, unconditional love and spiritual warmth experienced in the healing process – neither a pampering cure nor a wellness care program. On the contrary, they are a profound intervention and therefore a life-changing experience.

Whenever we work on the deeper spiritual causes of diseases, it may happen that lots of “poisonous” stuff is set free. Suppressed emotions, such as anger and resentment, grief and fear will surface. Negative thoughts, memories and inner turmoil can flare up. And in addition also physical toxins can surge to the surface. They all move towards the opening gates through which they can leave body, mind and spirit, heart and energy field.

And it is exactly these reactions, which create doubt and uncertainty in many clients; they bring about fear. After all one had come for a healing and thereafter one is supposed to experience immediate improvement. Our intention is that these basic aspects of a healing phase are understood: a healing process needs time; it can even be a path of trial and tribulation.

Therefore to comply with the instructions as laid out in our **30-day-plan** is of utmost importance. It offers valuable tools to accelerate the healing processes. **All clients are required to work on their personality** - with self-responsibility, with love and forgiveness; with heart opening and positive attitude towards life. It requires mental hygiene and introspection as well as prayers and communication with God in one’s heart. We learn to allow and let go of emotions, learn to avoid negative influences and to integrate dietary aspects and physical movements into our spiritual path and development. We learn to take salt baths and to take good care of the “sacred temple of our spirit” – our body – and much more.

Unconditional love and **unconditional forgiveness** are the keys of SEP releasing various forms of consciousness accumulated in the energy field. At the same time, **they are the keys to cope with all kinds of healing phases** afterwards. They are the panacea – the cure-all.

Whenever it comes on, then: **PLEASE STICK IT OUT** - as the following rule applies:

WHAT STARTS A HEALING PHASE ENDS A HEALING PHASE
(that is UNCONDITIONAL LOVE and FORGIVENESS)

DO NOT CHANGE ANYTHING! Do not let go until it is done – even when the tears should flow 24 hours nonstop – these are in this situation often our best, most intimate friend.

A healing phase encompasses and describes the healing path from disease to health including all (sometimes painful) healing processes, which we come across on this path – from spiritual to mental-emotional to energetic and physical. A healing phase can express itself as any kind of sensation and reaction, which can manifest itself in the various parts of the organism.

Very often healing comes about only after a transient initial worsening – either a momentary worsening of existing symptoms or a brief occurrence of other complaints. A healing phase can last minutes, hours, sometimes days or even weeks, but generally not longer than 12 to 48 hours.

Most of the time these feelings of discomfort are elimination crises with emotional reactions, fever, diarrhoea, skin rashes or headaches. **Hering's Law of Cure** applies which states:

- from the inside to the outside (i.e. emotional reactions, diarrhoea, skin rash)
- from up to down (i.e. headaches)
- former diseases reactivated in reverse order as to how and when the symptoms appeared initially.

After a healing phase we usually observe a significant improvement of overall health and wellbeing.

If one interrupts or suppresses the healing efforts of the body the actual complaint may become momentarily lighter; but it can well be, that the deeper healing will or cannot occur or that the symptoms will come back again. In general we can say:

- **Healing phases will occur only when an individual is ready physically and psychologically.**
They will never be more intense than a person can handle.
- **Healing phases should never be suppressed,**
as they facilitate the subsequent recovery and healing.
- **Recovery after a healing phase is equivalent to evolution**
- moving upscale towards higher health and finding new balance in higher vibration
– **and equivalent to freedom**
- leading to greater freedom on all levels of being.
- **If worrying or unexplainable symptoms occur,**
then always get in touch with your physician or therapist.
- **In real cases of emergency (i.e. extremely high fever, strong pain, allergic reactions)**
treatments to ease or alleviate the symptoms are indicated. Under these circumstances, painkillers, antispasmodic or anti-allergy medications are allowed.
Remember: always keep feedback with your attending physician or therapist.