

## HEALING CRISIS

When we deny and suppress something we don't want to deal with, we store that data as actual crystals in our tissue. As we do our work and reach a new level of vitality, the crystals melt and yield up the content that was held in them (the thoughts, feelings and old physical toxicities). As we face the negative energies that are moving back out we may also desire the drug used to suppress the original offense. Drugs include sugar, hostility and junk food (poor nutrition), as well as nicotine, caffeine, alcohol, marijuana, etc. These drugs suppress the symptoms so we don't have to feel them and hides the issue we don't want to deal with or face. However, we can choose to consciously and willingly face and move through the issue and heal or we will face it unconsciously day after day as what is claimed to be "normal" aches and pains of aging. This energy field is not designed for aches and pains or "aging".

Further explanation of reaching a new level of vitality: Imagine a vitality meter from 1 to 10; if you are at level 5 vitality and have a level 7 toxin, your body-mind unit has an automatic suppression mechanism that will not release that toxin into your system because it could kill you. When you reach the level of vitality that can handle the toxicity that has been suppressed then you will feel like all hell broke loose. Have you ever been "on top of the world" one day and wake up in the next morning wondering if anyone got the number of the MAC truck that went through your room during the night?

We have such a "go go" culture that we don't give our bodies time to regenerate when needed. We need to have the willingness (cosmic grease) to go through the symptoms and revitalize and embrace the energies that do not belong as we move them out of our system.

Healing Crisis will look like:

1. **Physically - like any physical symptom you've ever had (or what anyone in your bloodline has had) and low energy.** It takes energy to go in and remove what does not belong is why the low energy
2. **Mentally - like any negative thought you've had and confusion**
3. **Emotionally - like any negative feeling you've ever felt and depression**

When symptomatic you can tell it is a Healing process and not a Dis-ease process by asking yourself:

1. **Have you been doing more of the "right" things in your life?** (Strengthening so your system can handle it - physically, mentally, emotionally, spiritually - nutrition, exercise, relationship)
2. **Just before you became symptomatic did you hit a new level of vitality?** (The system can now dig in and handle throwing off old toxins)
3. **What is happening with your elimination process?** In healing there is an increase - moving a load out of system so it becomes more vital (it is decreased or restricted during illness). Eliminative organs are the skin, bowel, urinary tract, mucus membranes and lungs (through the breath). Mucus lubricates and traps toxicity - if it is not moved out it will harden in the system. The average person is carrying 10-30 pounds of hardened mucus... when liquefied it is equivalent to ~100 lbs.
4. **Are you craving the drug you used when the diseased process originally happened?** (The old drug that helped you to suppress it in the first place - in order to not deal with it. Acknowledge the craving is there and then continue to do your work.)

Healing Crisis answers "YES" to the above questions. There are things we can do to assist during the Healing Crisis to make ourselves more comfortable and make the **physical** release easier WITHOUT drugging ourselves and pushing the dis-integrative energies back into our system.

We are preparing a booklet Easing Through a Healing Crisis – if you have experienced a healing crisis and would like to share how you eased through, please complete the attached form and email it back to [jeanie@whyagain.com](mailto:jeanie@whyagain.com). We will acknowledge you for your idea if we use it in the booklet and/or at your request we will withhold your identity.

**EXAMPLE COMPLETED FORM:**

***Easing Through a Healing Crisis***

<b>Name:</b>	Jeanie Ryce			
<b>City/State:</b>	Theodosia, MO			
<b>Acknowledgement of idea, please mark to the right of your choice.</b>	<b>Permission to use my name</b>	X	<input type="checkbox"/>	<b>Withhold using my name</b>
<b>Describe (briefly) your physical symptoms during your healing crisis.</b>	Urinary tract issues			
<b>Describe the physical “remedy” used to ease through your healing crisis.</b>	1 dropper / 3-4 times per day Colloidal Silver (acts as an antibiotic) 2 capsules / 2 times per day Cranberry Plus dietary supplement Cranberry tea – twice per day			
<b>Describe the inner work done to move through your healing crisis.</b>	Worksheets on being “pissed off” and My Commitment to stay connected to my Source – God (Love) when anything less than comes up.			

Complete form and email to [jeanie@whyagain.com](mailto:jeanie@whyagain.com)

**Other “remedy” examples:**

⇒ For infections like sores, boils or an abscess – moisten chewing tobacco (make a poultice) and bandage it on the sore. The chewing tobacco draws the infection out of the body.

⇒ For fever - rub onions on the bottom of the feet

⇒ For oncoming “cold” – Emer’gen-C (1000 mg of vitamin C) dietary supplement 2-4 packets per day

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**Disclaimer: The above are tried and true personal experiences; however, we are not offering this as medical advice. It is your assessment and choice if you need to check with your doctor.**

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## *Easing Through a Healing Crisis*

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