

Symptoms of Healing

Explanation from Step 2B in the 7-step wake-up sheet: “I am willing to go through the physical, mental and emotional symptoms of healing!”

As energy goes into the system it impacts physically, mentally & emotionally. If it is energy like Love, then it is “integrative” and builds the system up and feels good. If it is energy less than Love, then it is “disintegrative” or negative and tears the system down and feels painful. As I become more vital, I can face the deeper issues that I could not look at before. Vitality increases in all three areas as well.

Healing Crisis will look like:

- **Physically** - anything experienced as a physical symptom that I have ever had and low energy (*takes a lot of energy to process*)
- **Mentally** - any negative thought I have ever had and confusion (*open to question everything I thought I knew so there is old info and new info mixing in the mind*)
- **Emotionally** - any negative emotion / feeling I have ever felt and depression

When symptomatic I can tell it is a healing crisis and not a dis-ease process by asking these following 4 questions. A ‘yes’ answer tends to be healing in process.

1. **Have I been doing more of the “right” things in my life?** (*Examples: Physically – nutrition, exercise, breathing. Mentally – able to process information more positively via tools like the Aramaic Forgiveness Wake-up Sheets. Emotionally – presence of more positive feelings via meditation, Love Exchange, surround myself with what builds me up and helps me stay connected to my Source.*) Which will increase vitality.
2. **Just before becoming symptomatic, did I hit a new level of vitality?** (*The higher the vitality, the deeper the issue that can be faced.*)
3. **What is happening with my elimination, has it increased?** (*Elimination is in skin, breath, urinary tract, bowels. In healing there is an increase in elimination, moving things out of the system so it becomes more vital. Elimination decreases during dis-ease, holding on*)
4. **Am I craving the drug I used to suppress when the dis-eased process was originally experienced?** (*A drug can be anything from junk food, alcohol, drugs, busy-ness, sex, to exercise used to keep from looking at and dealing with an issue or to avoid listening to my highest guidance. The thoughts, feelings, physical symptom and the molecules of the drug are locked into crystals in our body. When vital enough to heal, the crystals dissolve and will yield up the toxicity that was held in them.*)