

NEW EARTH VISIONING PROJECT

New Earth Healing Techniques

By Mary Histing, LMT
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Disclaimer:

This topic could be covered in so many ways and could easily span a 4-day workshop. However, because I have a time limit today, I decided to share my perspective on the subject of New Earth Healing Techniques—in particular the importance that having a connection with your body plays. What I'm sharing today is based on my experiences of working with clients over the span of the past 11 years and also on my own healing journey. Some of what I share may seem elementary or basic to you; or some of what I share might seem pretty far out for you. I do not claim to be the first or last word on this subject. This is simply my perspective. My intention is to share it in a non-judgmental way. In other words, please take what resonates with you and leave the rest.

PRESENTATION

First of all, thank you. It is such an honor to share just a little bit of my experience with the group. I feel very passionate about the New Earth and I feel like that's what's happening in my office and I'm so excited to share this with you. We are starting to usher in the New Earth with all of my clients and the experiences we share. So buckle up. This will be a fun ride.

So, this topic I've chosen to talk about is New Earth Healing Techniques; and I'm very well aware this could be a four hour or four-week workshop. It's a gigantic topic. So, as a disclaimer, I'll just say we are going to paint the topic with some broad strokes and just touch on what I think are the most important steps on new earth healing techniques; again, sharing a lot of client stories.

What I'm going to share with you today comes from my eleven years' experience working with clients and my own experience with my own healing journey.

I've learned so much. These things go hand in hand. The healer, the person that's called the healer, they are on their own journey of healing. The people who come to them for healing – in that dynamic, in that relationship, healing takes place on both sides. And, it's an honor. And so, what I'm going to share is just my perspective.

There may be some concepts I present that are very basic to some of you; and some concepts I present may be considered way out there to some of you. So I just want to remind you that you all have your own power to keep what serves you and let the rest go. Just hang on to what resonates and we'll have a juicy discussion at the end.

That's my little intro, so let's take a look at the next slide.

Disempowered Paradigm of Healing

I'm not feeling right

confusion
???

I have to believe only what a medical professional tells me

Fear
???

Blindly following prescribed protocols

uncertainty
???

- Blindly trusting
- Afraid of asking questions, as not wanting to appear stupid
- Not doing our own research
- Not trusting our own Instinct(gut)

Disempowered Paradigm of Healing

I created this slide as a way to articulate what I've been musing on the last few years. Some clients come into my office, thoroughly immersed in the living of this paradigm. Their first question is "how long will it take for me to feel better?" Or sometimes "do you think this is going to work?" My work with them has been to gently begin to show them that there is a different paradigm that might fit the situation better.

Also, I've been here myself. For many years, even after I began to seek alternative/holistic healthcare, I gave my power away to the "experts." At one point, I was seeing 2 different homeopaths who had me on 2 different protocols. I was afraid to tell each of them that I'd asked the other for advice because I so desperately wanted someone to fix my health issue. I was definitely freaked out by what my body was doing and blindly followed what the practitioners told me to do. So, I hold no judgement of anyone who may be living this way.



Paradigm of Empowered Healing

A current client of mine, we'll call her Suzy, was desperate for relief after cervical fusion surgery didn't yield the results for which she'd hoped. She asked me "how long until I feel better?" I asked her to consider a paradigm shift. I promised I would be with her every step of the way. She's been coming for 3 months and feeling so much better. I've encouraged her to consciously participate in her care and I think that's made all the difference. When she told me her chiropractor's recommendation, I asked her how she felt about it. She had objections to what he'd said, but coming from the place of blindly trusting the expert, she didn't tell him how she

felt. I encouraged her to schedule a private meeting with him so she could ask her questions. She did and they agreed on a new plan for her care.

How do we shift this paradigm within us?

How do we shift this Paradigm within us?

Healing Through Presence and Self Compassion

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My attempt to articulate this process as I see it....

Connection with your Body

(AKA “Embodiment”)

FULL BODY PRESENCE AS DEFINED BY SUZANNE SCURLOCK:

“THE ABILITY TO FEEL ALL PARTS OF YOUR BODY WITH A GOOD FLOW OF HEALTHY ENERGY MOVING THROUGH YOU...”

ENERGETIC AWARENESS: THE ABILITY TO RECOGNIZE AND INTERPRET SENSORY INFORMATION AND SUBTLE CUES IN YOUR BODY AND ENVIRONMENT.”

Connection with Your Body (AKA Embodiment)

Full Body presence as defined by Suzanne Scurlock:

The ability to feel all parts of your body with a good flow of healthy energy moving through you...

Energetic awareness: the ability to recognize and interpret sensory information and subtle cues in your body and environment.

Most of us have been conditioned to live in our heads since the day we incarnated on this planet. The methodology of school is structured this way and we are encouraged to with the slogan “mind over matter.” I remember being teased by my older brother as a young child when I was complaining of a tummy ache as being a “faker.” The messages I received from multiple sources taught me to ignore my body and live in my head. At work there were invisible badges of courage given to people who never used their sick leave. Absolutely, religion taught this to me as well.

Disconnecting with the body is actually a natural response to trauma. We disconnect from our bodies because it doesn’t feel safe to be in it. Add up all the traumas and conditioning we’ve experienced in our lifetimes, and there’s no wonder most people live in their heads.

This concept could also be considered mindfulness because it entails paying acute attention to the sensations we are feeling.

Step 1: Letting go of any FEAR, Suspicion or Mistrust we have of our Body

- ▶ Belief Systems that no longer serve us
 - ▶ Preoccupational fear of illnesses
 - ▶ Suspicion or mistrust of certain parts of our body (reproductive/sexual organs)
 - ▶ Fear and loathing of the aging process
 - ▶ Primal fear of dying—topic of death has been taboo in our culture
 - ▶ When we are in the state of fear, our sympathetic (fight or flight) nervous system is activated.
 - ▶ We can heal only when we are in a parasympathetic state.
 - ▶ When we release fear, suspicion and mistrust of our body, we are able to listen to it and experience the sensations WITHOUT JUDGEMENT

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So many of my clients sheepishly admit to me that when they feel an intense pain in their body, their first thought is: do I have cancer? I think this is indicative of a deep fear programmed into us. A lifetime of seeing ads on TV for medications may have sunk into our subconscious pretty deeply.

Who here was lectured in Sunday school on how sinful it is to touch yourself “down there?” I was definitely encouraged to take my guilty conscience to the confessional for even thinking of such things! If we are afraid of our body, how can we have a healthy relationship with it? You only have to possess eyes to have noticed that our culture worships youth and uses it to sell an astonishing amount of creams, lotions, powders and potions. Again, if we condemn every gray hair we see, how can we accept our body?

When we feel fear or have judged our bodies as imperfect, broken, useless or something to be ashamed of, how can that be a healthy attitude? Have you ever tried being friends with someone who judged you constantly? How did it feel?

Step 2: Learning to LISTEN to our BODY and TRUST it, as we would a trusted friend

- ▶ Your body gives you signals that you're already familiar with to indicate that it is tired, hungry, thirsty, etc. What if it can be trusted to tell us if we're well or if something is out of balance? This skill is indeed very possible, if we only begin to practice the art of listening to the body.
- ▶ These can be indicators that our bodies may be
 - ▶ deficient in nutrients or perhaps we are being clued in to the impacts of unhealthy foods in our diet
 - ▶ overwhelmed by toxins in and around our environment
 - ▶ Emotional toxicity, chemical toxicity, etc.

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It is important to note that these sensations need to be felt and noticed with curiosity and non-judgement. If we feel a twinge and freak out, it's likely we may not get a clear reading on the message the body might be conveying. A good friend of mine relayed this story: she felt soreness in her knee and calmly asked her body about it. She instantly recalled that the last she was low on her water intake for the day, she'd felt soreness in her knee. She drank some water and the soreness went away. Another client story: I work with families that have children diagnosed with autism. One mom started to notice that her autistic daughter would show more

disruptive behaviors when there was emotional stress in the family. The parents eventually ended up divorcing and now that the emotional environment of the home is calmer, her daughter's symptoms (OCD, stimming, incontinence, aggression, vomiting) have dramatically improved.

Step 3: Be on the Same Team with your Body (Mind-Body Connection)

- ▶ In other words, build TRUST
 - ▶ Our bodies are incredibly intelligent biocomputers. They are designed to HEAL themselves. Period. We can trust that. The body has been designed to SELF REGULATE. It will give us signs that it is experiencing stress (signals like pain) so that we can help it regulate itself. Once we join "Team Body" we can commit to listening and helping the body regulate itself.
 - ▶ We can discover ways to help the body regulate itself: make sure it gets enough sleep (which is the major way the body recalibrates itself.) Each organ has a time during which it detoxes and restores itself during the night.
 - ▶ Your body might require something it's not getting from your current diet. We can research what that is or perhaps enlist the help of a practitioner who specializes in nutrition.

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A story about me—I'm learning that when I have a headache in a particular area, it's my body indicating that I need more sleep and I have to let my body tell me when I've had enough sleep. I can't "logic" my way through it quickly. Also, once I was wondering if I needed to tweak the supplements I'm taking and that night I dreamt about a mineral my body needed.

Step 4: Care for your body with unwavering love and compassion

- ▶ Self care is so important.
- ▶ We can nurture our relationship with our body as we would with any relationship.
 - ▶ We can have daily, conscious practices to incorporate into our self-care routine
 - ▶ speaking to our body lovingly
 - ▶ Tapping/EFT
 - ▶ Gentle movement practices (such as Qigong or Tai Chi) to strengthen our body /breath awareness.
 - ▶ Breath work (Praynama, Heartmath)
 - ▶ Yoga, Pilates
 - ▶ Scheduled Bodywork
 - ▶ Massage, Reiki, CranioSacral Therapy

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Step 5: Earth Grounding has also proven to be a Beneficial Healing Tool

- ▶ Our body works on electricity and is designed to receive the electromagnetic frequencies from the earth. Having direct body contact (standing/walking barefoot) with the earth actually regulates all the systems in our body.
 - ▶ Quote from Clint Ober: "Earthing naturally protects the body's delicate bioelectrical circuitry against static electrical charges and interference. Most important, it facilitates the reception of free electrons and the stabilizing electrical signals and energy of the Earth. Earthing remedies an electrical instability and electron deficiency you never knew you had. It refills and recharges your body with something you never knew you were missing...or needed."

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Time spent in nature in HEALING TIME. It's not an accident that most people feel really good being outside—on the beach, walking in the forest. The more direct contact we can have with the ground, the better.

Step 6: Learning to Live in Awareness and Alignment

- ▶ If we can learn to actively listen to our body, trust it, honor what it needs and actively show it compassion, then we are in alignment with it.
- ▶ Over time, if we are regularly using this tool of learning how alignment feels, we can discern which choices bring us into greater or less alignment. This tool can become like a steering wheel for our lives.
- ▶ We can be empowered to confidently live from that alignment and let it be a guiding force for our life.

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A radical New Earth Healing Technique

- ▶ Quote from Lorie Ladd:
- ▶ When I stop trying to fix something; I'm able to step into peace. When I stop trying to heal myself, I will find myself in a surrendered space where the pain has a place to be; and from that place, I'm able to step into the knowingness or the consciousness that everything is always changing.
- ▶ The next level of consciousness we're asked to step into is to no longer heal ourselves; no longer try to heal the world. Before you go out to try to fix the world or fix ourselves; the initial thing to start to pay attention is to allow that which we want to fix or that we dislike to have a place at the dining room table.
- ▶ There's a different energy when we allow it to be with us. We accept and surrender it from a much deeper place. Along the way, you may discover a root trauma that you can dive into and beyond that is UNCONDITIONAL LOVE. And from that place, EVERYTHING HEALS.
- ▶ Another way to look at it: What would your HIGHER SELF say to you?
- ▶ "Let it be. It's designed to fix itself."

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- There's a different energy when we allow it to be with us. We accept and surrender it from a much deeper place. Along the way, you may discover a root trauma that you can dive into and beyond that is UNCONDITIONAL LOVE. And from that place, EVERYTHING HEALS.
- Another way to look at it: What would your HIGHER SELF say to you?
- "Let it be. It's designed to fix itself."

As I was preparing for this presentation, I felt a message from my Higher Self come in. The message was that this evolutionary process we are experiencing entails paradigm shifts in every area of our lives and world CONTINUOUSLY. So basically, don't get too comfortable because we are going to be shifting and shifting and shifting.

RESOURCES:

Earthing Film : <https://www.earthingmovie.com/>

Earthing book, research: https://www.amazon.com/Earthing-audiobook/dp/B005HBEZIU/ref=sr_1_2?dchild=1&keywords=earthing&qid=1626906278&s=books&sr=1-2

Earthing-grounding products: <https://www.ultimatelongevity.com/earthing-grounding/products/>

Suzanne Scurlock: <https://healingfromthecore.com/>

The Tapping Solution: <https://www.thetappingsolution.com/>

Lorie Ladd: <https://lorieladd.com/>

Damien Wynne: <https://www.damien-wynne.com/>

GUIDED MEDITATION

Let's pause for a minute and get ready to shift gears. Take a few breaths transition from listening to the presenter to listening to deep within – to ourselves So when you are ready I invite you to close your eyes, come aware of your breath. Feel your chest moving following your deep breath. Feel the air in your nostrils

And I want to invite us during this deep meditation to take a walk in nature. In our imagination, take a walk in nature and we're going to have an encounter with our body. So I invite you to imagine that you have just placed your feet on this forested trail – a trail in the forest - and you hear all around you the buzzing sounds of nature. We hear the insects humming. We hear the leaves rustling with the slight breeze. We start to smell the pine and the other beautiful trees – the scent they are emitting. This nature trail in the forest.

And as you are on this trail you look to your right and you notice there is a presence. And this presence feels very familiar. It's actually, you feel, someone you know but you wish you knew better. It's as if a part of you has shown up next to you. And this presence is a representation of our own body – your physical body. And you become aware of it. Become aware that this presence next to you has come alive. It's sentient. It has intelligence. Not only that, it might have more intelligence than you ever imagined. You feel a sense of familiarity and you reach out your hand and you grasp the hand of this presence. And together you begin to walk down the trail.

And as you walk down the trail you feel this interconnection as you walk with this presence beside you that represents your very own body. You feel this interconnectedness; you feel this deep history you that you share together. And as you walk, you express to your body something you have always wanted to express to it. You may find that you ask your body's forgiveness for not noticing it more. Or, you might find that you express how excited you are to have a deeper connection with it. Just allow for an open dialogue with you and your body. Just for a few moments we'll walk this path with our body - not only sharing but also listening, maybe as if for the first time, to its messages it wants to give us so desperately to deepen that connection.

We want to thank our body for this encounter that we have had on this nature trail through the forest...

Return to your body, fold your hands and say "Namaste" to your body with a heart full of gratitude. And when we are ready, we can open our eyes.

This will lead right in to our writing prompt.

Writing Prompt

After experiencing my body as an ally and trusted friend, I feel...

(Finish the sentence and continue writing)

Soul Work:

Add time to check in with your body to your daily practice, perhaps just a few minutes before or after your daily meditation. Check in and do a body scan and communicate love to each part of your body.