

# HEALING STORIES

## MATRIX, MUSINGS AND MIRACLES

KEN GRAYDON

The stories and practices discussed in the following pages do not offer, or imply, a guaranteed outcome. We do not offer diagnosis or any form of medical treatment. If you are receiving medical attention do not vary it without reference to your medical practitioner.

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## PREFACE

These are challenging times, and many of our institutions are failing to cope. The health system is overwhelmed, there is a plague of violence and crime, our educational system is under enormous pressure, and the gap between the rich and the poor is becoming wider.

Fortunately, there are signs of hope. Quietly, with a minimum of fanfare, a small, hopeful revolution is taking place. Part of this revolution is a quantum physics-based process of transformation or healing called Matrix Energetics. I have completed the training and field-work to become a Certified Practitioner of Matrix Energetics but I also have a range of other processes at my disposal to bring about the best possible results. Many methods appear or re-appear under different labels in different modalities. Following are some of the healing stories that have been experienced by clients around the world from sessions conducted in a small room in Mandurah.

The stories are very individual and unique. One person may be cured of an illness; another may die of the same illness. This also was Jesus' experience: He healed some people of leprosy, blindness, lameness, and so forth – but those illnesses still existed in the community, and some people he did not heal.

The Matrix Energetics experience, which has parallels in the ancient wisdom and enlightened religious belief, acknowledges that all matter – humans, animals, plants, rocks and furniture – is composed of energy. All form is made up of energy at the quantum level, and it is at this level that a “miracle” may occur. The purpose of this book is not to teach you healing processes [although that may be done in other contexts] but to share with you stories of lives that have been changed, describe strange and interesting experiences, and offer a reason for hope in a time when hope is in short supply.

I intend for this book to be like a walk through an interesting garden. As you follow the path, you come across different things that appeal to you, and you pause to look at them. The stories are not sorted into categories or illness types because I do not want you to hone in on any one condition or circumstance. Instead, spend a little time in the “field of possibilities”. The stream of consciousness-style of writing (as if we were sitting together having a friendly and interesting conversation), will, I hope, make for an easy reading experience. In addition, the book is embedded with a healing energy to bless you. If you are open to this energy, you will feel and benefit from it.

Following is an article I wrote for another publication to tell a little more of the Matrix Energetics story. The publishers of the books by Richard Bartlett about Matrix Energetics have surprisingly refused me permission to quote from his books.

## A Field of Possibilities

In quantum physics, there is a mysterious energy field called the Zero Point Field. It is an immense field of energy that each of us is inextricably connected to. The foundation of our physical reality is that we are made up of high-energy photons (the smallest known particles of matter) and are, in reality, patterns of light and energy. Once we grasp this concept, we can unlock the power of the Zero Point Field, which may be likened to “the Force” in the Star Wars films. We begin to understand that we are not separate from any part of life, but are linked to all.

An interesting sidelight to the energy of the Zero Point Field is that the results of scientific experiments carried out using it have different outcomes depending on whether or not the result is being observed. The Zero Point Field has become known as a field of possibilities.

The healing or transformative process that is aligned to this knowledge is called Matrix Energetics, and it offers a completely different way of being. It is necessary to shift the way you experience reality so that you are open to tap into the possibilities and potentials around you. This may require letting go of years of conditioning you have taken on from the world around you, which is much easier said than done!

The knowledge that is now labeled Matrix Energetics has, of course, been around forever and may well be the process that brought about the various types of healings described in the Bible. Many results that are dramatic enough to be considered magic are the rational manipulation of energies and information that follow on this construct of reality. Once one person can achieve this, it is open for other people who acquire this knowledge to achieve similar results.

While there have been (and continue to be) amazing results from this treatment process, it must be a combined activity between client and practitioner. Matrix Energetics is not something that is done to a client, because the client is never considered to be a victim of an illness. The person simply is empowered to make another choice or select a different reality.

## CHAPTER ONE

I had my first “healing experience” at age 16. I was a volunteer leader at a boys’ camp on the outskirts of Melbourne, Australia. One of the boys had jumped off the roof of the garage and landed with his shin on the edge of a metal bucket, which lifted a 30 cm strip of flesh off the bone. He was rushed to the local hospital for stitches and came back to the camp later that night in great pain. The boys slept in dormitories, and this boy’s crying was keeping them awake. I remember clearly (and 16 was a very long time ago) putting my hand on his forehead and asking “God, please take the pain away”. The boy instantly went into a peaceful sleep. The change was so sudden that several of the other boys were convinced that I had hit him and knocked him out.

Subsequently, I have studied healing processes in Christian Science classes and spent time as a priest, mainly in healing and teaching missions. It is only since I retired from church work that I have had the freedom to study and use some very effective processes that combine the latest scientific advances with ancient truths and “imagineering” with great results. I have attended seminars in the United States to learn the processes and possibilities of Matrix Energetics. It continues to amaze, astonish, and gratify me as I see so many people benefiting from this modality and the others that I have been able to incorporate

It is a constant reason for gratitude that I can sit in my study in Mandurah and “send” healing to people around the world by intention. They get great results, as do the people that visit me. It’s a wonderful way to live. I always am pleased when I see the slogan the city of Mandurah has chosen: “Endless Possibilities”. It just sums up the philosophy of my healing practice.

## CHAPTER TWO

At a Matrix Energetics seminar in Seattle, I met a lady from Greece who had Grave's disease, a thyroid malfunction. (It's never good to have an illness that is named after the person who discovered it!) She and I were in the same practice group. We stayed in touch after the seminar, and I sent her healing intentions sessions from my home. She is a nurse and was able to have her thyroid checked at the hospital; it is now perfectly normal.

I do not use people's names in the healing stories, as it would be a breach of trust. The other challenge is that, in my practice, I do not ask people what they 'have'. Energy flows where attention goes. If you tell me you have a sore knee, the knee would draw my attention and I would be focused on that 'problem'. It is likely that I would limit the possibilities to fixing a sore knee, when you really may need something quite different. I always have the intention of creating the best possible outcome.

We don't 'go to war' against an illness; that is the way conventional medicine works. Doctors want to find your 'problem' and ask, "What is the worst thing that could happen with this?" because that is what they are trained to do. We help you find other possibilities. Some illnesses, particularly cancer and AIDS, carry with them a huge field of fear, which Rupert Sheldrake described as a "morphogenic field". In Matrix Energetics, we don't buy into that. We are looking at the energy (which is patterns of light and information) and asking open-ended questions such as, "What is useful about what I am noticing?" This approach is not the same as burying our heads in the sand and hoping something will go away. In fact, this is acknowledging the quantum physics reality that our observation of a situation changes the outcome.

## CHAPTER THREE

I had a call from a man working on a mine site. He had injured his back and was in constant pain, with very restricted hip flexibility. I was able to send him a healing session which included “time travelling” back to before the accident and “locking in” that feeling. Relief was immediate, and he had much greater hip flexibility.

A lady in London, who is related to a former client of mine, worked in reception in a large hotel. She had been diagnosed with type two diabetes. She phoned me very early on a Tuesday morning for three weeks. On her next visit to the specialist, she was found to be clear of diabetes.

These clients were open to receive healing. People generally get what they expect, not always what they hope for, so every client gets the result they are ready for. It is a cooperative effort, and the healing comes from the client’s ability to accept change. The healing is not something I “do” to them, I am just very blessed to be there when it happens.

Except in the case of a person in a coma or with very young children, I need the permission of the potential client before any healing work can begin. Healing involves change; it is one of the classical definitions of insanity to think that you can keep doing the same things but get a different outcome.

It is not uncommon for people to derive some benefit from an illness. Perhaps they want to be cared for or given special treatment, or they may feel they deserve to be punished for some misdeed (real or imagined). If someone gets more from being ill than they do from getting better, they are really not open to receive healing.

The healing treatment always makes a beneficial difference, but sometimes the difference may be in how people accept the situation. I was called to visit a lady in a hospice. She had breast cancer and was absolutely terrified of dying. We talked and shared some healing sessions. Her “passing”, when it came, was peaceful and without fear.

## CHAPTER FOUR

A lady from Victoria, who had been a client previously, bought a very neglected farm. She was planning to run a rehabilitation area and refuge for horses that had otherwise passed their “use-by” date.

The farmhouse was like a fortress and had, in her words, “a creepy feeling”. The soil was depleted, and very little grew there. We devised a treatment plan that involved using Matrix Energetics and the spirit of the land.

On my first visit to America, I had spent some time with a Native American shaman who shared information on rainmaking. I used this knowledge to seek seasonal rain for the property. The process is not to ask for rain, but to seek to remove the negativity that had prevented the rain from falling.

Within the first three days, the feeling around the farmhouse became much more welcoming. During the first month they had more rain than the neighbouring farms and the grass began to grow.

There is a large tree on the property, which the traditional owners of the land considered to be a “wisdom tree”, and the grandmothers would meet there. By “coincidence” my client met up with some ladies of this tribal group and was able to resolve some long-standing disputes. It is now a lush horse property.

The process of “clearing” land, houses, or other buildings takes us into the field of indigenous spirituality. Most indigenous peoples do not separate their spiritual life from their material life, but see it as one connection with All That Is. If you have had the experience of going into a house or building that felt scary (or just made you uncomfortable), or you knew something bad had happened there, that place would respond to a clearing. When you are trying to sell a property, it makes a tremendous difference that it feels welcoming. I had an experience of working remotely on a lakeside property in Canada that had been on the market for two years. Two weeks after the clearing, the property sold for its asking price.

Much that happens with Matrix Energetics and other successful processes requires a stretch of the imagination or a visit to alternate realities. If the outcome is the best possible one, does it matter if the agent of change is a vision of an archangel or Bugs Bunny tapping you on the head with a healing carrot? Sometimes the distraction of something absolutely outrageous is enough to allow a healing breakthrough. Weird can be wonderful. The visual image of being surrounded by dolphins that allows you to

accept that you are being loved and supported, opens you up to accept healing, which is just another aspect of love and support.

It is finding the “key” that unlocks resistance to healing. Because I am not “doing” the healing, it seems like a good idea to ask questions, perhaps “What would Jesus do now?” or “How would Superman fix this?” If a suggestion that Snow White was sending the seven dwarves to chip away the calcium build-up on your joints gave you freedom of movement and reduced pain, would you not be happy with the outcome? These are just latter-day parables that convey an aspect of the truth. It also means that the healing experience can be fun. We are revisiting the ancient ways in telling healing stories and involving the imagination in the quest for wellness.

#### A TESTIMONIAL

Had the most amazing healing session with Ken Graydon with Matrix Energetics and want to let others know how effective it was for me.

For those who know me, know that I am on a mission to empower people to show them the best resources available to maintain, regain or boost wellbeing and I feel that Matrix Energetics is a gem of a healing modality.

I choose not to tell Ken anything about what was going on with me so that I could objectively assess the effects of the healing session based on a before/ after scenario of the changes to my physical ailments.(which are really spiritual/energetic being manifested in the physical)

Since the end of November I have had periods that became mucked up and have basically been bleeding since this time - however with no pain.

On the Friday before the healing session I also came down with a cold and got cold sores on the inside of my nose.

Unbeknown to me Ken began my healing session at about the same time as Erlend my partner called me down to have lunch and to sit quietly for about half an hour - instead of working.

As I ate my energy improved, my vision became sharper and everything became brighter. My right hand began to vibrate and I felt like how I usually do when I give healing to others.

My insulin levels have been up and down and I have been basically trying to eat fruit & veg since the new year and cut out refined carbs- as spirit had shown me I needed to take better care of my physical health - because I push myself too hard at times - and have been put through a great deal of stress over the last year.

Erlend also made me a herbal tea that is to help liver function & help with relieving flu symptoms. I felt it was tied in with the insulin levels – this was all happening while Ken worked on me but neither of us were aware of the fact. When Ken discussed my healing he said that he had to keep giving me insulin boosts!

Over the last two weeks prior to healing - Mother Theresa kept appearing in my visions. Also while I had been out and about in Graz I kept seeing so many nuns who just smiled back at me. Spirit kept showing me that I will be helping humanity and working with herbs and this knowledge will be past down from a nun like person who worked with herbs in Austria.

Ken mentioned that a Nun figure appeared during the healing session. So thank you for the wonderful confirmation Ken.

After the healing I stopped bleeding and the cold sore stopped hurting and cleaned itself up very rapidly!

I am aware I am going through a cleanse and rebirth for the wonderful work I have chosen to do.

So a big thank you Ken for helping me on this journey.

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> In gratitude

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## CHAPTER FIVE

There are some interesting reactions to healings sessions. In a seminar setting, where up to 500 people may be working at the same time, there are highly visible peripheral results of people falling to the floor as they are touched, spontaneously twisting into yoga positions, or laughing outrageously. In one-to-one sessions, these things don't happen as often. In my practice, I make it a "rule" that people will not fall over. (Generally they are sitting anyway.)

However, I did have a very amusing experience with a man who works in the criminal justice system. He kept talking about how serious his work was, how taxing it was on his energy, and how hard it all was. I "two-pointed" him [a basic procedure that I will explain later], and he started to laugh. He kept on laughing and began to slip forward out of his office chair onto the carpet. The man had tears running down his face as he kept saying, "Oh bugger, I can't stop laughing!" This kind of laughing is very contagious, so we had a great ten minutes together. Two days later he phoned me and said, "You changed my life." His whole attitude to his work changed; he was much more positive, lighter, and relaxed. His health issues had disappeared as well.

A very psychic lady was suffering from indigestion and reflux. She had a healing session that immediately removed the discomfort. Later she told me that she had "seen" angels working on her during the session. People who see things during healing sessions usually see something from their own background. For instance, Christian people tend not to see visions of Buddha. These images seem to be "mind pictures" provided by the conscious mind as it tries to explain healing experiences that are way outside of its rational thinking. They are not prophecies or omens, but have only the meaning you give them. All such experiences that I have been told about were comforting or amusing, never frightening.

Physicists talk about the physical reality of human being composed of high-energy photons, the smallest known particles of matter. In fact, we are just patterns of light and information. If we can absorb this idea into our lives, we can access the Zero Point Energy Field [or, if you are a Star Wars fan, "May the Force be with you!"]. This realisation can change your life. You are not separate from any other part of life. You are not fixed and unchangeable; you are a whirling field of light and energy with incredible potential and possibilities. This understanding brings an amazing freedom. You always are free to make another choice. If the pattern of light and information appears as an

illness, it has the potential to change instantly to wellness. Healing intentions can be a catalyst for that change, but the freedom of choice is in your hands

## CHAPTER SIX

There are connections in families that sometimes require that the healing sessions include more than one person. I was asked to send healing for a four-year-old boy with leukaemia. He is in America and had been transferred to a specialist cancer hospital. Understandably, the family was devastated, and the trauma of the situation caused arguments and misunderstandings. It was only when I accepted the intuitive leading to offer a healing session that included the grandfather that we saw any progress. The little boy improved dramatically and was released from hospital.

Family break-up can be a source of stress that brings about an appearance of illness. I do not get involved in the relationship issue, but often it is necessary to offer healing for both parties that can bring about a change of attitudes and ease the burden of stress. I have had clients with arthritis, hiatus hernia, back pains, and a range of other pains that were a direct consequence of a relationship breakdown. These complaints responded to a healing session with the intention of “the best possible outcome”.

Another program I have devised that uses healing intentions and meditation is called “Becoming Younger”. Initially I tell clients they can look, feel, and act ten years younger because that is believable – and it really happens. It is a sort of “cosmic cosmetic”, but so much cheaper than the pharmaceutical kind, and all the side effects are good. This program has been very effective, and I have received numerous testimonials of the benefits people notice. They get questions from their friends [“You look different; what have you done?”], feel much more relaxed, overcome constipation, and have more energy and better eyesight. I find that the most valuable benefit is that they feel a new freedom from not being a victim of the calendar. In addition, they are open to more healing if it is required.

This also raises the question of paying for healing sessions. There is a charge for this work because it has a value. My experience is that people do not value (or experience benefit from) something they receive for nothing. It is my vocation, and I need to be available for other people who need a healer or teacher. I also have to honour my teachers and other healing practitioners in valuing their work. We have modest fees that are shown on my website [www.healingintention.org](http://www.healingintention.org).

## CHAPTER SEVEN

Many of the world's great religions trace their earliest beginnings to the areas around the Himalayas. It is in this area that Shambhala [sometimes called Shangri-la] exists at some dimensional level. Physicists talk now of life having eleven dimensions; the Shambhala concept is of thirteen dimensions. It is a spiritual concept that pure spiritual thought arrives through Shambhala, and the various religions convert the spiritual thoughts through the filter of their experience and need for control to their membership.

There are some healing processes we use to remove impediments to a client's progress in any of the thirteen dimensions. It is a purely protective process – as if we clear the stones from the path before you so that you do not trip over them.

We also have a process that can break the cycle of “karma” [an Eastern concept that equates to the Biblical saying, “As you sow, so shall you reap”].

I mention these processes of healing and will talk about others as part of the explanation that our mind has a major part to play in the healing pathway. In the earliest experiments with “Radionics”, which uses electricity to find and correct the vibrations of various kinds of illnesses, or to modify the effectiveness of medicines, it was found that the results could be just as effective if the machine was not plugged in. The intentions of the practitioner made the difference.

We refer to that intention as a healing intention. It allows us to be a catalyst for change without needing the “black box” or other technology.

A client of mine overcame a series of stress-related challenges, including arthritis. In our conversation she mentioned her son, who had been involved in a motorbike accident and was seriously brain damaged. He was in an institution and almost vegetative. I was able to offer remote healing using the Shambhala and Karma processes together with a radionics-style intention. Although he still is in a wheelchair, he now is fully aware and began planning to have his attendants take him to a rock concert. He also hopes to travel overseas. The lady, in her own words, “got her son back”.

## CHAPTER EIGHT

In the Old Testament story about Moses, there is a very interesting incident. You may recall that at the time Moses was born, the Israelites were in slavery in Egypt. The Pharaoh had decreed that all male children of the slaves would be killed. To save his life, Moses' mother hid him for three months and then put him on the river in a wicker basket. A princess found him, and he was raised as a prince in Egypt. In his early twenties Moses saw an overseer assaulting an Israelite slave; he intervened and the overseer was killed. Moses ran away to escape the Egyptian justice system and spent 40 years in the desert as a shepherd. One day he saw a bush that apparently was on fire but was not being burnt up. "That's odd", he muttered, and went to have a closer look. He then had a long conversation with God, who told him to go back to Egypt and lead the Israelite slaves to a promised land. Moses reluctantly accepted this mission and asked God, "When I get to Egypt, who shall I say sent me?" God answered, "Tell them 'I am that I am' sent you".

There is much more to the story, of course, but I wanted to share with you that "I am" is a name of God and therefore is a very powerful spoken prayer. Every time you use the expression "I am" the words you use that follow, are part of the prayer. "I am successful" is a powerful statement, but so is "I am hopeless". This is one of those "be careful what you ask for" stories. Before you use the words "I am", consider carefully what you will say after those words. If you happen to be ill, you are not the illness – it is a circumstance that can be changed. You are not the cancer, the haemorrhoid, or the ulcer. It is something that has appeared in your experience, and if you allow the circumstances to change, it can disappear – or your relationship to the illness can change so that you find a lesson from the event and can move on.

Healing practitioners do not "do" healing to you; it is a cooperative effort to bring about a positive change in circumstances. We will bring to the engagement every kind of resource (material and spiritual) as part of our intention for the best possible outcome. There is a set of "frequencies" that we employ to work in different situations. The effects of the frequencies range from having angels intervene in your situation to visualising being surrounded and supported by dolphins, who are the epitome of loving support. The official list has 21 frequencies, but the possibilities are infinite. I have intuited a "fang frequency" that has been very effective for people with dental problems. Usually it does not replace going to the dentist, but it greatly lessens the pain and trauma of the situation.

In our healing intentions we also use “modules”, which are “virtual energy packages” given to you to keep the healing action going for specific situations. I have added to those a “treasure chest”, which is a “virtual gift” sent to you. It contains three spiritual gifts; when you visualise opening the chest on three separate occasions, you receive an appropriate spiritual gift each time. It is dynamic and changes as you do.

It is not necessary to have any particular religious beliefs to successfully accept healing intention treatments, nor does it contradict the beliefs of any religion (unless you believe that an “angry god” has chosen to arbitrarily punish you and that you deserve it). If you are open to the possibility of change, then change can happen.

## CHAPTER NINE

It is not necessary to be really sick before you participate in a healing intentions session, as it is a source of transformation and change. I have a Becoming Younger program where (usually remotely) we offer Matrix Energetics, a meditation and visualisation and some other techniques that result in clients looking, acting, and feeling ten years younger. I chose the ten-year target because most people can easily accept and achieve it. I make a point of making this a very economical program, as it serves to introduce people to the possibilities of healing for challenges in their life. The results (which typically take three or four days to appear; it is a process) are outstanding! The benefits have included better eyesight, feeling happier, removing constipation (I never would have thought of offering a “bowel blessing”, but it happens), more energy, and other people asking, “What have you been up to?” as they notice you smiling more. I also encourage clients to add their own healing intentions to this program to make it a more rewarding personal experience. You can view the details of this program on [www.angylion.com.au](http://www.angylion.com.au).

In addition, we offer a weight management program. We do not talk about losing weight because, from childhood, most of us have been taught that it is not good to lose something (and if you do lose it, then it must be replaced). Many people have the “yo-yo” weight experience with dieting in which they lose some and then gain it back. We have clients visualise sending their excess weight to the “World Weight Bank”, where it is available for others who really need more weight to draw on. You get the experience of doing good for other people while doing good for yourself. The weight management plan is a process; it does not happen instantly. [In my mind, I have a picture of a client suddenly manifesting their weight intention as they walk to the shopping centre and their “fat clothes” just fall off them! If it is your ambition to be on the television news, this could be one way.]

Your body, as part of its natural “fight or flight” reactions will, if it is discontented, store up fat as a resource, “just in case”. This process helps you to understand your body and the effects of your conscious and subconscious mind so that the body is content.

The weight management program does not replace discipline and a sensible diet, but helps you change your attitude and intention so that you attain your preferred result.

“BECOMING YOUNGER TESTIMONIALS”

Thank for the update i feel great! somehow i do feel much better and would most recommend it to anyone to do it...thanks again.

Since your study, I am up, bathing myself again daily, dressing, and even going to the park walking. I now have the impetus to take iodine, thyrosine and other things that will nourish my adrenals and thyroid. Before, I would go all day without eating because I didn't have the energy to cook. Now I even go shop for our food to fix lunches for our daily walks in the park. Thank you.

I was one of your participants in the Becoming Younger project. I've just returned from the Seattle area where I spent two weeks visiting with my children and friends as I used to live there. Over and over again, friends and even my children, asked me what I had been doing. "You look so good." "You appear vibrant and youthful."

I think it's important to encourage ideas and accept help from ideas and people as they come into my life. This was introduced to me by my wife, who received the treatment a few days ago, she's now on the phone in the other room, laughing and joking with a friend. This is a very welcome sound around here.

Thank you for giving us this wonderful opportunity to become ten years younger. I hope this gift you have given us will shower your life with much abundance and grace.

It's been 4 days since my session. At first the changes were more subtle; a little more bounce, a little easier to get going in the morning. Now it feels real. That's a little scary and exciting at the same time. I feel rejuvenated in spirit and a little lighter overall. I love being around people more than ever and people are seeking me out.

Thank you for this tremendous gift. It's nothing I would have wished for myself and so it was a complete unexpected blessing. I am glad I have gotten to a point where I can accept unexpected blessings in my life.

## CHAPTER TEN

A tall young lady came to see me. She had a problem with her back, which was being aggravated by her work as a chef. Most worktops are too low for her. After an initial healing intentions session, which certainly reduced the pain, I had the impression that there was much more to this story, so we “time-travelled” back to when she was 13 years old. She then recalled an incident where a girl (who came from a very wealthy family and often made fun of her) had deliberately caused her to fall off her horse. She was holding onto this resentment and holding onto the pain caused by the fall. I asked her to write a letter to the girl telling her how she felt (to really get everything “off her chest) and then, when she was sure the letter said everything she wanted to say, to burn it. She followed my suggestion, and the pain went away and has not returned. Two weeks later, she received an email from the other girl, making contact and offering an implied apology for some of her behaviour. This is a very rewarding way to live!

There are people who find it difficult to accept that a healing and transforming process such as healing intentions can be effective. New ideas take awhile to become fully accepted. In 1847, Dr. Ignaz Semmelweis made a recommendation that he thought would reduce the number of deaths occurring during (and as a result of) surgical operations. He was so vehemently criticised by medical authorities that he gave up the practice of medicine. His suggestion? That if the surgeon washed his hands and cleaned the instruments before the operation, it would reduce the mortality rate. The medical authorities ridiculed this idea as having no scientific basis. [Story quoted from *Intention Heals* by Adam DreamHealer.]

Although healing intentions are soundly based on quantum physics, which is a collection of very advanced concepts, it sometimes is dismissed by critics that cannot understand how healing can happen over long distances or simply by touching someone.

Our attitudes often are formed by outside influences, which can be very subtle. The main influences on our perceptions are:

- The media
- The educational system
- The medical profession
- Our family and friends
- Our lifestyle

Very few of these “authorities” have your personal best interests at heart, and it is important for you to be discerning. It may be better to filter the information you receive through the following questions:

- What is the message?
- Who gains from this information?
- Does this message help me?
- Do I intuitively agree with this message?

If you remember how many epidemics and pandemics have been forecast by medical authorities and the media – the fear they generated and the money they attracted – it is fair to ask, “Who gained from that?” The media and the pharmaceutical industry certainly benefitted, but who else? Does it help you to have reasons for fear being constantly fed into your mind by the mass media?

## CHAPTER ELEVEN

Intentions have great power when you synchronise both your conscious and subconscious mind to bring about a change. Your intentions (which are a combination of your thoughts, fears, beliefs, doubts, expectations, environment, and will to live) are running your life. Other people's intentions have only the impact you allow in your life. This is the main reason we ask the client's permission (if they are able to give it) before any healing work is done.

I offer an intentional healing process. As practiced here, it has the intention of the best possible outcome in each case. I am not prescriptive in demanding a particular outcome, as I never know enough to do that. My mantra is, "I know nothing; I am everything". I do not let my ignorance get in the way of your best outcome, but I allow every possibility to appear for your benefit.

When you expect a positive outcome, your body sends positive intentions that are a catalyst for a range of internal reactions that aim to bring about the result you intend. Your intentions have an effect way beyond your consciousness - you get what you expect.

If your "story" is one where you seem not to be able to find out what your path is, or you don't know what you should be doing, there is a process that a colleague and I devised that may be helpful to you. "Sacred World Matrix" is a spiritual process that involves a meditation journey to sacred sites that have meaning for you, allowing you to access guidance and stories that enable you to make new decisions about your situation. You receive a written story of the journey, without interpretation (it is your story, and only you can give it meaning and understand the pointers it offers). Often the stories are "in your face", as it is important for you to know the choices you face. This website is devoted to that process [www.swm.com.au](http://www.swm.com.au)

## CHAPTER TWELVE

Because healing intentions are a process of consciousness technology incorporating quantum physics, it is possible for anyone who has the interest and motivation to learn and use them. I am here to demonstrate that you do not have to be a special person to help others in interesting and successful ways.

Healing intentions is not only about altering the effects of illness. I have helped clients achieve better results in university exams, create job opportunities, improve family relationships, build confidence for public speaking, and make appropriate career choices. The common denominator was that each client wanted to make a change in their circumstances and was prepared to notice what changed rather than look for what did not change.

I have simple guidelines that enable me to attract the ideal clients. No doubt every service business develops an image of its preferred clients. For example, Rick Warren's huge Saddleback Church in California is described in *The Purpose-Filled Church*, which includes a picture of "Saddleback Sam", their ideal church member. Along the same line of thought, here are characteristics of "Healing Helen", who is pictured in our intentions and invitations for new clients. The ideal client:

- Really wants to change
- Appreciates the service I offer
- Is willing to pay a modest fee
- Will help me become a better practitioner
- Will accept the best possible outcome
- Will refer other people who meet these guidelines

This is not a process where you do nothing but good results occur anyway, like "Tinkerbell" sprinkling you with fairy dust! You must be ready to make some change. In its simplest form, we are saying if the way you live makes you sick, you need to change the way you live. The primary change we look for is in your attitude toward your situation and your non-attachment to a specific outcome. Once that changes, you unleash the possibilities of healing. I have had a number of clients who, after the event, can acknowledge that an illness taught them some important lessons and they now face life with renewed enthusiasm and vigour – or they place extra value on their relationships.

The Keepers of Wisdom in Hawaii sum it up well when they say, “Everything works out perfectly”.

## CHAPTER THIRTEEN

Following are some essential principles of the practice of healing.

1. Everything is alive. Everything has spirit and awareness.
2. Energy and matter are the same. Everything is vibration. Everything that exists is an energy system within a greater energy system.
3. Everything that exists is connected to everything else in a web of energy or life.
4. Unseen/inner/spiritual reality affects all visible reality.

Working with these principles, a healer strives to bring about balance and harmony of spirit. This is a physical, mental, emotional, and spiritual balance that may be focused on the individual, a community, or anything that exists. A wide spectrum of healing is possible involving body, mind, and spirit.

Because a healer is seeking to bring about the circumstances of balance and harmony where healing may happen, the face-to-face or dedicated time for a remote healing is only a small part of the work that is done. There is a great deal of preparation for each healing adventure – and each appointment is an adventure where new situations will be explored – so that the best possible outcome can be achieved. In this practice, I approach every client interaction with the attitude, “It is done”, because the foundational process to create harmony and balance has been done in advance. Each client comes into a “sacred space” that has been created for them, wherever they are when the healing takes place.

The questions for the client are, “Will you make a change in your situation?” and “If this changes, how will it feel?” It is one of the classic definitions of insanity to believe that you can keep doing the same thing but expect a different result.

We conduct healing sessions at times that suit the client. For international clients, we set the time in their time zone. For local clients, whether they visit me in Mandurah or I call on them at home, in a hospital, or in some other venue, our intention is to make it a comfortable and rewarding experience.

A lady in the United States who runs a group for special children that may have autism or a range of diagnoses, contacted me. We agreed to use our long-distance healing process to see if we could improve the situation both for the children and the parents. Our first client was a ten-year-old boy. I put a lot of preparation into this healing

event, as I believe that these children have a special purpose. We formed an intention to bring about the best possible outcome that does not impact on any special purpose the child has. On the night of the healing session, the boy wanted to go to bed uncharacteristically early. The next day, for the first time in his life, he initiated giving his mother a long, loving hug. Can you imagine the impact on that family?

## CHAPTER FOURTEEN

A lady who is an artist and dress designer on the east coast of Australia went through a difficult time. Her marriage broke up and she lost the home that she had loved, so she moved back to her parents' home to rebuild her confidence and resources. It was when she was at this low ebb that her eyesight began to deteriorate, which is shattering for a visual artist. She joined a Facebook group that I am a member of and was talking about her need for laser eye surgery. I proposed a remote healing session that she accepted and decided to experience while sitting on the rocks overlooking the Pacific Ocean. During the session, she saw sparkling silver lights, and tears kept pouring down her face. She had to go back to her parents' home and lie down. After sleeping for four hours, she awoke to find that her eyesight was much better and her peripheral vision seemed much wider.

I do have to acknowledge that I receive a lot of assistance in my healing work. The Creator of All, is the source of all the love, which we experience as healing. I have teachers and guides who make themselves available whenever they are needed and a special acknowledgement of Bagwan Nityananda who has chosen to be my teacher.

The stories and explanations I have shared about the processes are, I hope, interesting, but they do not change your situation. Only you can initiate the next step, which is to contact me and arrange a time and place to experience the amazing healing processes that are available to you. As I have explained in this booklet, you must be ready to make a change and participate in the healing process.

Change is the only constant. As I write this booklet I am being advised of a new [or rediscovered] healing modality that had origins in Lemuria and promises amazing possibilities for change and healing. Another step into a bright and shining future.

My contact information is on the next page. I look forward to hearing from you!

## BIBLIOGRAPHY

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