

## CHAPTER 17.

### INSIGHTS INTO HEALING

*We all have the Healer within and healing is always a choice available to us*

The material that I share in this last section of the book was originally intended as an individual CD. It might, in future, still be adjusted to a CD format for those who are either too weak and cannot read or for those who need to listen to this information more than once, in order to better absorb and integrate its implications, benefits and importance.

Where this book started out as being dedicated to my fellow healers of the Earth, this chapter is dedicated to those who suffer from dis-ease, be it in body, mind or spirit, for they house each other and are therefore inseparable.

I must stress, once again, that I have not been trained medically in any way or form, despite my friendship and loving working relationship with many doctors and specialists in the various medical fields. This information pertains to the domain of spiritual healing, which is the basis of my experience and of all the insights I share here.

This is not to say that I do not read medical or scientific information – I read continually in order to evolve, improve and deepen my spiritual knowledge. The following information is of a spiritual nature, yet, more often than not, it can be applied, in a real physical manner and will fit in with any medical treatment that patients may be undergoing, at any given time.

Let it also be known and fully understood that I truly believe that doctors and researchers and the medical system is filled with people of extraordinary skill and goodwill and that their work and achievements should never be downplayed or discarded, just as I would hope they will also not discard my work and experience.

We have after all, a very important soul quality in common, namely the deep desire to alleviate pain and suffering, as well as the desire to assist and restore health to all of those who come our way.

Medicine and the ever-sophisticated pharmaceuticals have made such a difference between life and death in the last few hundred years, that their value cannot even be questioned. So I bless antibiotics, pain killers, morphine, anti-retrovirals and all the medical gifts that keep us going through some of our roughest patches here on earth.

Increasingly so, medicine and technology are taking into account the emotional and mind states of the patient. All I do here is to add the spiritual dimension, which is also now considered more widely than before, even though it is called by fancy names such as vibrational medicine, energetic medicine, holistic medicine, and so on.

Having said the above, truly great medical researchers, doctors and surgeons have long understood that in the end they – just like us, spiritual healers - are little more than instruments of processes which – never mind how they may be described technically - fall outside the parameters of their scientific approaches.

Miracles and sacred moments happen – to absolutely all doctors – sadly only the most humble and spiritually connected will recognise that they did not do any of “it” on their own. Otherwise it would all be too easy and predictable: everyone would follow the same protocol; apply the same doses and voila! – cure guaranteed! But we all know, and doctors perhaps even better than anyone else that this is not – ever – how it works.

In healing there are no simple black and white X-rays - or blue or red magnetic resonance imagery – there are all the colours of the rainbow and each one of them in an infinity of hues far too great to even contemplate. Our machines are still capable only of showing us the primary colours, but as our understanding grows and expands, so our machines too will reflect our understanding and expansion in consciousness.

Healing is about levels of consciousness and not as, some would have us believe, about levels of scientific development only, as it is translated into more effective pills or ever more sophisticated mechanistic equipment.

But again I say, all the progress in medicine was brought about by souls just as inspired and guided as any healer and they must be acknowledged as such with appreciation and gratitude.

Now, let us then look at the information and insights I have gathered over the years when dealing with so-called terminal patients, mostly those suffering from cancer and Aids.

What follows here is what I can offer and share from my experiences and sacred moments, far too many to account for in a book of this nature, but certainly the most important.

Enjoy and share with those whom you think may benefit from these insights.

## **INSIGHT 1.**

### **WE ALL HAVE THE HEALER WITHIN**

Yes, we all have the Healer within and its divine mission is to work and to protect life and to forever regenerate our bodies at all levels.

We all have a brand new body every one to two years. Our growth and regeneration rates may vary, but in general, our eye tissue is brand new every 24 hours, which explains why we can see so soon after an eye operation. Our gut tissue is renewed every four or five days, which explains why digestion soon becomes normal again even after eating poisoned food, and our blood is permanently renewing itself allowing us to donate a good half a litre every few months. Well, you get the idea.

It is the Healer within that comes to the rescue when we cut ourselves and stops us from bleeding to death, and it is the Healer within that takes us into a coma state when we need to disconnect the mental body from interfering with survival, be it due to excessive fear, which is lethal in its own right, or to unbearable pain which would be too destructive to bear and may simply delay the work of the Healer within. This is best seen at work after serious trauma to multiple body parts at once, like accidents or beatings.

The Healer within is always at work – its task is divinely encoded in each living aspect of creation: be it human, animal or plant. Better still– the Healer within is encoded in every single cell of every life form. Divine Intelligence is part and parcel of the Healer within, which in itself explains why the different elements of our bodies know exactly what to do, when and how to do it and why. If only our human minds were this intelligent.

I like to make this statement first so that you have matter for reflection: why has your body forgotten all this? What has happened? How did you get to become a sick person?

Has your body forgotten how smart it really is or has your mind persuaded it that it has no value and it may just as well stop working all together? Which have you been indulging in as a favourite thought?

What has your mind been telling your body on a daily basis for the past six to nine months? Have you perhaps unconsciously been telling it not to bother, that you are not happy on this planet, life, body, relationship, etc. or was it the outright “Please beam me up, Scotty” type of thought?

It is now very well known in Psychoneuroimmunology (PNI) the relatively recent science which studies the relationship of mind states to general health and well-being; that before the onset of cancer or of a so-called terminal state of disease, that pervasive states of hopeless and helpless despair, are often identified.

If you are reading these words and you are not experiencing hope and joy in your life, remember right here and now, that you are giving your body and the Healer within some dangerous messages.

Doctor Deepak Chopra, the American endocrinologist and bestselling author on wellness and spiritual themes has often said that cancer is a loss of memory. He is talking about the cell memory – when the cell somehow “forgets” what is supposed to do. It replicates as fast as it can and soon starts to gather in masses and tumours; what is currently known as tumours and metastases.

So – remember that the Healer within – that divine intelligence that permeates your body - from the biggest muscle – the heart – to the smallest of cells – functions better when you can communicate with it, via loving thoughts of gratitude and love, whether they take the form of thoughts, feelings, emotions, words or actions.

Doctor Ian Weinberg, a practicing neuro-surgeon and friend, here in Johannesburg, teaches in his internationally renowned workshops on PNI that our intention and attention trigger the brain hormones and molecules of either health or disease. He should know – his life is dedicated to this kind of research.

In other words, our thoughts, feelings and emotions, make biology. Or if you prefer, molecules and hormones are our building block material for either health or disease.

To simplify: a good rage will give you plenty of toxic adrenalin and a good meditation, plenty of healthy serotonin.

This is exactly what the mystics have been telling us for more than ten thousand years – *we are the creators of our reality*, be it physical, emotional or spiritual. Science is definitely catching up quickly – and proving this point, which the mystics sadly, could not do during all this time.

So - now you know that- through ignorance or a pattern of negative, or sad - or helpless-hopeless behaviour, you can create a disease ridden reality within your body. Or, it could be that you experienced an event that was devastating mentally and spiritually, and it is now claiming your body or at least a part of it. Now you need to connect the dots so that you understand.

It is a truism in healing that, what we do not know, we do not understand and that what we do not understand, we cannot heal.

But now that you know and that your memory has been re-established – it is time to take action – time to heal.

You have the Healer within after all.

As you tackle your state of health from all angles, you will find that becoming an active participant in your personal healing, enables you to *consciously* reverse and heal your disease just as easily and just as *unconsciously* you had been a participant in its creation.

All you need now is to start seeing yourself as a creator. And, as you shift to this empowering point of self perception, you regain your healing power by empowering the Healer within.

As such, your disease can now be compared to the proverbial lopsided sand castle – let the tide of a new belief system come in, wash it away... and allow you to create again.

Only this time, you will choose to create beauty and perfection and health all over again.

Because that is how powerful you are – indeed!

Especially when you keep reminding yourself that you already have the Healer within.

## INSIGHT 2.

### NOBODY HAS TO DIE OF EITHER DIAGNOSIS OR PROGNOSIS

Now here is a healing insight that is not entirely new.

Nowhere is it written or carved in stone or any other earthly medium, for that matter, that should one be diagnosed with say, like in the case of Noël, fourth stage (read: terminal) blood cancer (multiple myeloma), that your life is up within three to six months or whatever the prognosis was.

Both diagnosis, and prognosis, are and shall remain, a doctor's opinion, based on belief systems perpetuated by his training and the experience of his trainer.

Doctors, like the rest of us are a product of their belief systems, even though they may often consider them to be purely scientific. It was, after all a purely scientific belief not that long ago, that there was no cure for cancer and today the very same scientific community treats cancer ever more successfully.

In the early eighties, the same was said for Aids – it attacks the immune system itself and there is no hope of cure. Millions of people died of such a belief and now more and more survive and live comfortably and peacefully with the virus.

*Let it be done onto you as per your belief*, taught the great master long ago, could we finally be learning what he meant?

This is where we need to question everything in this manner:

Does the doctor “know” or does he “believe” it to be so?

There is a huge difference between these two verbs and what they stand for.

As Doctor Deepak Chopra states:

“Beliefs are just ideas that we hold to be true.

They have an inherent organizing power, of which the placebo effect is such an example.”

This difference is what explains why some people survive and some do not. Their beliefs are simply different, or some, *actually know* otherwise.

When a doctor tells you that you have six months to live, you are faced with two main choices:

One - you believe him and die on schedule, both of the diagnosis and the prognosis.

Two - you tell yourself he is not God and could be mistaken and that it is just his own experience-based belief so you choose to fight on as there is far too much you need to accomplish here before you go.

The ones amongst us who usually take things at face value without much questioning, are less likely to make it in times of trial and tribulation. On the other hand, those who open their minds and their hearts as fully as Noël, are often able to make a great distinction between what they see as someone's belief and their own inner knowing that they can "make it" and overcome their disease.

Making "it" is of course here about choosing life, about choices yet again; about reconnecting to the Healer within and understanding what created the disease in the first place.

It is not within the scope of this book to tell you what it means to have cancer in the left breast or in the right shoulder, or in the bone or in the blood, that is for you to find out on your journey along the healing path.

There are many books which will give you a very good idea of what the various parts of the anatomy say about the language of spirit. These books give insights about the deeper messages your soul has been trying to tell you about your self, your thoughts, and in general, about your patterns of feeling and emotion.

Personally, I recommend you read as many authors on the subject as possible till you clarify your own understanding. Any good healer will also be able to give you the necessary guidance in this respect and facilitate your connection to spirit.

And this is where we go next.

### INSIGHT 3.

#### CONNECTING TO SPIRIT

Healing is a spiritual experience first and foremost. Therefore, you need to start your healing journey, by understanding that disease is a form of disconnection from spirit in its wider and greater sense.

So, perhaps you need to review your life in the past few months or even years and see where the distance between you and your soul grew as big as the Grand Canyon, or where you may have forgotten that you are spirit – a soul on a temporary voyage, holding an expiry date visa, in this dimension.

Did you perhaps get embroiled in the material density and all the worries it brings, did you end up living life to compete with others for your own survival? Did you allow yourself to become so enmeshed in the many strands of distraction that you never made time for spirit or to connect with the very sacredness of your life and of all of Creation?

Or, perhaps your emotions simply got carried away and you became their slave, entrapped by the most destructive ones such as resentment, hatred, anger, sexual and other addictions, guilt and the like, until you find yourself in a space where your world seems to be crumbling in front of your eyes?

Whatever – however – take a deep breath and know: this crumbling is going to be good for you; you are like the “prodigal son” now – and it is better late than never. You can, at all times, connect to spirit; reconnect to your own soul’s wisdom and refresh your memory about who you really are: pure spirit. The good news once you reconnect is:

*Who you really are, can change and create and heal anything at all.  
You are not your body.  
Neither are you your possessions, titles, or material reality.  
Better still – you are not your mind.  
And best of all – you are not your disease.*

As for the diagnosis or the prognosis – well – we have already agreed that they are just your doctor’s beliefs. They are not engraved in stone or steel or any such material and even if they were, that would still be just an engraving anyway. You do not have to buy it, own it, hang it on your mind’s wall or even borrow it.

You are above and beyond all that – you are Spirit, Pure energy, Divine Intelligence, Cosmic Creative Consciousness – *that is who you are*. And sadly, this is what you and we all, so often, forget.

It is the part of you that is Spirit-Pure Energy- Divine Intelligence and Cosmic Creative Consciousness that now needs to take over your life. Connecting to spirit means surrendering to the part of you, which I like to call by the simple sweet name, The Divine Presence.

Call on your Divine Presence everyday to assist you in reconnecting to the memory of who you really are.

Call on Divine Love and Healing to flow and purify your body and mind, your feelings and emotions.

Call on your Guardian Angel/Archangel/Protector/Ancessor/ Prophet whatever you prefer to call *it* – to walk with and dwell within you, every instant of the day.

Join a meditation group.

Or simply start meditating on your own. No excuses like “I don’t know how” – trust me – nobody does. Meditation is a space of silence we all find in different ways.

Listen to inspirational, healing music and words.

Read healing material. Join a support group.

See a healing therapist, get a massage, do some reflexology.

Get connected whichever way you can – the sooner, the better.

## **INSIGHT 4.**

### **THE POWER OF AFFIRMATIONS, MANTRAS, PRAYERS, VISUALISATIONS AND MEDITATIONS**

Again, it is not within the scope of this book, to give you techniques, nor the whole range of the above. For that, many an inspired author has already done most of the work and I would not have anything new to share here.

But I do have my own affirmations, prayers, mantras and visualisations that I share with most of my patients.

Some are already in my previous books but I will repeat again the most important.

#### **AFFIRMATIONS/MANTRAS:**

*I am divinely loved*

*I am divinely protected*

*I am divinely guided*

*I am divinely inspired*

*I am divinely healed*

*I am divinely provided for*

*I am divinely encoded to heal*

*I am an extension of love and love heals everything*

*I am divine perfection at work*

*I am Love and Love Heals Everything*

*I choose to heal by loving myself more*

*I choose Life by loving myself completely*

*I have the Healer within*

*I am Love, I am Love, I am Love.*

Use your own words as much as possible otherwise you will not be able *to feel* their truth in the same manner as they need to become a reflection of your own inner resonance.

Know this though: affirmations and mantras have a power of their own and they truly become beneficial after *much dedicated repetition*.

I have learnt from greater and higher than human intelligence, that by the mere repetition of an affirmation or a mantra; we empower the words themselves to become our reality. So – even if at first, you start without much conviction, you will find that conviction is like strength – it grows by practice.

For, practice and dedication create a synergy of their own.

The day will dawn when after dedicated practice you will find a perfect resonance between the words and the feelings they create in your new reality.

Repeat, repeat, repeat.

Make time for spirit.

And repeat some more.

The same applies to visualisation; and again I repeat what I taught Noël; focus on a final picture – a single frame of your life – a Kodak moment - as Oprah calls it.

Now put all your energy into that picture: feel, see, sense, smell, and make it as real as possible using all your senses. Do not discuss your picture with others whose energy may be reverted to you as if you were delirious or already at the hallucinatory stage of your illness. Keep it inside your head as a well-guarded treasure – only you know what you dream. Other people may not understand and may thus undo, all your good work, contaminating your energy with their doubt and judgement.

Keep silent.

Silence is indeed golden when you are visualizing. Close your eyes and your ears and go inside your heart.

Do not allow any distraction to interfere.

As soon as doubt or fear or even disbelief come creeping in, ask your Divine Presence to dissolve into nothingness any such doubt or fear or disbelief and say:

*Divine Presence, take over here and cancel this*

(Fear/ doubt/ emotion/belief/thought).

*Divine Presence hold me firm in my new creation*

(Health, love, happiness or whatever you want to call it).

And again – repeat. Until it is integrated as a new truth into your mind and until it has filtered to all levels of your being.

When visualizing or - imagining – keep this in mind and make it a mantra if you like: when you imagine it is God that is imagining through you.

Learn to pray by using powerful affirmations and instead of saying:  
“Dear God please heal my body” learn to say instead:

*I am an expression of God's love and as such I create with love the health I need in my body.*

The difference is that in the old way you leave the work to God, and in the new way you know that God and You are one and therefore you do the work together. You do not escape your responsibility, nor do you see your illness as punishment or as God's doing. You created it yourself and you have the creative power to undo it as well – it is that simple.

Now that you have taken the steps to reconnect and heal and feed yourself spiritually, you also need to take care of the more physical aspects such as nutrition.

## INSIGHT 5.

### NUTRITIONAL GUIDANCE

I will always remember the nutritional guidance we received in one of my meditation groups in the south of France as shared with you in the chapter dedicated to Mrs. Hinfray's books.

We were all together when September 11 had just happened and we were questioning the significance of such an event for us as spiritual workers and for humanity as a whole.

But it was neither about September 11, nor the Twin Towers, that we got much feedback on. It was on how to nourish ourselves in order to see with greater clarity beyond the events. To be more capable of feeling and perceiving spiritual guidance in our lives, in order to cope better with the unavoidable transformation we would from that point be faced with, at an increasingly accelerated rate.

And so it was that the lady who was transmitting the messages said something I have never been able to forget in terms of healing nutrition for body, mind and spirit. This is what I remember, almost word for word:

*"Look at your plates and at what you are about to ingest, and ask yourselves this question:*

*Is - what I am about to eat- dead or alive?*

*We promise that each and every one of you will know the answer, and what to put on your plate next time. It is that simple, dear friends. Also have no fear over the current events. They are an open window to better days ahead. Drink lots of fresh pure water and life-filled food and your understanding will become clearer too."*

Indeed, it does not get any simpler than that. I recall that we suddenly ate a whole lot less of the delicious cakes and patisseries on display that day and we all laughed, asking:

*"What I am about to eat is it dead or alive"?*

And we all agreed that as beautiful as they are, and as delicious as they may taste, patisseries are anything but live food.

Generally speaking, dead means anything that had to be killed, processed, transformed, canned, or otherwise just overcooked in any way, beautiful French patisseries included!

Alive means all of nature's gifts such as fresh fruits vegetables, salads and nuts, fresh natural organic milk (only taken in exceptional circumstances and in very small amounts), fresh organic honey and all things we can get without too much being taken from, or added to them or cooked into oblivion.

If you are one of the growing number of people on earth fighting cancer or Aids, here is a very powerful insight I have gained into healing:

There is a major battle – for some it is more like a war - going on within your body. On the one hand the Healer within is fighting for your life.

On the other the cancer or the virus is fighting for your death.

Anybody who wants to heal needs to make a very important decision:

Which one are you going to feed? Are you going to feed the Healer within with life giving elements and nutrients, or the cancer and the virus that love dead food, and so ensure that death wins in the end?

The choice is always ours. We always have the divine gift of free will available to us. Even our choices for death are honoured too. We alone must decide though, nobody can decide for us.

And if you still think this is all speculation on my part, read on below what the more recent cancer update says from John Hopkins, the world famous research institution, about what I have just said:

I have only transcribed the most relevant parts of the update. For the complete text visit: Biophile Magazine issue Number 21 April/May 2008 pages 42-43.

*11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.*

*a. Sugar is a cancer feeder. By cutting out sugar, one cuts off one important food supply to the cancer cells.*

*Sugar substitutes like NutraSweet, Equal, Spoonful, etc, are made with Aspartame, which is harmful.*

*b. Milk causes the body to produce mucus, especially in the gastrointestinal tract. Cancer feeds on mucus. By cutting out milk and substituting with unsweetened soya milk, cancer cells are being starved.*

*c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and chicken, beef and pork also contain livestock antibiotics, growth hormones and parasites which are all harmful, especially to people with cancer.*

*d. A diet made of 80% fresh vegetables and juice, grains, seeds, nuts and a little fruit help turn the body into an alkaline environment. About 20% come from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance the growth of healthy cells. To obtain live enzymes for building healthy cells, try and drink fresh vegetable juice (most vegetables, including bean sprouts) and eat some raw vegetables two or three times a day.*

*Enzymes are destroyed at temperatures of 40 degrees Celsius.*

*e. Avoid coffee, tea and chocolate, which have high caffeine. Green tea is a better alternative and has cancer fighting properties. It is best to drink purified or filtered water in order to avoid toxins and heavy metals in tap water. Distilled water is acidic – avoid it.*

*12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines becomes putrid and leads to more toxic build up.*

*13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat, it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.*

*15. Cancer is a disease of the mind, body and spirit. A proactive and positive spirit will help the cancer warrior to be a survivor. Anger, unforgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.*

We can all see from the above that science and spirit really are coming together in a deeper understanding of healing and what is at stake during the healing process.

From my perspective as a healer it is fairly simple: our thoughts, words and actions (including the act of eating) must all focus on Life. This is how we can empower the Healer within and bring the memory of protection of life to each one of our cells. This is how we win battles and wars for Life. This is how we can heal from anything, at any stage.

And synchronicity being my best hidden friend, as I was about to close this insight, someone sent me this text circulating on the Internet, and which gives us further food for thought. It is called God's Pharmacy (visit: <http://godspharmacy.com/>)

*God left us great clues as to what foods help which part of our body!*

*A sliced carrot looks like the human eye. The pupil's iris and radiating lines look just like the human eye... And yes, science now shows carrots greatly enhance blood flow to and the function of the eyes.*

*A tomato has four chambers and is red. The heart has four chambers and is red. Research shows tomatoes are loaded with lycopene and are indeed pure heart and blood food.*

*Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profoundly vitalizing food for both the blood and the heart.*

*A walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three dozen neurotransmitters for brain functioning.*

*Kidney beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys!*

*Celery, bok choy, rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.*

*Avocadoes, eggplant and pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine months to grow an avocado from blossom to ripened fruit.*

*There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).*

*Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the number of sperm as well to overcome male sterility.*

*Sweet potatoes look like the pancreas and actually balance the glycemic index of diabetics.*

*Olives assist the health and function of the ovaries.*

*Oranges, grapefruits, and other citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of the lymph in and out of the breasts.*

*Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes.*

*A working companion, garlic, also helps eliminate waste materials and dangerous free radicals from the body.*

*(Visit <http://godspharmacy.com> for a full text with amazing pictures)*

Before closing this section let me say a few words about the importance of two main Life-giving elements of creation:

## ***Water and Sunlight***

I cannot stress the importance of these two elements enough in the re-creation of health in a sick body and mind (all sufferers from depression benefit from increased water intake and sunlight exposure).

All life on planet Earth is possible because of these two very sacred elements. It does not matter how far we look, no life is possible without them – it is that simple.

Some forms of life live in depths we may consider to be unreachable by light but surely light travels there too, albeit in ways we are not yet able to measure nor understand. Our scientific community after all this time, still has not fully agreed on a full, all encompassing, definition of what Light really is. Many things about its nature and speed still elude them.

In fact Light is often equated with Life (and information) at all levels, from a material to a more spiritual level, and we are just only now starting to understand this truth in some ways.

It goes without saying that no physical or mental healing is possible without the very real presence of these two sacred Life elements in abundance.

My advice then: drink plenty of fresh water, “live” water from a good source preferably, *not* tap water that has been bottled. Learn to read the labels; learn to be discerning of whatever goes into your body. There is a real difference between ordinary tap water that has been treated, gone through the processes of chlorination, flocculation and filtration and a natural source water that carries life and a greater degree of conductivity.

Again my advice here is: get informed, read the labels and learn what to aim for. There is an infinite amount of information available on the subject and if you research it on the Internet it will cost you very little.

As for Sunlight – here is my advice – which I myself received from the spirit realms: every single cell in our bodies has a light quotient of its own. All the information pertaining to the work of that cell is encoded in that “light”– and this applies to the trillions of cells in our body, each one of them without exception. Sunlight triggers the encodings and allows for the codes to keep alive – *alight* – would be the right word here.

Cancer cells are by definition dark, dim, death cells that have also forgotten their function, so they just reproduce blindly and proliferate to a degree where they invade and attack all other cells like scavengers.

So – keep your cells alight with their codes working perfectly by taking in direct sunlight every single day of your life, preferably the early morning rays. Not only will it help with the creation of vitamin D and the absorption of all other vitamins, but it will slowly re-enforce your immune system to fight back

and help you win the little battles or the greater war that is being waged right there inside your body.

And finally I always like to recommend the blessing and preparation of food with love and gratitude, on a daily basis. I believe that nothing – from water and food, to drugs, chemo, all the way to radiation machines - should come into contact with our bodies before being blessed and purified with intentions of Light, Love and Healing.

A simple way is to place our attention or when possible, also our cupped hands above them, be it a glass of water or a bag of chemo and bless it and purify it beforehand, so as to give our bodies and each one of its trillions of cells the time to prepare and welcome it into our bodies. This is particularly powerful for chemotherapy as in my experience it seems to significantly reduce the more unpleasant side-effects.

A few seconds with focused, loving intention – that is all it takes.

Our power of intention is such that we profoundly influence through attention and awareness, the way we are affected. Quantum Physics calls this the “observer effect” – where the observer affects the object of observation simply by the attention and/or the intention to observe it.

In the end it is all simply called *choices* – where we choose to put our focus.

And that is the insight I share with you next.

## INSIGHT 6.

### HEALING AS A CHOICE

It occurred to me during many of my healing sessions with so-called terminal patients that some who made it had consciously chosen to make it and those who did not, had also equally chosen not to make it, albeit, perhaps not as consciously.

Noël is a case in point as I shared with you all the facets of his healing – he followed all the rules, both medical and spiritual to the letter. Most people, unfortunately, do not have the same discipline or the same will to make each and every single one of their choices for life consciously.

This has been the single most powerful healing insight I have been given by the spirit world.

So many people on earth still sadly live trapped in the loveless belief system that God has punished them and therefore their disease is a sort of payment on their bad investments in life and so on and so forth.

Now of course, if your God is one of wrath, punishment and vengeance – you have indeed no choice in the matter – your God will give you a very hard time indeed and your chances of ever healing are very remote.

God is Love – pure and simple. God gave you free will – all you need to do is to use it wisely and choose accordingly. Stop blaming God, or anybody else for that matter, for your choices. If your old choices were bad – no big deal – make better choices from now on.

True healing – like any great thing we achieve in life, is a choice above all else. We can choose to live and we can choose to die. Sometimes our soul has already made the choice for us and all we need to do then is to accept that choice and surrender.

Acceptance can sometimes be our final (earthly) choice.

Often this one last choice of acceptance is the greatest healing of all.

For – in the end there is no death – only an end to each journey – an expiry date to our terrestrial visa. Yet, I have learnt from experience – both as a healer and as diplomat – that any visa can indeed be renewed – it depends how and why we ask and whom we ask, and how often.

Keep asking, prayers are always heard; even if they are not answered in the manner we expect. Ask, pray and surrender. Your *soul's choice* is always honoured.

## **INSIGHT 7.**

### **CURE OR REMISSION?**

I end my insights into healing by asking a few but extremely relevant questions:

What do you believe in: cure or remission?

Should we not fully question and analyse the deeper meaning behind these two notions: cure and remission?

When someone says "I am in remission": what does it really mean?

What are the key words that usually come to mind?

Let me offer some:

I am OK for now, it is just a matter of time, cancer is likely to come back, it will come back, always comes back, just gained some time, my days are counted, I need to check every three months, I have gained a few years, five years is the big test...etc.

Are these words, notions and concepts that give one peace of mind?

Does this notion really speak to and honour the divine greatness of the Healer within, or rather; does it not ultimately speak of the limitations of medical knowledge?

Now let us think about the word "cure" for a while.

What does it really mean and what images does it conjure up in our minds?

Again, let me offer some words:

Free, healed, end of the battle, war won, end of the story, free at last.

Could the word "remission" be a subtle form of programming in us the need for outside dependency in order to be alive? Or, is there a more sinister reason behind it all? When did we start using this kind of terminology?

When did science and medicine start focusing on the disease instead of the healing? Which one is really more profitable and for whom?

Who benefits from remission?

And who benefits from a cure?

Enough questions for now.

This journey has come to an end and I hope you will take these last words with you:

*You have the Healer within, so honour and cherish it.  
Nurture and feed it with light and love so that it can return to its divine task of creating and recreating perfection within your body, mind and soul.  
You are, I am, We are – each and all predestined for Perfection.  
Everything else is human creation.  
You can choose Life  
You can choose to heal  
You can choose to surrender.*

*Till we meet again,*

*May you be filled with infinite love and the blessings of sacred, divine healing,*

*Lou Bognon,  
Vaal River - South Africa*

## ABOUT THE AUTHOR

Lou Bognon grew up in Mozambique, where, as a child she was made aware of her gift of healing. She spent a good part of her childhood trying to help the volunteers of the local Red Cross Camp, who often had to cope with hundreds of sick rural people.

It was this upbringing, as she admits in her first book, which marked her soul forever.

At seventeen she became the Mozambican revolution's youngest teacher, and at nineteen she arrived in South Africa, where she has lived intermittently for the past thirty three years.

With her fluency in four major languages, she became a tour guide for the region of Southern Africa. Her peers elected her Chairlady of the South African Tour Guides Council before she had turned 25. During this period she was instrumental in upgrading the standard of guiding in South Africa and in bringing about the very first Tour Guides Act in Parliament.

She went on to promote South Africa and serve in the Diplomatic Corps in the South of France, where she lived for the next seven years.

Back in South Africa, she founded her own mineral water producing company and occupied a number of posts in the corporate world before finally deciding to dedicate herself to her gifts of healing and writing, which she feels are her reason for being.

She lives in Johannesburg and travels at least once a year to the South of France to give healing to her many friends and patients there.

Lou's internationally broadcast radio program, *The Inner Voice*, which she both produces and presents, in English and French is both inspirational and educational and she regards it also as an extension of her healing work. *The Inner Voice* is aimed at the greater number, especially on the African Continent. To listen, visit: [www.channelafrica.org](http://www.channelafrica.org).