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A Spiritual Journey

by Dee Mytton

I came to Indonesia years ago sick and exhausted, looking for something but not knowing quite what it was. My body was constantly aching. I had scary heart palpitations and a fuzzy mind—symptoms not easy to cure with pills or operations.

So I did the self-help rounds, thinking that, if nothing else, I would learn one thing from each session of therapy. As it turned out I learned a lot, realizing, in the process, how damaged I was and how deep was the damage.

So I did self-development courses and read every new-age book I could find. Then I went to the gym, but still there was no change in my life. The pain was still there. I tried kick-boxing, yoga, power plates, chiropractic, osteopathic and allergy removal. I had a personal life-style trainer, colonic detox cleansing, trigger-point massage, meditation, kundalini yoga and acupuncture. Phew!

After many years of persevering with these programs my back and neck pain was reduced by about 20 per cent and my life still hadn't changed as much as I wanted. Old patterns were coming back and even the improvement I had achieved had not stabilized.

I thought I had given myself my best shot and I almost gave up. Then it occurred to me that maybe the mind and emotions are trickier than I had thought. I decided that I still must have an emotional block, but what was it? Weren't the self-development courses enough?

It was at this moment of near-despair that I met a metaphysical healer and she helped me realize that we all may have had bad unhappy energy. It is not the emotions we feel that will kill us, but the ones we don't feel that will. With our well-earned higher consciousness,

we are questioning more than ever before why we were put on earth. At our present level of evolution we have many spiritual healers and sages walking among us, helping with the unseen and unfelt emotions we are yet to find.

So my new healer and I had a few sessions aimed at moving the bad energy from my body. I began to feel that all the methods I had tried were coming together to help get rid of the unwanted (sometimes unknown) baggage that I had not realized was blocking the healing.

Today, my spine is continuing to align itself and my memory and energy levels have improved. The therapist's support during the sessions had helped heal tangible and past life traumas. My healing journey, physical and metaphysical, took ten years. Its still in process but now without unbearable pain.

The cure has to come from within to make your health stable and with stable health, you have priceless wealth, so it is worth seeking out. To have a physical change, we must first change inside. Start with baby steps. Every day make someone smile, call an old friend, read self-help books, treat your body to exercise and good food, or search for the right practitioner for your fundamental health issues. The intention has to be there and you should trust in the process once you have begun. Never stop looking for a solution and never give up. Push past your boundaries. What have you got to lose? ■

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