

FROM HEALING TO BEING

**METKA LEBAR**

# **METAHEALING**

HEALING AND BEYOND

Healing is an Invitation Into Oneness. – Metka Lebar

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Warmly,  
*Metka Lebar*

## About METKA LEBAR

METKA LEBAR is a Bestselling Author, Energy Healer, Reiki Master/Teacher, Sound Healer – Member of World Sound Healers' Association (SHA), Creativity, Communication and Personal Growth Coach and Workshop Leader with more than 20 years of experience in energy and therapeutic work.

She always knew there was more than meets the eye to life and started asking questions and searching for deeper wisdom very early in life. Meditation and introspection were natural to her and deepened as the years went by. She studied music, languages and philosophy. Lured by reality beyond this reality she was studying with many deep thinkers and great teachers of our time.

With her background in music, art, philosophy, neuro-linguistic programming, communication skills as well as many healing modalities and esoteric paths she has a vast field of knowledge to draw upon, while she is all the while focusing on facilitating people to discover their own inner wisdom. Metka Lebar is a founder of Foundation for Creative Thinking and Ecology of Mind, offering classes and workshops in creativity, music, overtone singing, communication skills, reiki, sacred geometry, sound healing and meditation. She is leading Conscious Travel Groups to ancient Egyptian and Mayan Temples as well as organizing Communing with Nature Journeys.

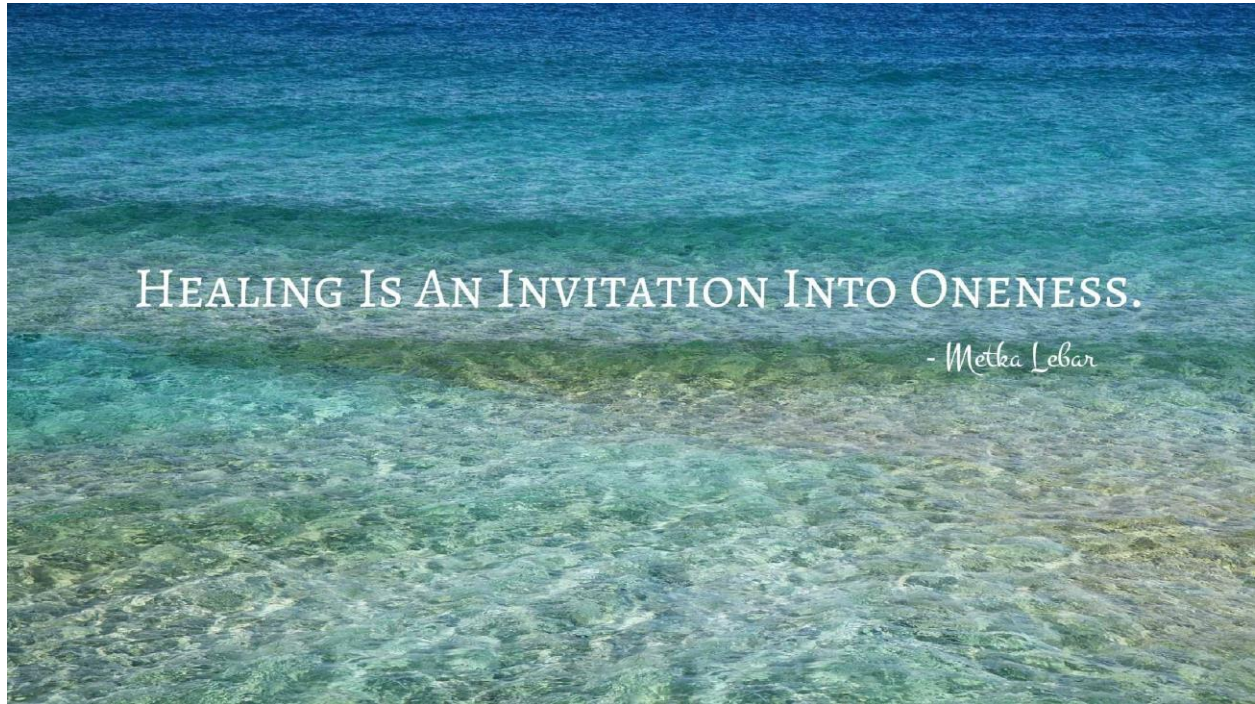
Metka Lebar is the author of Teachings of the Inner Temple, Sacred Geometry - Archetypes of Spirit, Mandala Book and Love Letters to My Self and Co-Author of bestselling books The Colors of Now, Transformations and My Creative Thoughts.

**METKA LEBAR**

# **META HEALING**

**HEALING AND BEYOND**

## HEALING IS AN INVITATION INTO ONENESS



When asking people what they wish for, many of them say: "Health, wealth, happiness, love ... well, first and foremost health. If I had health, then everything else would fall into place." Little do they know how very true this is and how interconnected their other wishes are.

Health means being whole, being all of 'you' present here and now. It is beyond just not having pain, it is about being all that you can be, accepting and loving all that you are and enjoying your abundant presence. Then pain has no place to be and the wounds naturally heal.

### WHEN THE CURE DOESN'T HEAL

There is a great difference between curing symptoms and healing. Curing symptoms doesn't bring about lasting well-being. They are the messengers of the soul and they keep returning until you receive their message. Your body

starts speaking in symptoms whenever you fail to listen to its subtler nudges and warnings.

While we can very often cure symptoms pretty easily, this is not what true healing is about. Curing symptoms may bring immediate relief of pain, but the troubles may return rather quickly and usually present themselves even more strongly as before, unless we heal the cause at the root level.

## **MAIN CAUSES OF DISEASE**

### **- Alienation from nature**

Nature is an interconnected system that self-regulates, self-regenerates and sustains itself. It is an intelligent web of life that we are part of. When we disconnect from this system, we cut off our nourishment and exempt ourselves from its natural capacity for self-organization and healing capacities. The same happens when we alienate from our own inner nature.

### **- Disconnection From The Body**

We live in a world driven by reason and productivity, that is constantly demanding our best performance. In striving to reach better and better results, we tend to forget that we are not machines. We disregard our body and its needs as well as the wealth of information it could give us. Our body is nature, walking. It is our support system, a vehicle for our soul, a focus point for our spirit. When we disregard it, we cut off our roots.

### **- Suppressed Emotions**

We have forgotten how to see emotions as valuable. We believe we would suffer less if we did not have them. However emotions are energy in motion and when we repress, suppress or don't express them we basically repress and suppress our energy flows. The role of emotions on an energetic level is to regulate our energy flow. When allowed full expression they perfectly self-

regulate. When stifled, they lock into our body, block vital energy and build emotional toxicity, that is detrimental to our physical, mental and emotional health.

#### - **Limiting Beliefs**

Frozen thoughtforms, fixed points of view and limiting beliefs block the flow of energy as well. When bundled with suppressed emotions, which they always are, they clog the energy system until they allow for just a tiny trickle of energy to come through. Little by little the vital energy dries out. Learned belief structures limit our creativity and the range of our choices in life. We may feel stifled, caught in a prison of our mind and memory, unless we are ready to creatively reframe our deep seated beliefs about the world.

#### - **Lack of Meaning**

When we have not discovered what really matters to us or don't live in alignment with our highest values, we may feel like our life has no meaning. When we lose our 'why', everything may seem futile. There is nothing to drive us or inspire us to take action. Our vital energy has no direction and is either wasted in meaningless endeavours or completely blocked. In some cases it may even turn against ourselves and bring havoc to our energy system and our body.

#### - **Disconnection From The Source**

Disconnection from spirit is the ultimate cause of illness. When we lose sight of the Source, we feel disconnected from the support of the universe, inadequate, separated and alone.

## RETURN TO OUR PRISTINE INNER NATURE



*Imagine that you could turn inside out this very moment, slip through an open door inside your heart and take a stroll through a pristine landscape of your inner nature. No one will notice you disappeared for a moment from your busy day, taking a short inner vacation to the place of your dreams. Imagine how this inner place looks like, what colors are there, what sounds do you hear? Is there a stream flowing by, is there wind rustling through the trees? How does your perfect spot in nature look like? Feel the freedom of escaping from the routine of the day, if only for a moment. Align with your innermost essence as you take a breather from your outer life. Heed to your natural rhythm, relax into the moment of total authentic presence and enjoy your own pristine nature.*

We so often forget that we are part of nature. When we say natural we almost always think of green landscapes and forests, birds flying in the sky, clear bubbling streams, plants, flowers, spring in the air. We forget that we are an intrinsic part of nature. Our body is nature, walking. It is built of conscious beings and connected with nature around us. Just like nature our body has a capacity to self regenerate and heal. All healing is natural, we have an inbuilt system of



returning to wholeness and perfect functioning everytime we temporarily fall ill. We have the capacity to reactivate and sustain our original blueprint of pristine health.

Unfortunately we don't trust our inherent healing abilities. We learned to believe that everything coming from the outside is better than what we already have and possess. We perceive ourselves as small, powerless, lacking, broken, ill and are searching for something to fix us from the outside, all the while not noticing that this internal split and consequent lack made us ill in the first place.



We are desperately trying to preserve nature around us, while at the same time we fail at preserving our own natural state of perfection. We can return to wholeness the natural way by communing with nature and its elements and beings. Through respect and appreciation for the perfection of creation and capacity of nature to regenerate and sustain itself constantly, we are acknowledging the same capacity within ourselves.



We are nature. We are not disconnected from it, we are part of the intricate, interconnected web of life that self-regulates and self-regenerates itself.

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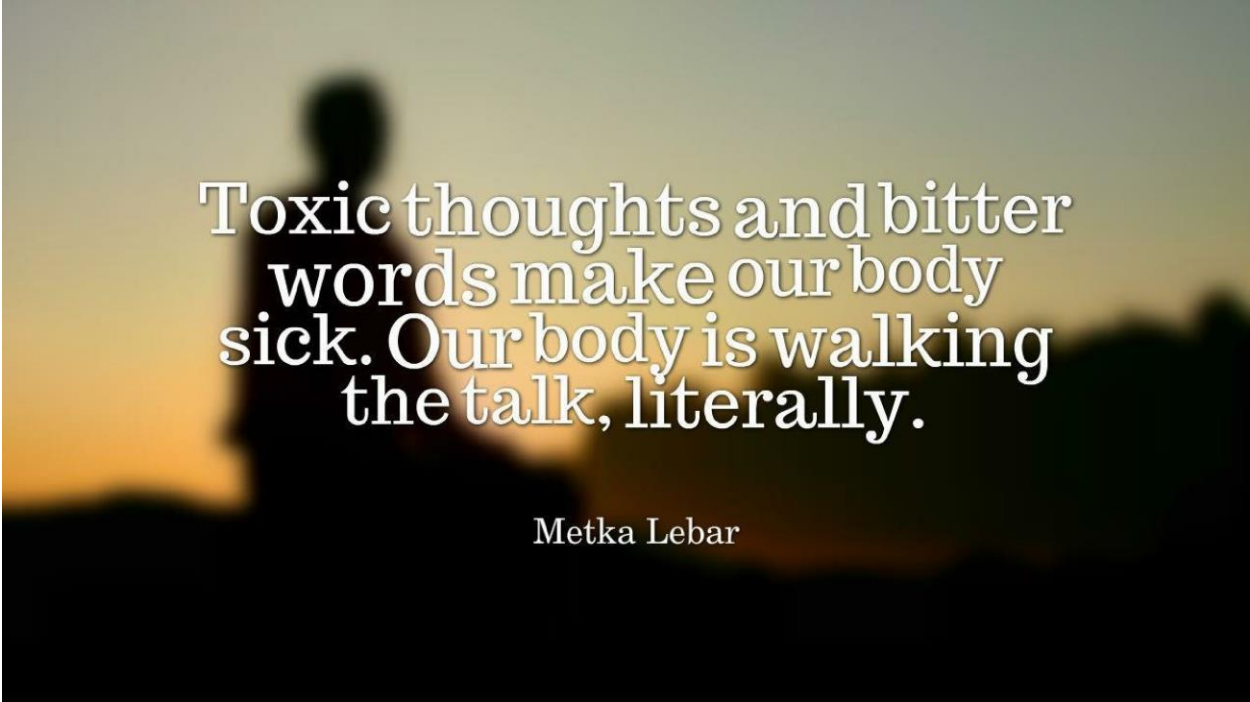
We are nature. We are not disconnected, we are part of the intricate, interconnected web of life that self-regulates and self-regenerates itself. We have this capacity if only we can remember that we are intricately woven into the very fabric of divine creation.

Our health will be sustainable when our body works according to original design, when we, as a being, live according to our essence. Sustainable, pristine health can be the result. When we return to our natural state, we are pure, authentic and organic.

## **BODY AS A STORYTELLER AND A SACRED MIRROR**

Our body is a sacred mirror reflecting higher truths. It also clearly and sincerely shows us places where we have deviated from them.

Toxic thoughts make the body sick. Body speaks to us in a language of contraction and expansion. It is walking the talk – literally.



Toxic thoughts and bitter words make our body sick. Our body is walking the talk, literally.

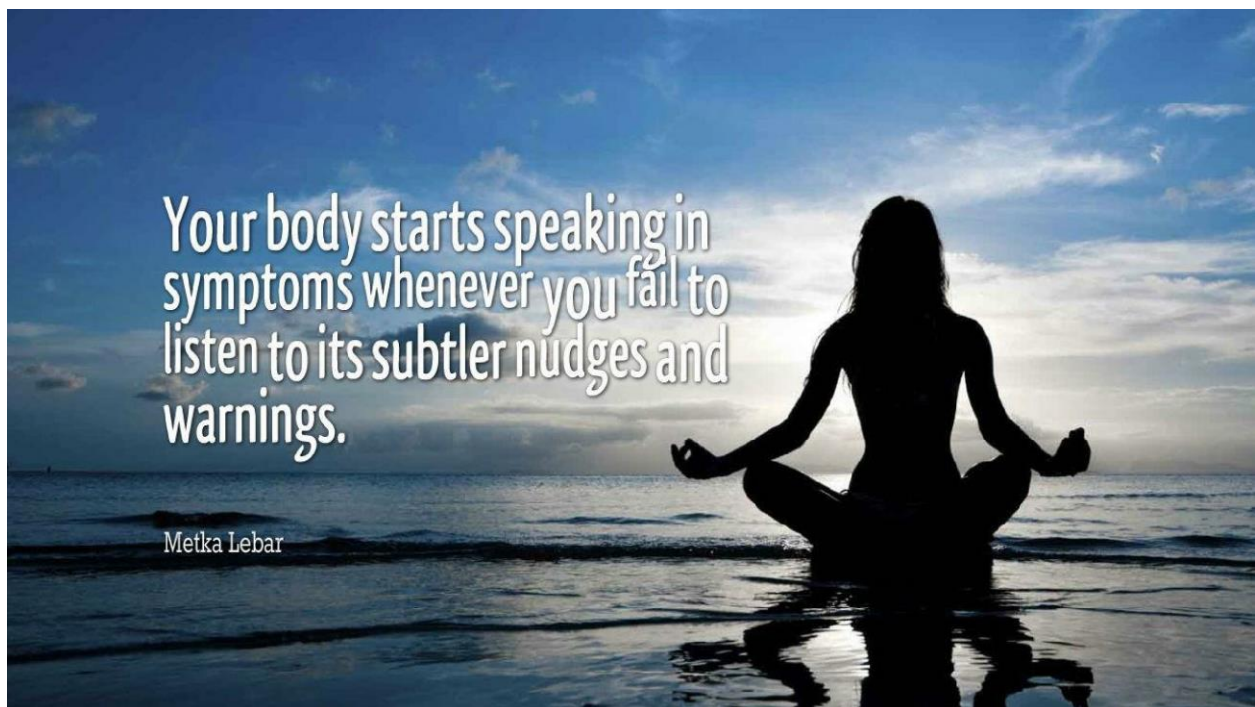
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Our bodies seem solid, but in fact they are mostly water and space that hold memories and stories about our past and of our beliefs about who we think we are. They are essentially a vast swirling field of information about everything from our personal issues to cosmic winds and universal truths. In reality there is nothing solid about our bodies. They are constantly changing, regenerating, adapting, growing, shapeshifting according to our perceptions and beliefs. They are loyal servants responding to the whims and limitations of our minds, and clear mirrors of our consciousness. Even more than that, when healthy they mirror the secrets of the universe. As above so below – the macrocosm of cosmos is reflected in the microcosm of the body. If we take a look through the microscope we are surprised to see that our atoms look very much like galaxies. Our body is a mirror of our mind. When we let go of our separated mind, it mirrors heaven.

*Take a moment to sense your body. Are you fully present in it? Let your awareness fill every molecule and every atom of it. Reach deep down into your feet and feel how they touch the ground. Relax into your body as you would in a big soft armchair. Feel the warmth of your presence here and now, home in the universe of your body. How does it feel? What do you*

*sense? Are there sensations that you previously dismissed? Describe them in your mind. Do they disappear as you do? Do they get stronger? Is there a message for you? If your body were a storyteller, what story would it tell you?*

Your body is conscious, highly conscious. Its consciousness is very pure, reflecting the highest truths. You could learn from it the secrets of the universe if you were only ready to listen to its wisdom. It speaks in sensations and movement. It never lies. It is your best friend that always has your back. Yet you neglect it. When it gets ill it starts screaming for attention with symptoms of pain and dis-ease. When it comes so far, it is never just about the body, it is always about all of you, your body, your mind, your emotions and your soul. It is about your disconnection from the spirit, straying from your path, disregarding your deepest longings and forgetting about your soul.



Symptoms are the way the body talks; they are messengers of deeper truths for they speak in a language of sensations. They are doorways, pointing the way to yourself. If you care enough to listen to their squicky sounds, they will open new

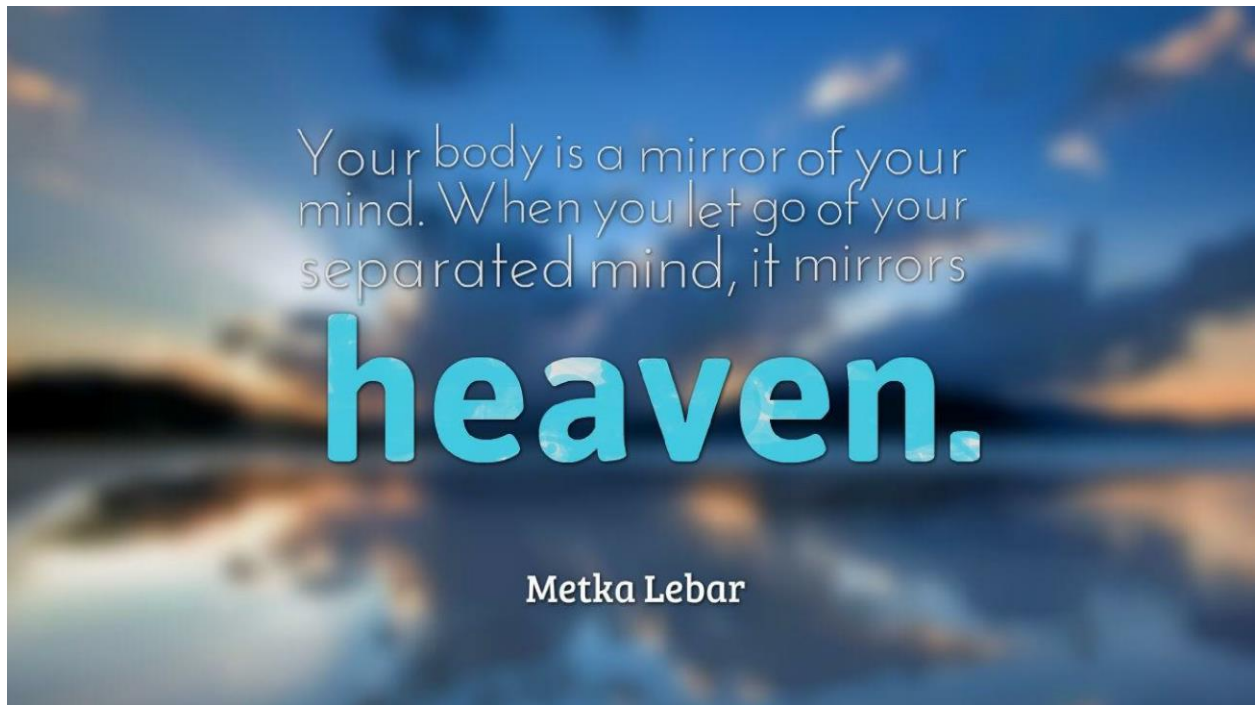


portals of insight, leading you deeper until they reveal the originating cause of your discomfort.

Learning to read our bodies can help unlock and heal deep seated individual and collective traumas. We tend to see bodies as private and illness as our own painful affair, but the truth of our bodies is much bigger. We are all interconnected, not just us, human beings, but the whole universe is an interconnected web of energies in a vast body of consciousness. As energy blockages within a body of an individual are released, the whole universe breathes up. Being and staying healthy ceases to be a private affair. Is it time that we switch our perspective from the isolation of a disconnected worldview to the holographic wholeness of a connected universe?

Our body is everything we embody, everything we actualize as life. When we embody universal energy, universal energy becomes our body.

We can make it as solid or as subtle as we wish to. We can wear it transparent or densely woven. And we can move within it simply by changing our focus.



## IN THE FLOW OF ENERGY IN MOTION

*Stretch your body and move until you find a comfortable position. Listen within, can you hear the sounds of your body? Can you feel the blood circulating through your veins? Sense the circular breathing pattern of the out-breath naturally following the in-breath and the in-breath naturally arising out of the out-breath. Feel the waves of air coming and going, the ocean of life reaching into you and withdrawing only to return again and again and again. Feel the energy flow, the golden river of light filling your body completely and gracefully washing away all the stuck places, opening the passage for the abundant inflow of blessings to be showered upon you. Flow like a river through your inner landscapes, flow like a river through life.*

Our emotions are pure energy, unless we block them. We turn this clear flowing stream of vital energy into emotions by judging it as this or that, be it sadness or joy, anger or despair, fear or something else. By avoiding the intensity of abundant energy in motion we build dams and blockages where we could ride the big wave. We get tired or depressed when we suppress anger or fear. We build adrenaline in our body and don't use it. Our energy reserve seems depleted while in truth it is stuck in overdose. If only we could let it flow.

We believe we suffer because we have emotions, while the opposite is true. If we allowed and embraced their full presence and just let them be, they would run and subside and we would be free. By not letting them be, they build up and stay and clog our system. This is what we do with the so called negative emotions.

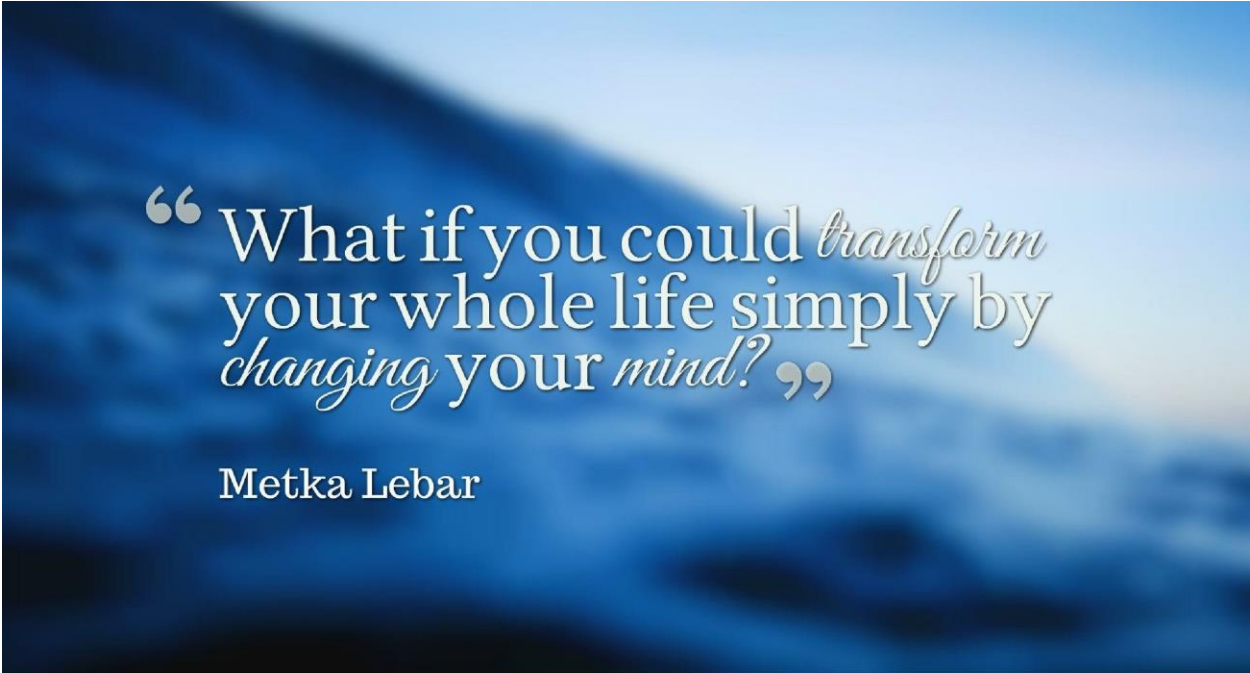
On the other hand we strive to keep the so called positive ones, like joy and being in love. We are afraid to lose these, we don't trust that they would come back if we let them go, so we hold on to them. This way they only become stale. If we had the courage to let go, they would come fresh and new to us every day.

## CLEARING THE MENTAL SKY

*Sink comfortably into your chair and relax. Take a deep breath in enjoying it fully. Now let the breath flow out completely with a sigh of relief. Here, now this is your time, the time for a little flight out of your mind.*

*Close your eyes and imagine the vast blue sky. Notice the passing clouds, changing shape. Are there shapes that you can recognize? Just notice them and let them fly by. Notice how they grow thinner and thinner until they are dissolved in the deep blueness of the sky. There are fewer and fewer of them until there are no more. Feel the peace of the vast blue sky of no thought for a while.*

Our thoughts shape our reality. We are constantly thinking about something. We get so used to our mind chatter that we don't notice it anymore and are completely unaware of how we keep recreating the same kind of situations based on memory and belief. When we are stuck in a specific worldview, this is a world we get to live in. The quality of our thoughts determines the quality of our reality. If only we could change our minds about the world, the world would follow.

A quote by Metka Lebar is centered on a background of a blue sky with soft, wispy clouds. The text is in a white, serif font with a slight shadow effect. The quote is enclosed in large, stylized quotation marks.

“What if you could *transform*  
your whole life simply by  
*changing your mind?*”

Metka Lebar

*“Our heads are round so our thoughts can change direction,”* – Francis Picabia.

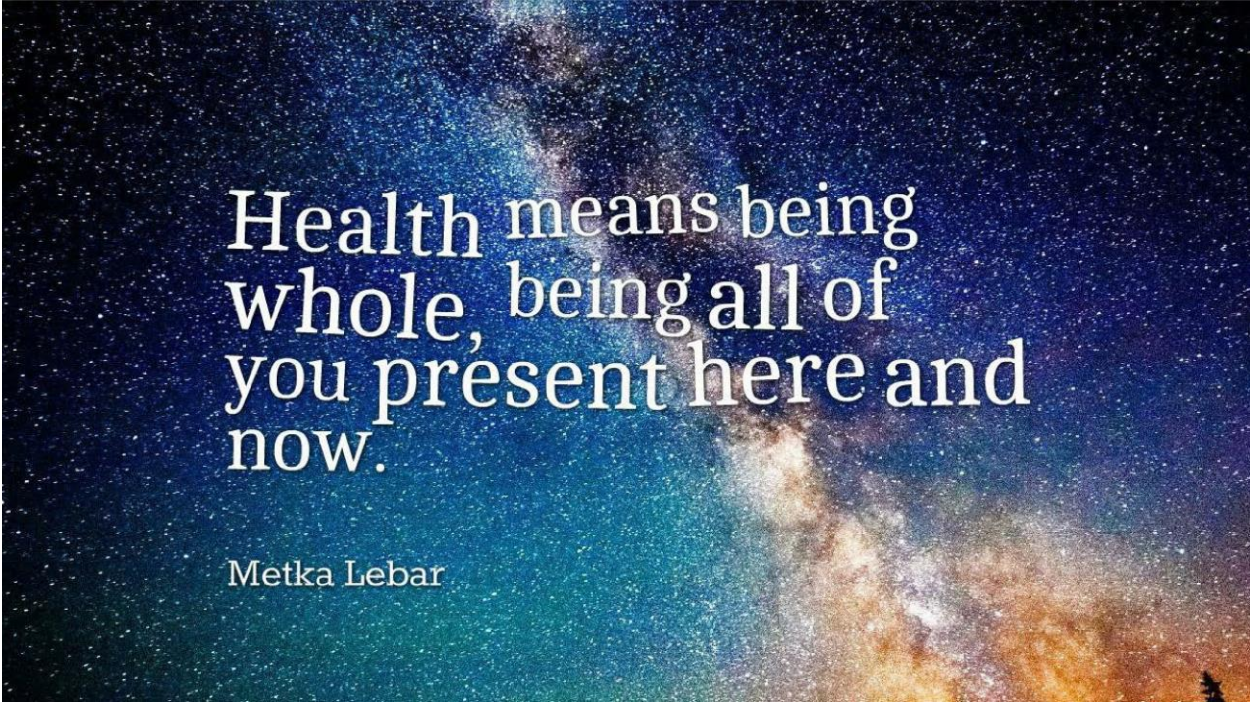
Thoughts are old by definition. They are remnants of past insights, traumas and experiences. They limit our choices by what we already know. They are for the most part automatic repetitions of a learned behavior, which comes in very handy when driving a car or playing a piano, but doesn't make living an art. Unless we become truly creative thinkers, able to think everything anew as if nobody thought about it before, as the philosopher Hannah Arendt suggested. Each of us is by our very being a possibility of something new in the world. Each of us also has the ability to transcend one's own limitations by changing 'thoughtscapes' of our mind. Freedom comes from within. So does health. Letting go of worries is the first step to health and freedom. They are useless anyway. Worries are the present moment held hostage in a futile attempt to control the future. They are doves of peace locked in the prison of our mind. It is time to let them fly free.

## **RECONNECTION TO THE SOURCE**

Once upon the time we were part of all encompassing oneness. Life was heaven and we were blissful. Then we wanted to experience more. We wanted to have our own identity and to be co-creators with God. We were not expelled from heaven. It was a choice and an agreement that we would seemingly separate to make our unique identity stronger and then return to co-create with each other and God. So we started on a journey. And we forgot. We forgot that it was a choice and that it was an agreement and that in truth we can never be separated from the Source.

It is time to remember now and to heal this illusory split. Healing is remembering oneness.





Health means being  
whole, being all of  
you present here and  
now.

Metka Lebar

*Make some time for dreaming. What is it that you wish for? What is it that you would like to have? Imagine every detail in your mind's eye color, shape, scent, texture. Imagine how you would feel if you had it. All the joy, satisfaction, pride, fulfillment, happiness; imagine more of what you yearn for, imagine it is already yours, play with it, embrace it all, embrace everything you ever wanted and know it is yours. Know it is You.*

## **WHAT IS HEALING**

We have all heard it before: Healing is return to wholeness. However it is not just patching disconnected parts together or filling up holes in a fabric of existence. It is about reconnection and deep integration of our forgotten qualities as well as emergence of something new in the process that is much more than a mere sum of parts.

Healing is more than curing symptoms. It is about transcending identification with the little self and an invitation into the greatness of being. The disappearing of symptoms is a byproduct of expanded consciousness that occurs automatically in the process of remembering our unlimited being.

Healing is not just return to some perfect original state, it is always about more. It is a restoration of wholeness on a whole new level that has not existed before the disease. Beyond mere removal of disease, it is an integrative process that transcends the physical body alone, expanding the sense of identity into new realms of consciousness. It brings a new sense of freedom and a new perception of life and living.

Healing is beyond definition. It is not about reaching a set blueprint of perfection, it is rather about accessing an ever evolving and growing field of possibilities and expansion of presence that is available.

The purpose of true healing is uncovering being by undressing the veils of illusion. Illness itself is an illusion of powerlessness and it speaks of ill use of body and mind. As long as the body is used as it was intended to function in alignment with the soul's purpose, it functions well. When we lose integrity and fall out of alignment with our self, the body cries out for course correction by falling sick. Every illness is a call to change, an invitation into expansion of being. It is a sign that we have outgrown the current state of awareness and are ready to expand into more. Ultimately, healing is expansion into oneness.

## **THE MAGIC OF TOUCH**

We can touch a body, we can touch an energy sheath, we can touch the heart, we can touch the soul and we can be in touch with spirit. One or all of the above can happen during a healing session. In every case touch has a tremendous capacity of healing. We all crave to be touched on all levels of our being. Touch transmits the message of being accepted, cared for, valuable, being seen and felt and nurtured. This alone can bring about healing. When touching with healing energy the effect is even stronger.

Besides touching with our hands we can do it with other parts of our body as well. After we have practiced healing for some time our whole body starts emitting healing energy. So do our thoughts and intentions.

*Take off your shoes and wiggle your toes. Smile at them as you greet them: “Hi, how are you down there?” Put them gently on the floor and caress the earth with your foot soles. Gently, respectfully, lovingly connect with the earth’s crust and plug in to the planet’s magnetic field. Feel how good it is to be home on this planet. Thank mother earth for giving you the ground to stand on, stability, safety, nourishment and power. Feel your feet tingling as you connect with the earth atom to atom, each one pulsing like a little heart, feel the healing energies meet, relax into the moment of communion and gratitude, heal the earth with every step you take and be healed with it.*

## **NOT SO DISTANT HEALING**

Although it seems unbelievable and hard to understand, it is possible to heal from distance. Actually the effects of a distant healing can be even much stronger than healing in person.

In reality there is no distance between us. Our bodies are made of light particles and energy that is ever present. We can touch the energy field of another regardless of seeming distance in time or space with thoughts, with sound waves, with energy. Our expanded energy fields can easily touch each other in an instant. As each of us has a different, unique core frequency we can and do occupy the same space, normally without even noticing the presence of others. With an intention to connect we modify slightly our frequency so that it resonates with the field we are visiting. We identify the energy field we want to connect with as if dialing a phone number or announce ourselves like knocking on a door or ringing a door bell. If the person invites us in or there is an agreement between us, we can connect with their energy field.

## **INNER ECOLOGY – HIDDEN BENEFITS OF ILLNESS**

Why does it sometimes take time to heal, despite the fact that the shift in consciousness could have happened in an instant? It may be that the underlying cause of illness is the need to take a rest, a time off. We may need time to process, it may be a time of great change and inner growth that we need to integrate, it may be a time of incubation of new ideas, preparing a great jump forward into something entirely new.

Sometimes illness, no matter how severe, painful and uncomfortable, seems to provide a solution for another problem we have, that may seem too difficult to handle. In this case illness refocuses our attention to the bodily symptoms and serves as an excuse or a cover up for this bigger problem.

This is a case in a woman who falls ill when her husband wants to leave her. Or a child who gets sick to avoid going to school or to prevent parents from divorcing. Not that this is done knowingly, it is an subconscious attempt to control reality and solve something we perceive as a problem without facing what seems too threatening to deal with.

## **THE CHOICE IS YOURS**

Now, this very moment, stop and choose. What are your options? Well, what would you like them to be? What would you like to choose? In this one moment everything is undefined and everything is possible. So what do you choose?

Healing is a choice, as is disease. Illness is an unconscious choice of powerlessness and an excuse for not creating. Healing comes from accepting responsibility for your own life and choosing to consciously create it.

You cannot heal someone who doesn't want to be healed. The choice for illness may be hidden deeply in the subconscious, but it is still a choice. The choice may be on the soul level with the intent of bringing the person to a higher

awareness in life or on a personal level, where the person believes an illness can help them solve another problem they have or they believe that it may help them postpone dealing with another problem they have.

When we ask for healing, we shall receive it. But we need to be sure that we are ready to receive it. So the first question should be: What am I ready to receive here that I have not been ready to receive before? Ultimately healing is readiness to receive all of you.



## **SHIFT IN PERCEPTION CAN WORK MIRACLES**

Speaking about healing rises the inevitable question of identity: Who or what do we heal? And who or what is the healer?

As long as we identify with being ill, we perceive healing as threatening. We need to change our identity in order to allow healing to take place.

*"The moment you change your perception, is the moment you rewrite the chemistry in your body." – Dr. Bruce Lipton*

The western view of healing presupposes that you can heal the body by curing body parts. Yet the problem can never be solved on the same level where it seemingly originates, so we have to expand beyond correction of a physical vehicle and evolve to the next level. Thus every healing is the result or a byproduct of personal growth and expanded identification.

With every real healing that takes place we are step by step growing into more and discovering a new sense of identity. Sometimes we are even ready to jump directly into knowing of our divinity. A sudden shift in identification can work miracles.

*"Miracles are natural. When they don't occur, something has gone wrong." - A Course in Miracles*

Healing can occur instantaneously, simply by switching our identity from a limited, powerless being to our true divine nature. Individuals with split personalities have been executing this for years. An individual might have one personality which has bronchial asthma and a different personality with diabetes and they may literally switch from one personality to a different one in minutes and the entire physiology of the body will switch from asthma to diabetes accordingly.

Blood tests demonstrate that they have full diabetes and have to take insulin, then they switch back and the diabetes is nowhere to be found, however they have bronchial asthma. If somebody with a split personality can switch their entire personality in moments, we should ask ourselves why can't we do it likewise. Or, maybe we can. We can switch from identification with our personality to our divine ID, remembering that we are an unlimited being.

This may happen in a healing session. There are known cases of disease instantaneously disappearing after a quantum healing reset. Metahealing goes in this direction with deep restructuring too.

However, sometimes we cannot accept fundamental change so quickly. In this case we can work through levels.

## **LEVELS OF HEALING**

*“Regardless of whether our focus in healing is on the physical, mental, emotional or spiritual level, all levels are invariably touched by the process, and none can be separated out from the rest.” — Mary Maddux*

In truth there are no levels to healing. Healing occurs instantaneously and by definition comprises the whole system. However we may experience it sequentially as we are used to perceiving it this way and receiving it accordingly. It is by no means linear, even if we may experience it as such as this is our mind's limited mode of perception. So the process of healing is actually a process of perception that follows our capacity to notice change gradually. Our attention is first drawn to areas where change is most noticeable and then gradually recognizing that other parts of our body and life – which is our greater body – have changed as well.

*“Healing is a spontaneous event that comes about through a kind of grace. It can happen anytime, and in any place. It may or may not happen in the context of a healing session. It may come about simply with a smile from a stranger, the breeze blowing through the trees, the song of a bird — some reminder of our connectedness and wholeness — the beauty of Life just as it is at this moment for us.” – Mary Maddux*

We may use the knowledge of our way of perceiving reality to our advantage by focusing on specific areas and functions of being as a way to facilitate healing of the whole.

It also helps to raise specific questions to open up awareness of what is going on with us energetically. Notice that the following questions are level specific variations of one basic question: Are we ON or OFF energetically?

<b>LEVEL</b>	<b>QUESTION</b>	<b>STATE</b>
<b>SOURCE</b>	Who am I? Am I being the true me?	<b>CONNECTED – DISCONNECTED</b>
<b>SOUL PURPOSE</b>	What is my vision? Am I aligned with it?	<b>ALIGNED – NOT ALIGNED</b>
<b>MIND FREEDOM</b>	What do I believe? Are my beliefs limiting me or giving me wings to fly?	<b>UNLIMITED – LIMITED</b>
<b>EMOTIONAL BALANCE</b>	How do I feel? Balanced? Happy? Like something is off?	<b>BALANCED – UNBALANCED</b>
<b>ENERGY LEVEL</b>	Angry? Sad?	<b>FLOWING – NOT FLOWING</b>
<b>PHYSICAL WELL-BEING</b>	Is my energy strong? Weak? Stuck? Flowing? Am I connected to my body? What is my body telling me?	<b>WELL – NOT WELL</b>

Ultimately all of the levels have to be ON and aligned with each other for us to be whole and healthy. The state of each of them is being transferred to all the others for good and for bad. This also means that we can start with the one that



is most familiar to us and where it is most easy for us to reach wholeness. Most healing systems focus predominantly on one of the levels. Some of them, however, do take into account the whole human structure and as the result they can bring about profound and balanced healing and growth. Reiki, originally known as the Usui System of Natural Healing, is one of them. Another good example is Metahealing, which besides addressing all of the levels and emphasizing their balanced development, reaches beyond healing into realm of pure being.

## **REIKI – RECONNECTION TO THE SOURCE**

*“Reiki is the greatest secret in the science of energetics.” - Hawayo Takata*

Reiki is the energy of oneness, universal, omnipresent, intelligent, kind, gentle and loving. It invites us to remember our primordial state of being one with all that is. Through initiation process one is reconnected to the source and attuned to its vibration. Initiations are permanent and connect the person initiated to the unending supply of energy.

Reiki healing is holistic. It works on the body, mind and spirit, harmoniously aligning all the levels of being. It stimulates a person's own natural healing abilities. Limiting thought patterns and blockages in mental, emotional and physical bodies that lead to illness are dissolved in universal energy. Reiki energy is beyond distinction, it is neither positive nor negative. It is the highest and most subtle, but at the same time the most profound vibration of life. Divine in origin, it invites us to remember oneness with everything that is. Reiki is the energy of unconditional acceptance, pure love and inner bliss. It is a connective force and brings harmony.

Reiki skills and techniques are simple and easy to learn. You touch the body and the energy starts flowing automatically to where it is most needed, guided by the deep knowing of the recipient. Once initiated into reiki, first your palms

transmit universal energy, but with practice your whole being starts vibrating with it. Small children love it and love playing with it and adults rediscover the power of simplicity and letting go. Reiki is more than a healing art, it is a way of life. With regular practice it prevents future creation of disease and reactivates our hidden potentials. It works gently, but profoundly, much the same way as Michelangelo described sculpting an angel: *"It is simple,"* he said, *"I just chip away everything that is not an angel."*

## **METAHEALING SYSTEM – FROM HEALING TO BEING**

Metahealing is about exploring and looking for deeper insights into the possibilities beyond remembering and re-remembering of disparate fragments of self.

We often hear people speaking about healing as returning to wholeness as if it is something primordially existing and thus finite in its nature, a place of rest, where we will finally find peace and bliss, like some form of final achievement. At the same time we know that the universe is constantly expanding and evolving and that the creative potential can never be exhausted.

Making whole usually implies density, fullness of presence, intensity of attention. But what if instead we could seek transparency and space of possibility without fixation on and of manifested structure? What if we were more by seemingly being less, by being less defined and more open-endedly inconceivable?

What if healing was not about filling up the void empty spaces but more about dissolving densities of identification and loosening the tight grasp of the clenched fists of fear? What if it was more about releasing all preconceived notions about who we are and who we were supposed to be?

MetaHealing System is all about expansion, about stepping beyond the known territory of the mind into the inconceivable space of pure consciousness and presence without an agenda. This is a place where miracles occur, where the

impossible suddenly becomes possible, where the inconceivable possibilities of existence sprout forth from undefined soil of pure possibility. Randomly appearing, or so it may seem at first sight because of its utter unpredictability, yet it is unmistakably following the natural process of unfolding and actualizing the unique creative expression of the vastness of unlimited potential that each being is capable of birthing into existence.

With Metahealing system we are reaching beyond the finite chambers of our imagination into the unknown ever expanding space of universal creativity. What we are healing is the split from ourselves as an infinite and infinitely creative being.

We are healing the misperception and misrepresentation of who we are, correcting the original descend from grace. Thus Metahealing system is beyond what we normally understand as healing, namely healing the wounded, disconnected and dysfunctional small self of human identification. With its help we are reaching beyond the limited notion of our existence into transcendent space of all possibilities.

Reconnecting to who we truly are means dissolving everything that stands in the way and letting go of all the barriers we put up against ourselves. Every barrier, every wall we erected and put up against anybody, be it in fear or rejection, every such barrier ultimately holds us prisoner, closing in on us and making us small by diminishing the number of choices we can perceive behind the wall.

Metahealing system is not about using the potential of universal energy to break down these barriers, it is about being the universal energy and unlimited presence.

Thank you for being.

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Warmly,  
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