

Inner Healing Academy

Courses & Coaching

Newsletter: November 2023: #27



Meditation is the Key to Success

➤ BENEFITS OF SILENT MEDITATION ⇐

- ♥ It allows your meditation to intensify on a deep, inner, sacred level
- ♥ It provides an effective means to tune into your Source of Being and enhance the communication and guidance
- ♥ It provides the means to gain insight into the true nature of reality
- ♥ It enhances the connection with your True Self as opposed to your ego-driven self
- ♥ It fosters inner peace and calm with a clarity of purpose
- ♥ It enhances your physical and mental wellbeing



➤ INVITATION (Free event) ⇐ ♥🙏

Meditation Monday is held every Monday at 11am (Pacific Time zone) via Zoom.

The 30-minute session begins with relaxing breath work, followed by Prayer, Silent Meditation and Affirmation.

Meditation enables you to connect with your Source of power and fosters a deep state of peace and wellbeing.

If you would like to join us, please complete the contact form here:

[CLICK HERE FOR THE FORM](#)

The Medicinal Power of Herbs



Give me a pill

It's human nature to want to take a pill for a quick cure to our ailment when we are feeling unwell. We tend toward the quick and easy fix but is this really the best way?

The vast majority of pharmaceutical drugs have side effects. Even those considered by most as being 'extremely safe' such as paracetamol or aspirin have well documented side effects.

We also tend to think that if a treatment is expensive then it is sure to be effective and anything inexpensive is not going to be good enough to do the job. However, this is certainly not the case in the natural medicine field.

It's too cheap

Natural remedies are as old as the hills but have often been suppressed since they cannot be patented and thus exploited for financial gain.

As a rule these remedies are simple and cheap which you would think is a great advantage over pharmaceuticals but, due to our ingrained belief that an effective cure will necessarily be expensive, we tend to ignore the simple natural remedies.

Let us take a brief look at the healing properties of some basic herbs that you may even be able to grow yourself in a window box or in your own garden.

Oregano

Oregano has potent anti-bacterial properties. It has proven effective against 23 species of bacteria and one test-tube study treated colon cancer cells with oregano extract and found that it stopped the growth of the cancer cells. You can simply include this herb in your diet by regularly adding it to your cook pots or take it in capsule form (200mg) 2-3 times/day for a boost.



Mint

Both the leaves and the oil of peppermint can be used for medicinal purposes.

Studies have shown that it is beneficial for heartburn, tension headaches, digestion, painful menstrual periods and muscle or nerve pain. Effective dose per day: Leaf Juice: 10 ml, Cold Infusion: 25ml, Essential Oil: 2 drops.



Echinacea

One of the most colourful and popular herbs worldwide, echinacea is a great treatment for the common cold. Native Americans have used it for centuries. The flowers, leaves and roots can be used in tablets, extracts and teas. Their plant compounds function as antioxidants which can defend your body against oxidative stress. The following doses have proved effective in aiding immunity: Dry powdered extract: 400mg, 3x daily; Liquid extract tinctures: 3ml, 3x daily.

