

Inner Healing Academy

Courses & Coaching

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Want to go plant-based?

Many are recognizing the importance of a healthy diet and the science is now undeniable, a plant-based diet is best for your health. You can actually cure yourself of many ailments including type 2 diabetes, asthma, hypertension, acne, etc. It also enables you to return to your optimal weight.

You may have tried to go plant-based in the past but found it too difficult with societal pressures, insecurity around adequate nutrition, lack of good tasting food, etc but there are answers to all of these issues. The 'Go Vegan Successfully' course explains the 'why' and the 'how' to help you make the switch to a plant-based diet without stress or strain.

There's tips for social situations, family dining, festive occasions as well as many easy recipes for you to try at home. The course is affordable and, as an added bonus, you can opt to receive personal coaching to help you to keep on track.

The most common comment we hear is "I wish I had done this sooner. I feel so much better!" So, don't put it off any longer. You can do this and you will be so glad you did. It is life changing!

[CLICK HERE to learn more](#)



Make time for yourself

Immerse yourself in the silence with this Silent Meditation session. It only takes 10 minutes and it will leave you feeling peaceful and refreshed.

Silent Meditation provides us with the opportunity to detach from our thoughts and become aware of the Light of our consciousness. Oftentimes answers to questions arise either during or following these meditative sessions, especially when this becomes a habit.

[CLICK HERE for video](#)



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Planting Seeds for Optimal Health

Spring is around the corner in many parts of the world and time to start thinking about planting seeds. If you can grow your own fruits, herbs and vegetables, you can be sure of eating organic, super fresh, life-enhancing food. The next best option to growing your own, if you do not have access to a garden, is to purchase produce from your local health food store which will often be sourcing goods locally. This means they will not have spent a long time in transit and hence retain more of their freshness.

How can we get the most from our seeds? Firstly, make sure you use heirloom seeds - these are open-pollinated, non-GMO seeds. They are harvested after flowering to produce the same crop, year after year. They are quite simply the best way to ensure that you can grow quality food. Next, make sure your soil is healthy and well balanced. You can use an inexpensive soil testing kit which can be purchased at most hardware stores.

I am going to try something new this year after reading the first book in a series called 'Anastasia and the Ringing Cedars' where a special technique was mentioned as to how to 'program' the seeds to work optimally for your particular health requirements. How wonderful is that? The process described shows how non-local information via the quantum field of energy can be transmitted when intention and focus are brought to bear.



This is the process:

1. Place the seeds you intend to grow under your tongue and hold them there for at least 9 minutes.
2. Stand barefoot on the earth for a few minutes in the place where you will be planting the seeds.
3. Remove the seeds from under your tongue and place them between your palms for about 30 seconds.
4. Now gently blow on the seeds, warming them with your breath.
5. Raise the seeds up high presenting them to the celestial bodies for another 30 seconds. This helps the seeds to determine the moment of their awakening.
6. Soften the ground and create seed holes with your bare fingers and toes - toxins exit via the perspiration from your feet and this contains information about your specific ailments. The information is taken up by the seedlings which, in turn, is transmitted to the fruit and is thus enabled to counteract your specific diseases.
7. Plant the seeds in the holes. Do not water for 3 days to allow time for all the information to be thoroughly incorporated into the seed.
8. Water and tend lovingly to the seeds as they grow.

As a note of caution, some commercial seeds are treated with fungicides and should not be placed in your mouth or held in your hands for long periods. Make sure you source your seeds from a reputable supplier.

