

Self-Healing@Chesterfield (SHC)

The aim of this Self-Healing Circle (SHC) is for like-minded people to explore and try out healing therapies from different cultures, especially ancient therapies which have stood the test of time and which are now practised in many countries. The Circle has no leader as such. Any member can offer to share their knowledge and practise for consideration by the Circle. We know from experience that people respond to some therapies better than others – but the Circle will consider suggestions which do not pose a known risk. Attendees can join in or opt out as they wish. Free hand-outs will be provided as cheat sheets with links to books and internet resources, such as videos which may be used in session, to avoid lengthy reading during sessions.

Some of the therapies which have been useful include:

- **Reiki** - The meetings sometimes open and close with a **Reiki circle** to solicit Divine guidance and protection; to bond and heal each other; and to send healing energies to others in need.
- **312-Meridian Exercises** developed by Dr Zhu Zhongxiang, are now being practised world wide for the prevention and treatment of diseases using acupuncture, deep belly breathing and a squatting exercise. After some [background](#), there will be [guidance](#) on how how to locate and stimulate the acupoints, how to perform the belly breathing and how to practise the squatting safely.
- **Breathing techniques** – Different forms of yogic breathing will be used to illustrate how different breathing methods are used for different purposes. Ujayii pranayama is used during our opening Reiki circle. Brahmari pranayama is enjoyable and stills the mind. Kabalbathi and Bhastrika are cleansing and vitalising and fun to practise.

Pointers will be given to videos reporting on recent neurobiology research on the effects of deep belly breathing.

- **Colour Therapy** is closely linked to many other forms of healing, such as Reiki and crystal healing.
- **Crystals** Members help each other choose and identify suitable crystals for healing and exchange information on how to use them.
- **Discussion themes** – some topics
 - **Happy Memories** - powerful exercise for shifting one's mood.
 - **Music** pick one which had an impact on you.
 - **Ailments and Natural Remedies**
 - **Water** and its Healing properties, including the Memory of Water
 - **Acid-Base balance** and the bicarbonate of soda therapy
 - **Diet and Medication** – good and bad personal reactions ... **etc.**
 - **Fate versus Freewill**

- **Flower of Life and Sacred Geometries**
Many therapies are based on the physics of vibrational frequencies, e.g. Sound Healing.
- **Inner Smile** - A Qigong visualisation exercise to direct positive energy to organs.
- **Left hand writing** – to activate the right brain and promote intuition
- **Kinesiology Energy Toning Exercises** – which involves tracing Chinese meridians.
- **Magnets** - Members who use and experiment with magnets will share their knowledge.
- **Massage** including **Reflexology**
- **Meditation** and guided **Visualisation**
- **Metamorphic Technique** Demonstration by members who work on the feet, hands and head of the other members.
- **Pendulum Dowsing for Health** – by regular users of this form of dowsing.
- **Qigong** – beginner's exercises
- **Sound Therapies, including:**
 - **Binaural sounds**
 - **Vowel Sounds for Toning Chakras**
These sounds are related to the Indian and Western musical scales
 - [Qi Gong Sounds](#) for Toning Muscles and Organs [Summary](#).
- **Qigong Hand Exercises** – to stimulate the arm meridians
- **Tai Chi**
When time permits, we finish with some Tai Chi, which is an excellent form of exercise for grounding, circulation, flexibility and balance.
- **Walks** to connect with nature

The aim is to meet once a month initially. Rooms and times will be booked according to level of interest. Please contact Mahes at graham.mahes+healing@gmail.com if you are interested.

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