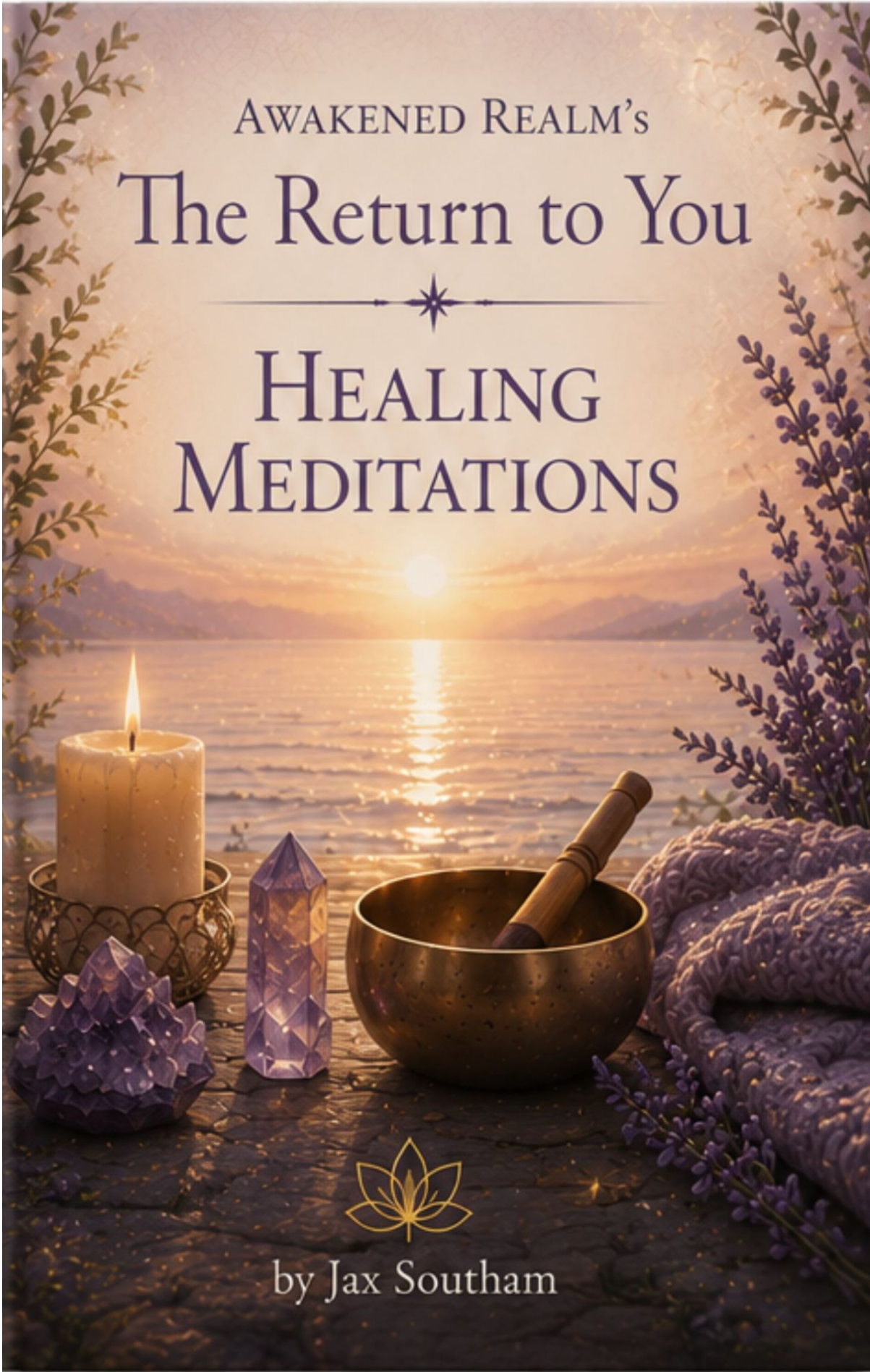




AWAKENED REALM's

The Return to You

HEALING MEDITATIONS



by Jax Southam

This book is intended to provide food for thought around meditation and healing and is available as a BONUS support in The Return to You journey as part of the REBUILD step.

The ideas and techniques presented here have been tried and tested with attendees at my workshops over the years and under supervision. As there is no supervision present, in this format, the author advises that sensible precautions be taken to ensure that readers do not put themselves at risk when carrying out the exercises outlined in this book. This book is not intended as a basis for training as a healer.

Introduction

Imagine that you have requested absent/distance healing and the time is approaching for your session. Whatever it is that has brought you to our Healing Room, you will have begun to feel the benefits from the moment you decided to request healing from *The But Once Absent Healing Room* on the Awakened Realm website www.awakenedrealm.co.uk

Absent healing is just as effective as hands-on healing, but for this book, we will imagine the hands-on experience. Having made the decision to ask for healing, you have opened the route through which the healing will be delivered, which accounts for your feeling a little better already.

In this book, I hope to take you through a healing session in a way that will enable you to experience it for yourself. I will explain what is happening as we go, but not if it is to the detriment of the experience.

This is not a long book. and I would encourage that to get the most out of it, you read it in peace and quiet and at a time when you are not likely to be disturbed. So when that time arrives, we can begin...

Part One

A visit to the healing room

Arrival

The time for your appointment has arrived. You are feeling anxious and unsure about what to expect, but that is fine. It is normal to feel this way, after all, this is a new experience.

There are other feelings present too. Fear of ridicule; are you really going to take this route? Uncertainty; what is this unfamiliar process all about? Hopefulness; could this be the solution to my problems? And all that is before we even mention the issues that have brought you to us for healing in the first place.

On entering the reception area, Marianne greets you and confirms your appointment, asking that you take a seat, letting you know I will be with you in just a few moments.

You choose to sit on one of the small sofas by the door to the healing room, and once seated you feel immediately at ease. The gentle music playing in the background is soothing to your ears, you cannot quite recognise it, but it makes you think of a happier, more peaceful time.

The magazines lying on the occasional table beside the sofa range from fashion to psychic phenomena, cars to guitars, but you are not in the mood to read. You just sit back and relax, confident that you have made the right decision by coming here. You smile to yourself.

First Impressions

Less than two minutes pass before I am standing in front of you.

‘Hello, I’m Jax Southam. I’m very pleased to meet you,’ I say, smiling.

You stand and we shake hands. You sense warmth and strength in my touch and the sense of certainty that you are in the right place grows inside you.

‘Would you like to come this way?’ I continue as I walk back towards the healing room, indicating for you to enter before me.

Once inside, you are struck by how at ease you feel. The room is small but airy. The lights are dimmed and the windows are covered with dusky pink voile curtains. There is a subtle but beautiful aroma from a small oil burner, and the temperature in the room is slightly higher than in the reception area.

‘Please take a seat’, I suggest, indicating the padded Lloyd Loom chair in the corner of the room. ‘Would you like me to take your coat?’

You hand me your coat and I hang it on the hook beside the chair. I see you looking at the therapy couch with a concerned expression.

‘Don’t worry, we’ll talk first and only use the couch if that is your preference. Healing can work just as well when one sits in a chair.’

You acknowledge my words with a gentle nod and a half smile.

I pull up the only other seat in the room, a small wheeled adjustable stool from under the couch. I adjust it so that we are at eye level, and then wheel it closer to you, remaining at a comfortable distance.

With my clipboard in hand, ready to take notes, we begin our first session.

Understanding

‘Well,’ I say, ‘I’m glad that you could come here today. Healing is the most natural and simple of therapies, and as you may already have become aware, it begins to work from the moment you acknowledge a need and ask for help. I do not have to know too much about what brings you here, but I must be assured that you are comfortable with what is happening and I need to make a few administrative notes.’

‘So I don’t have to tell you anything about my problem?’ you ask apprehensively.

‘Not unless you want to,’ I reply. ‘The healing energy will be directed by your higher self, all I will be doing is channelling that energy for your use.’

‘But I can ask questions?’

‘Of course.’

‘How does it work?’

‘Healing works with your spirit; your vital force if you like. The healer acts as a channel between unlimited supplies of this force from the universe and your personal energy. Think of it as plugging into an electrical socket. The socket represents the healer, but what comes through the lead can be used to power a TV, a toaster, a car or even a life support machine. Likewise, when the healing energy is channelled, it can be used to heal physical, mental or emotional problems.’

‘So how does the energy know where to go?’

‘It is your spiritual or higher self that chooses how to use that energy for your greatest need. This might not always be what your more physical being considers to be your greatest need, but you must trust that your higher self can only do what is best for you as a whole.’

‘I’m not sure I understand,’ you say, starting to feel a little overwhelmed about this new way of thinking.

I smile, ‘It’s a lot to take in, isn’t it?’, then pause for a moment before continuing. ‘Let’s say, for example, that you came to see me because you were having constant migraines. Your higher self could recognise that the migraine was not a physical issue, but was truly caused by job-related stress. It could channel the healing you need most into giving you more confidence to look for another job. You will feel relief from the migraine, but the emphasis would be on solving the root cause. You would need to work *with* the healing energy for complete recovery in the long term.’

You take a moment to absorb this analogy, relating it to your own issues. You nod gently.

‘So, do you feel ready to begin?’

‘I do.’

‘Would you prefer to remain seated or to lie on the couch? Seated will be on this adjustable stool so that I have 360-degree access, on the couch you will be lying on your back.’

You make your choice and settle yourself comfortably.

Grounding Attunement Protection and Permission

I am behind you. I place my hands firmly but gently on your shoulders as you shut your eyes.

I am taking a moment to bring our energies in tune, I say. 'It would help if you could take three deep breaths in, and exhale each one very slowly.'

You oblige, feeling more and more relaxed with every breath. You become more aware of your personal energy, and you start to feel warmth flowing from my hands into your shoulders.

At this point, there are things going on that I don't usually explain out loud, I just allow you to relax, but for the sake of this book, and full disclosure, I will explain here what is happening.

At the beginning of every healing session, I create a channel, making sure that I am connected with the source. I also ensure that the energy is grounded, linking it to the energy of the earth. Bringing my energy, yours, and the universal energy in line, I complete the 'circuit' needed for the healing energy to commence.

You have already agreed on a physical level to receive healing, but once the energies are aligned, I ask permission from your higher self too and await an acknowledgement. I also ask permission from the universe for my body to serve as a channel for healing energy.

I then build on the safe environment of the Healing Room by creating a protective bubble in which we will work together. This bubble keeps out any negative energy that might interfere with the process.

All this takes no more than a couple of moments whilst you are experiencing the warm sensation spreading from your shoulders around your entire body. You are feeling safer and more deeply relaxed as each moment passes.

The Experience

As the gentle music soothes your ears, you breathe in the delicious aroma from the oil burner and allow yourself to drift away to your special place. A place where you can feel yourself fill up with an abundance of unconditional love.

This wonderfully warm and loving feeling fills your heart and begins to push outward through the rest of your body, banishing all other feelings, thoughts and emotions.

You allow yourself the time to enjoy this wonderful feeling, placing your trust in me, knowing that I will bring you back to your more earthly existence when the time is right. For now, this is your time. Rest here, for this is you directing the healing yourself. Let it happen. You can stay here for as long as needed.

Coming Back

The time needed for healing to be channelled is different on every occasion.

When I notice the flow of energy diminishing, I will be aware that the session is ending.

I bring my awareness back into my physical body, having ‘stepped away’ earlier to provide a better channel.

When the flow of energy ceases, you may be aware of it. You will notice as I ground our energies again and prepare you for your return to the physical world, this is sometimes done by placing my hands on your feet.

I thank the universe for allowing me to be a channel for its energy.

The bubble that has been protecting both of us from negative energies is now two separate bubbles; one around each of us, and I close off my connection with the source energy I have been channelling.

The healing session is complete, although you will continue to feel the effects for some time. I suggest that you take a few moments to gather your thoughts and check how you are feeling.

You are a little lightheaded. I advise you to concentrate your attention on the area of your feet, effectively grounding your energy before trying to get up. I offer you a glass of water, which you sip, and this also helps you with the grounding process.

Although you are now in a fit state to continue your daily routine, you may still be feeling very relaxed and, therefore, will need to pay particular attention to make sure that you are alright to drive or operate machinery should you need to.

You know that you can take all the time you need to recover in the reception area should you wish to and before you leave, you make arrangements for your next session.

Part Two

A Helping Hand

In this section, I offer guided meditations to assist you in various aspects of your healing session.

I will start with options to create your perfect spot to receive healing. Please feel free to adapt as you wish, but remember that, in meditation, it is important you return from your special place along the same route that you got there.

Preparation for any meditation

Sit or lie comfortably in a place where you will not be disturbed. Switch off your phone or place it on silent. Ensure that you are at a comfortable temperature and that your clothes are not too tight.

Close your eyes and concentrate your mind on your breathing.

Inhale deeply and hold that breath for a few seconds before letting it out slowly. Repeat the process three times, saying to yourself on the in-breath 'I breathe in love', and on the out-breath 'I breathe out peace'.

After three deep breaths, restore your breathing to normal but continue with breathing in love and breathing out peace.

When you feel that your body is relaxed and that you are ready to continue, move on to the next stage.

A Special Place in the Country

With your eyes still closed, imagine yourself surrounded by a warm mist. Visibility is limited, but you feel safe and warm.

You are standing, and you look down at your feet and notice what you are wearing on them. You notice the ground you are standing on, and gradually you begin to see a path in front of you. The mist starts to clear.

You take a tentative step forward, not sure what you will find, but feeling that it is the right thing to do. As you step, the mist clears away in front of you.

You see a small wooden bridge and beyond that, a path that is bordered on both sides by trees. The trees move gently in the breeze, and the sun shines through them, warming your body.

You cross the bridge and begin to walk down the path. In the distance, you can see an old gate and beyond it is a field of beautiful wildflowers.

You approach the gate and find that it opens easily. You step through, closing it behind you.

Slowly, you wander through the wildflowers until you come across a clearing where you can sit or lie down comfortably.

This clearing is your special place. You feel the sun gently warming your face. You feel your cares drifting away. You feel safe and open to the healing you are about to receive. You smile.

Time passes. You can stay here for as long as you feel the healing energy is flowing. You will know when it comes to an end, and when it does, you will be happy to make the return journey.

As the flow of healing energy diminishes, you rise from your place amongst the flowers, and feeling refreshed and energised, begin to make your way back towards the old gate.

Opening the gate and stepping through it, you look back at your field, thanking it for being there.

You close the gate and continue down the tree-lined path until you reach the bridge.

You see, on the other side of the bridge, the mist is still waiting for your return, and although you are reluctant to leave this place, you know that you can return whenever you wish to.

You cross the bridge and step into the warm and welcoming mist.

This time, as the mist starts to clear, you become aware of your surroundings in the real world again.

You can feel your breathing, feel the touch of your body in its resting place, you can hear familiar sounds in the background.

Once again, you take a deep breath, breathing in love and breathing out peace. You repeat this twice more, and when you are ready, you open your eyes, taking in everything around you.

You feel grounded and back in the real world, grateful for the experience you have just received.

A special place by the water

With your eyes closed, you feel yourself surrounded by a warm, comforting mist. You sense that you are outside and are sitting on a hard surface.

The mist begins to clear and you realise you are on the bank of a small stream. The sun is sparkling off the water as it passes you by. It looks warm and inviting, and you decide it would be nice to feel it for yourself.

You reach down and gently take off your shoes, leaving them on the bank where you can collect them later.

Slowly, you get up and step towards the stream. The flow of the water seems to slow as you approach, welcoming you.

You place one foot tentatively into the water. It is as warm as it looks and feels exquisitely soothing. The stream bed is sand and feels comforting between your toes.

You step in with the other foot. The water comes just above your ankles. You decide to paddle through the stream for a while, the flow of the water dictating your direction. You follow the bank so as not to get into deeper water.

As you walk, you can feel any worries or concerns being washed away. This is your time. There is no room for anybody or anything else here, in your special place.

A few yards down the stream, you see a large boulder blocking your chosen route. You ask yourself, 'Why has that been put there?' And then you know immediately why it is there. It is there to provide you with a new experience.

You embrace the opportunity this gives you and climb on top of the boulder to sit down.

From here, you can see the world from a new perspective. From here, you can watch as the stream flows freely around the boulder, offering no resistance. The water just continues its journey.

From here, you can see the wildlife on the other bank, wildlife that you would have missed if you had not changed your plans to face what was in front of you.

You decide that you like this place. You can see that it opens up new opportunities for you, opportunities that, like the wildlife, you would have missed had you just gone around the obstacle. You like it so much that you choose to stay for a while, and while you are there, you consider what you might have missed by passing other things straight by instead of facing them.

You lean back on the boulder and find it surprisingly comfortable. This is where you will stay to receive your healing. You close your eyes, feeling the sun gently on your face. You listen to the soothing water as it flows around you, and you smile.

Time passes. You can stay here for as long as you feel the healing energy is flowing. You will know when it comes to an end, and when it does, you will be happy to make the return journey.

As the flow of healing energy diminishes, you slowly sit up on your boulder and when you know that you are steady enough, you climb back down into the water.

Returning the way you came, you are surprised to note that the direction of the water flow has reversed and is again flowing in your direction. You take this as a good sign. Things are going your way.

Walking along the river bed with the bank at your side, you notice so much more of your surroundings this time.

You hear the chirping of the insects and the gentle breeze as it blows through the reeds. You feel happy and relaxed.

As you walk along, you see your shoes just where you had left them, on the bank of the stream. You know it is time to return, so you step out of the water and walk towards them.

Sitting by the bank, you allow the warmth from the sun to dry your feet before placing your shoes back on. They feel so comfortable now, more comfortable than they have ever felt before.

You are ready for the warm mist to return and take you back. It comes as soon as it is beckoned, and gently you are engulfed. This time, as the mist starts to clear, you become aware of your physical surroundings once more.

You can feel your breathing, feel the touch of your body in its resting place, you can hear familiar sounds in the background.

Once again, you take a deep breath, breathing in love and breathing out peace. You repeat this twice more, and when you are ready, you open your eyes, taking in everything around you.

You feel grounded and grateful for the experience you have just received.

Your own personal Healing Room

With your eyes closed, imagine yourself surrounded by a warm mist. Visibility is limited, but you feel safe and warm.

You are standing. You look down at your feet and notice what you are wearing on them. You notice the ground you are standing on, and gradually you begin to see a path clear in front of you.

The path leads, after just a few feet, to a set of white marble stairs. Six stairs with railings on both sides, leading up to a grand white door.

The entire building is white, and it appears very welcoming. As the sun shines warmly through the now fine mist, you notice the building is glowing.

You slowly walk up the steps, holding on to the railings for support. You are eager to know what is inside.

You knock, and the door gently swings open. You walk through the doorway to find you are alone in a vast single room. The floor is covered in black and white marble tiles. Around every wall, there are white marble shelves containing all manner of jars and pots.

Each jar contains a different remedy, not just for physical problems but for mental and emotional problems, too. As you look around, the labels appear to you as if by magic.

You take a few moments to peruse the different bottles and jars before you select the exact remedy you need.

Once you have selected your remedy, you notice that a white and gold chaise-longue has appeared in the centre of the room.

You know exactly what to do. You take your remedy with you to the chaise and make yourself comfortable. You open your selected remedy jar and follow the

instructions that come with it. You lie back on the chaise and let the healing begin.

Time is your friend. You have as much time as you need here in your healing room.

When you begin to feel that the healing effects of your remedy have reached their full potential for this session, you know it is time to leave this place.

You get up from the chaise, replace the rest of the remedy on the shelf it came from, and walk towards the door.

Opening the door, you turn for a final look at the room before you leave. The chaise has already faded away, and the shelves look far emptier than they had done earlier. Somehow, you know that when you need to return, your healing room will be waiting there, just for you.

You walk through the door and close it gently behind you. As you descend the white marble stairs, you notice how much more relaxed you feel, how much lighter.

You see the mist forming near the bottom of the stairs, and you willingly step into it. Aware that you are returning now to normality, you can feel your breathing, feel the touch of your body in its resting place and hear familiar sounds in the background.

Once again, you take a deep breath, breathing in love and breathing out peace. You repeat this twice more and, when you are ready, you open your eyes, taking in everything around you.

You feel grounded and grateful for the experience you have just received. Enjoy.

Well, that brings me to the end of this little book, and we hope you have found it both interesting and useful.

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Don't forget to check out my novels, which are full of feel-good escapism and characters you will want to have as friends. The books are available from Amazon or directly from the website shop at www.awakenedrealm.co.uk/shop-1

Blessings,

Jax

It would be great if you could follow me on any/all of these platforms.

www.awakenedrealm.co.uk

<https://www.facebook.com/profile.php?id=61576145940221>

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Thank you.

