

# TRANSFORMATIONAL HOLISTIC HEALING: BECOMING MULTIDIMENSIONAL

by Lisa Raphael

As more and more of us awaken to seeing, feeling or simply knowing the reality of the non-physical aspects of our world, staying IN body becomes as much of a challenge as traveling OUT of body. When we tap into the all encompassing peace and love of the One, it may be difficult to stay present to the physical realities of jobs, people to take care of, bills, and terrorism in all its forms. Some of us may hasten our transition through illness or accidents (although not all illness or accidents are a result of unconscious choice). Others simply stay “spaced out.”

The gold and the goal of multi-dimensional consciousness is to be present to many different realities all at once. To live completely consciously in the cells of our bodies, in the world depicted in the mass media, in the realms of Spirit, and in remembrance of other lifetimes on other planets—all at the same time.

One way of staying “spaced out” is through the “spiritual by-pass” operation. The spiritual by-pass operation involves denying or suppressing all indications of negativity in ourselves and others, and only seeing the positive. The danger of the spiritual by-pass is that we may be inadvertently feeding the forces of Darkness by keeping them in the unconscious. Seeing only the positive in ourselves and in others is a distortion of the spiritual message, choose love over fear. Choice by definition must involve more than one possibility. When we deny or suppresses one of the polarities, where is the choice? Negativity thrives in the shadow of our psyche. The only effective way to deal with negativity is to bring it to light, acknowledge it, bless it, and THEN to release it through forgiveness.

There was plenty of opportunity to witness the power of unconscious negative thoughts and feelings during my thirty years as a psychotherapist. What I did not recognize was that the unconscious also holds the keys to spiritual transformation. In Transformational Holistic Healing, the central focus is on deepening conscious connection with Spirit. Sessions take place in a light trance grounded in heightened body awareness. Both the guidance and its interpretation come directly from Source, through the individual's inner wisdom. With Spirit doing the counseling, issues that may have taken years to resolve in traditional psychotherapy are healed in just a few sessions.

In multi-dimensional consciousness there are no boundaries between here and there, then and now, past and future. All is available in the present moment: childhood memories; past life memories; connections with the departed as well as communications from angels, guides and life forms on other planets.

We no longer need to “space out” to be in the Presence. We need only to be fully, consciously present.