

## **Our Journey Towards Self-Healing**

**By Rev. Colleen Lemma, C.Ht.**

I feel very blessed to be a part of this time period in our Earth's history. We, as a people, are becoming more aware of who we are, of our true Divinity in the Grand scheme of things to come. That is not to say, that I don't have those days where life seems to be too chaotic or too difficult and I just want to scream, "Why am I here?" or "What is the Purpose?" But, then in the silence of frustration, the answer seems to come. It is all about our journey towards self-healing. We are here to grow, evolve and heal ourselves back to the perfection of who we are.....as a part of the God Source, the All That Is.....that Omnipotent Power of the Universe that bestows Unconditional Love and Blessings to us all, if we are only open to receiving this Grace.

In this time we are fortunate that the guidance and assistance we can receive for our self-growth is becoming more diverse and readily available to us all. There are many ways and many paths we can follow for healing to occur within our lives. And, we should remember that healing is not just a physical process but one that incorporates the emotional, mental and spiritual processes as well.

To heal the physical aspect we can utilize practices such as massage therapy, reflexology, cranio sacral work, and herbs, just to name a few. But let's not forget the importance of diet, vitamins and exercise as a regular part of our daily regimen. We are spiritual beings but our spirit resides in a physical vehicle. If we do not take care of that physical vehicle then all the other healing work that we do will not make much difference in the scheme of things during our present incarnation here.

Our emotional healing can be brought back into balance through different modalities including essential oils, flower essences, Reiki and, one of my favorites, hypnotherapy. Working to heal the emotional body is one of our more interesting challenges in this Earth walk because we carry in our cellular memories issues and traumas from not only this lifetime, but from previous lifetimes as well. Our emotional body is very closely aligned with our physical body, hence, when we feel emotionally unbalanced, especially over long periods of time, we can create dis-ease within our physical body.

When we speak of healing the mental body, we consider the negative tapes we hold about ourselves regarding our own self-worth or importance in life. Mental healing is also about those judgments we make about other people, cultures or their values that may be different from our own. Astrology and numerology are two paths that can inform us and assist us in our growth to healing the mental body of such skewed thought processes. As we learn about ourselves and others through these sciences, it opens us up to a more varied and accepting way of thinking and being.

Lastly, we cannot forget that we need spiritual healing in our lives as well. There are times that we may go through what is called a “spiritual crisis” and question our beliefs or feel like we are losing faith in ourselves or in our Path. At these times it may be important for us to seek the counseling or guidance of another, or to connect with groups of like-minded people who can support and encourage us. But perhaps most importantly, it is a time for us to seek the Light within ourselves.....to go to that home of our Inner Self and seek solitude and refuge.....for it is in this place that our answers will come and our journey towards self-healing begins.

Rev. Colleen Lemma, C.Ht., has been an active member in the spiritual and metaphysical field of studies since 1995. She took her first astrology class in 1996 and was soon teaching for an astrological learning center and doing professional consultations. She became a non-denominational ordained minister in the order of Melchizedek in 1996 and began her spiritual journey as a healing consultant. She is a Professional Astrologer and Numerologist, Reiki Master Practitioner and Teacher, a Certified Hypnotherapist, and a Certified Crystologist in the Melody Teachings. Colleen lectures and does classes and workshops on a variety of topics including Astrology, Numerology, Reiki, Crystals, Soulmates, Past Lives, Karma, Children of the New Paradigm, and Soul Empowerment. She is available for teaching and speaking engagements worldwide.