

Detox, The Key To Spiritual Unfolding

Your body is precious. It is your vehicle for awakening. Treat it with care. The sufferings which overtake beings are the fruit of their desires

The physical body requires to be detoxifying to allow all spiritual energies to
flow in an optimum manner. Wellness
and spiritual coach Dr Meghans says detoxifying the body is one step towards physical
wellness; it opens the way for cleansing at all
levels — body, mind and soul.

She says that by detentiving the body, you can raise your energy vibration. When your body feels safe and grounded in wellness and harmony, it opens up the space for unconscious emotional and mental detentification. By purging the body of remains of energy blocks, raising your vital force and opening your third-eye, you align with your authentic self.

The Detox Diet

Detox diets vary, but typically, they start with fresh fruit and vegetable juice, raw organic fruits and vegetables, and water. In addition, they use specific herbs and supplements along with colon cleaning (enemas) and purgation therapy to empty the digestive system.

To a body used to living on processed and fast food, with their many additives and preservatives, it can be a big challenge to detoxify at every level.

The biggest function of the body being to 'digest', assimilate and process food, slowing down the digestive system is like giving the body a well-deserved rest. Detoxification gives your body 'down time' and frees it to 'release' from other organs like the colon, liver, kidneys, lungs and skin, thus paving the way for emotional healing.

A surprising fact is that most of us are unconsciously carrying a lot of emotional baggage that is deeply entrenched in our mind, waiting for an ideal trigger that will cause an eruption of emotions, leaving behind undesirable results. Even though we might feel in control of our emotional wellbeing, triggers can throw us off balance when we aren't armed with coping mechanisms.

Learning to recognise these precursors is a vital step, and being prepared to critically analyse any association you have with triggers is the first step to reclaim your power and liberate yourself from the baggage through an emotional detox.

Dr Meghana, in her practice at De Mantraa, recommends ways to detoxify the body, mind and soul. Body detoxification is taken care of through Ayurveda panchkarma, diet and lifestyle; the mind and soul are taken care of via various modalines of energy and mind healing. Detoxification raises your energy level. As you purge years of physical and emotional abuse, you start living in align-

ment with your authentic self. Your organs and colon release the buildup of mucus, inflammation and toxins, coming in tune with the Universal Energy. You become a better receiver. Your intuition is heightened.

You make better choices for your wellbeing and enter a blissful space of peace, lightness and love.

Contact De Mantraa at 9619402555; info@demantraa.com



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Describe year Jearney as a Reiki healer and how it has benefitted you?

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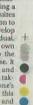
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