

# The 5 Keys to *Healing Yourself*

A NEW AND COMPREHENSIVE GUIDE  
TO TRUE HEALING



KATHARINA JOHNSON, MD

# CONTENTS

- 3** Welcome
- 4** Introduction
- 4** My Story
- 7** We Have The Ability To Heal Ourselves
- 8** How Western Medicine Sees The Body
- 9** Quantum Physics
- 11** Every Cell Emits Light
- 13** We Are Made Up Of Energy
- 14** The 5 Vibrational Layers and the 5 Keys to Healing Yourself
- 16** The First Layer: The Physical Body  
Speaking the Language of the Body: Your Symptom is the Code to Healing
- 19** The Second Layer: The Energetic Body  
Energize and Balance Your Life Force
- 22** The Third Layer: The Emotional Layer  
Change the Past to Create a New Future
- 26** The Fourth Layer: The Mental Layer  
Unleash the Power of Your Mind
- 29** The Fifth Layer: The Spiritual Layer
- 29** The Power of the Heart
- 31** Follow Your Inner Guidance
- 32** Summary
- 32** Now it is time to get into action!
- 33** What do you need in order to truly heal?
- 36** Appendix
- 37** References

# WELCOME

## DEAR READER,

Thank you very much for your interest in "The 5 Keys to Healing Yourself" and welcome aboard!

It takes courage to embark on a journey to self-healing and it is my desire to help you on your quest by giving you the information I wished I had myself when I was diagnosed with two chronic conditions (more on this later).

In this Ebook, I will share with you "The 5 Keys to Healing Yourself", which I have discovered in my many years of studying, researching and direct experience with healing. I believe that what I have to share will be very helpful to you. The 5 Keys are essential as they address every aspect of you - not just your physical symptom. When it comes to chronic disease, you need to get a truly holistic understanding of the different parts that you are made of and how to bring them back into harmony to become "whole again". This is the ultimate meaning of healing.

The common message in our society is that we need to rely on drugs to get better. However, this is not what true healing is about. True healing goes much deeper. It is about understanding the root cause of your symptoms, providing the right conditions for healing and, finally, about recognizing who you truly are: an incredibly powerful Being.

When you are faced with illness, it is easy to forget about the inherent wisdom and strength that you possess. This Ebook helps remind you of this inherent power that you have within. I have also included a "workbook" section with helpful questions that you can answer along the way. Your answers and insights will guide you in the right direction- towards healing yourself.

I hope you will find this information inspiring and helpful on your healing journey.

With love,

*Katharina Johnson, MD*



# INTRODUCTION

The 5 Keys to Healing Yourself are designed to help you reconnect to the power that lies within you and that awaits its awakening. This power is the force of your spirit, body, and mind, that when brought into alignment, is more powerful than any drug on the planet. It is a force that when unlocked can heal you, on all levels.

Every key that I will share with you is designed so you can remove the barriers that stand in your way to activate your full healing potential and to awaken to your inner healer. They not only focus on the physical, but also on the energetic, emotional, mental and spiritual aspects of your true self. You are more than just a physical body and by taking all the different parts that you are made of into consideration, you can learn to heal and to make yourself whole again.

It is a coming home from a place of fragmentation of self to one of true understanding and appreciation of who you truly are. It is a journey of love, a journey that can be difficult at times, but one that is deeply rewarding as it connects you back to yourself, and to the power that lies within you. This is a power that is greater than you have ever imagined.

It is my privilege and joy to share this discovery with you and to guide you from a place of resignation to a place filled with strength and wisdom. Before I introduce you to the 5 Keys to Healing Yourself, let me share my story with you...

# MY STORY

My name is Katharina Johnson and I am a medical doctor from Austria. For the past seven years, I have lived and worked as a medical intuitive in San Francisco, where I had a thriving practice helping my clients heal through energy readings and healings, nutritional medicine, and detoxification advice.





I discovered the 5 Keys to Healing Yourself through my personal story of suffering, searching, and healing: I was 18 years old when I first was diagnosed with chronic autoimmune thyroiditis, an infection of the thyroid gland. About six months later, I was diagnosed with vitiligo, another autoimmune condition that leaves white patches on the skin. I was desperate as I suffered from severe fatigue and weight gain.

The white patches on my skin caused considerable psychological stress for me as they were getting bigger by the day. My dermatologist at that time told me that I needed to learn to live with it, that there was nothing he could do for me. Even worse, he showed me pictures of worst case scenarios of the disease, telling me that this is how I will look like in a year or two. Needless to say, as a teenage girl with all the normal social pressures, this was a big shock for me, leaving me feeling helpless and completely disempowered.

It felt like I had lost control over my life and my body. Another doctor who treated my thyroid gland gave me pills plus the crushing message that I would have to take them for the rest of my life. None of my doctors offered any advice about alternative approaches to healing than the ones to which they were confined, and worse, it seemed as though they had no understanding of the impact of their words. Looking back, now as a medical doctor myself, I realize I was under a type of destructive hypnotic spell that stripped away my own natural, inborn abilities to heal myself as I bought into their reality and believed that I was powerless.

If this sounds familiar to you, I want to tell you that it does not need to be like this. You are not powerless, but in truth more powerful than you can imagine. True healing always has to come from within, from your own strength and wisdom. There is always something that you can do to improve, or even heal your condition.



I went into medicine because of my own health challenges and because I wanted to learn how to help others. I wanted to understand more about the body, health, and I loved studying the subject, but my time in residency training left me very disappointed. I learned that modern medicine was doing wonderful things in helping people with acute conditions; but it was disease-based, not patient-based therapy. The suppressing of symptoms was offered to patients with chronic conditions. Patients were never encouraged to look for healing from within and the body was treated as a machine, consisting of broken parts that needed fixing. Never was the soul, emotions, energy or the power of the mind mentioned. I sensed that this could not be the full picture so I studied various other approaches to healing like nutritional medicine, acupuncture, and detoxification.

In 2006 I followed the guidance of my heart to go to the U.S. to be with my beloved husband. I also studied with a man who was trained in Native American healing. My heart just knew I had to leave Austria even though it made no logical sense. I had just received my license to practice medicine in Austria, and I had no means of income since my medical license was not approved in the U.S.

Now I know why the calling was so strong. I not only studied with the most interesting healers I have ever had the honor of meeting; I also developed my faculty of intuition to such a point where I was able to perceive the human energy field and link its pattern to health and disease. This skill taught me much about why people fall ill, and most importantly, what it takes to fully heal.

My intuitive abilities allowed me to build a successful practice as a medical intuitive and have helped me to understand so much more about health and healing. I know that I could not have learned so much had I stayed working in a hospital. But most importantly, my personal health challenges and difficulties also triggered the experience of a spiritual awakening, which has changed my entire outlook on human life.

I finally understood on the deepest level who we truly are and I gained an understanding of the powers that lie within each of us as the powerful and beautiful Beings that we are: infinitely whole and forever perfect. I know that I only learned these things because of my health challenges—because I kept looking for a cure and because I listened to the guidance and wisdom of my heart,



which included leaving Austria. And even though I am not 100% physically cured yet, I am doing so much better than I ever thought possible. More importantly, I have healed spiritually. Since I know whole-heartedly that you and I are made of the same substance, that we come from the same source, that healing, in whichever form it may arise, is possible for you as well. In fact, you have the power to heal yourself.

## WE HAVE THE ABILITY TO HEAL OURSELVES

You are a powerful Being beyond words; and even though you might have heard words like "you will have to learn to live with it," this is chronic", or "there is nothing that you can do", I want to tell you that you are not a helpless victim or bystander in managing your own health. You have more power than you might be aware of as of right now. True healing always has to come from within, and the truth is that no one can do it for you than yourself. Of course, physicians, healers and even me can assist and guide you, but the drive and will to heal must come from within. In order to remember this power that you possess, you need to first shine a light on everything that keeps you disconnected from your true nature.

Your body is designed to heal itself. It is not so much something that you need to learn how to do; it is actually quite the opposite; It is an un-learning and an un-doing of who you are not, a recalling and remembering of your true self. When you remove the barriers that keep your body from healing itself, you reconnect to your heart and spirit, the source of where all healing arises.



## HOW WESTERN MEDICINE SEES THE BODY

Reconnecting to your heart and spirit is therefore of utmost importance and arises from an understanding of your true nature. You are more than just a physical body. In fact, you consist of 5 different layers that each needs attention and healing because they interact and influence each other. These layers are different aspects of you and consist of: the physical layer, the energetic layer, the emotional layer, the mental layer, and finally the spiritual layer.



One reason why Western medicine does not have an answer to the rise of chronic diseases other than suppressing the symptoms, is the fact that it ignores the different layers and only places attention on one layer of your entire Being: the physical layer, which is the body itself.

Western medicine sees the body as a broken machine when we are ill, and the main goal is to place attention on the broken part in order to repair it. This concept works well for acute health challenges, like getting into an accident and we need to fix ourselves with a surgical procedure. However, Western medicine has few answers for today's health problems, which are mostly chronic in nature. We are seeing an unprecedented rise in chronic diseases, but most of what modern medicine offers is the suppressing of symptoms through steroids and anti-inflammatory drugs, which do nothing to root-out the problem.

Western medicine has yet to recognize these other parts and aspects of ourselves. As a result, people who are suffering from a chronic disease are treated from an outdated medical model and increasingly require a more effective, and holistic one.



This does not mean that I am against Western medicine, or that I condemn it. This would be an unwise and radical approach. Western medicine has its gifts and has helped humanity tremendously in treating infectious disease, in the diagnostic realm and the like. But because it does not treat the entire Being, which is affected when a chronic disease is present, we cannot expect to find true healing when we are faced with a chronic disease.

The Western solution fixes the warning light of your system instead of finding and treating the reason why the warning light is blinking. In some ways, Western medicine operates and is stuck in an outmoded Newtonian world, or mechanistic approach of seeing the body. The body is seen as consisting of various mechanical parts, and when there is disease, the principal idea is to try to fix the broken part. No consideration is placed on the fact that we are more than just our physical bodies.

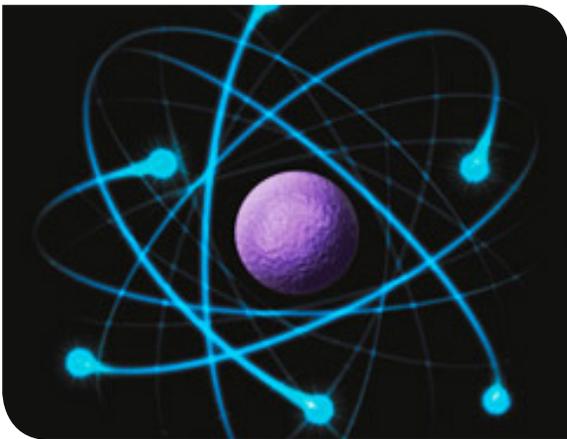
## QUANTUM PHYSICS

The Newtonian or mechanistic model that is mostly used and applied in Western medicine today can be accurately applied for big objects like monitoring the movement of planets and describing mechanistically actions, like how the heart pumps blood throughout the body.

However, when it comes to tinier parts of our bodies, the electrons and atoms of which we are ultimately made, the Newtonian laws do not explain everything anymore. The tiniest parts are governed by completely different laws of physics, and quantum physics describes these: Since we are comprised of these tiny parts which ultimately lead to bigger parts, it would be foolish to ignore the laws that govern the tinier parts and simply work with a mechanical model, the only one widely applied in Western medicine today.



Therefore, exclusively using the Newtonian model of seeing the body as a machine is indeed outdated. Quantum physics has been around for more than 50 years and medicine still has not recognized and fully utilized the fact that at our cores we are made up of energy and vibration. In fact, everything in this Universe carries a certain energetic vibration that is in constant flux and motion, which stems from the tiniest of particles that make up who we are. This is not a new age philosophy, but a fact and has huge implications for us.



Here's one example. When you are about to cross the street and initially overlook a car coming your way then suddenly see that car drawing closely towards you, your body reacts instantaneously, within milliseconds. You will jump to get out of harm's way to save your life. The Newtonian model used in medicine today can describe on a chemical level what is happening in your body in this given situation. Your brain senses danger and will send a chemical called Corticotrophin-

Releasing Hormone, (CRH), (1) from your hypothalamus (the master gland in the brain) to the pituitary gland.

CRH is the signal for the pituitary gland to manufacture Adreno-Corticotropic-Hormone (ACTH), which is released into the blood stream until it reaches the adrenal glands (2). The adrenal glands sit on top of your kidneys and will release adrenalin, a stress hormone, when they receive the signal from the pituitary gland. Adrenalin then circulates in your blood stream until it reaches specific cell membrane receptor sites on the muscle cells. Every cell in your body has thousands of different receptor sites on the outer cell membrane.

When a signal, in this case adrenalin, finds its way to the muscle cell, it has to compete with thousands of other molecules to find that one receptor site on the muscle cell membrane for which it perfectly fits. The principle here is called a 'key lock system'. Once the Adrenalin molecule



has found the receptor site on the cell wall, a chemical reaction will be triggered, making your muscles contract, which in this case makes you jump to get you out of harm's way. Adrenalin has lots of different functions in the body, but for the purpose of this example, only one of them is mentioned here (3).

Looking at this Newtonian description of how the body works when faced with danger, the question arises as to how our instant reactions can be possible within milliseconds? Well, truthfully, it is impossible! In reality, if this model of understanding were the only explanation, it would take way too long for the body to react. The only energy and force we know of that is capable of transmitting information with such lightning speed is light itself, and, in fact, your body communicates through light!

## EVERY CELL EMITS LIGHT

Every cell in your body releases a certain pattern of light frequency, and this signal travels with astounding 'quasi-instantaneous' speed throughout your body. Healthy cells emit a coherent, harmonious frequency pattern while unhealthy cells emit a chaotic pattern of light. This light emitted by the cells is stored in the DNA and is called 'biophotons'. In 1974, a German scientist by the name of Fritz-Alfred Popp was able to prove their existence. It is now believed that biophotons play a significant role in health and illness. Cancerous cells, for example, have lost their ability to produce a harmonious frequency pattern- and often lose the ability to store biophotons altogether (4).



It makes sense that the body communicates through light, as light is information itself. Of course, in our example above about jumping out of harm's way, chemicals like adrenalin are involved in the process as well, but this cannot be the only means of communication as the chemical signaling pathways are too slow to be able to react that quickly.

It is imperative that modern medicine begins to incorporate the knowledge of how the Universe and body ultimately work, which, as mentioned, quantum physics has been trying to tell us for over a half century now. Another interesting fact is that the solid matter we believe our bodies to be is really just an illusion. When quantum physics searched for the stuff we are made of, they first found the atom and thought nothing was smaller.

Then they developed better devices and found neutrons, protons, and electrons. They ventured even further and found even tinier subatomic particles. They are still looking for the tiniest particles, but perhaps more interesting than finding the tiniest particles is the space between them: basically nothing! The space between the tiniest particles is so vast that matter, the stuff we are made of, is astoundingly empty.

Tom Stoppard tells us "An atom is like a miniature Solar System, with a tight nucleus playing the role of a Sun orbited by electrons like planets. But the nucleus is incredibly tiny compared with the orbits of the electrons." Stoppard offers us an interesting analogy too. He says: "The nucleus is like the altar of St Paul's cathedral, an electron is like a moth in the cathedral, one moment by the altar, the next by the dome. Imagine squeezing all the space out of an atom. Well, if you did that to all the atoms in all the people in the world, you could indeed fit the entire human race in the volume of a sugar cube" (5).



# WE ARE MADE UP OF ENERGY

In reality virtually nothing solid makes us up, and the little matter we really consist of is nothing other than slowed down energy or vibrations—the electrons, protons, neutrons, and subatomic particles—which fundamentally compose matter and are constantly moving in flux. This means that our bodies and ultimately the entire Universe is nothing but energy or vibration.

Your body consists of approximately 100 trillion cells each of them performing over a 100,000 chemical reactions per second and is governed by an amazing intelligence that coordinates all these activities at the same time without your conscious participation.

When contemplating this fact, it is easy to see that there must be an immeasurable force that coordinates the cells and the trillions of reactions that occur in the body every second. This supreme intelligence is invisible and omniscient. We have this intelligent force within each of us. I call this mysterious force -"our spirit."

**ULTIMATELY, WE CAN SAY THAT OUR BODIES ARE SLOWED DOWN VIBRATION OF ENERGY ORCHESTRATED BY OUR SPIRITS!** And because there is really nothing other than energy in the entire Universe, our spirits must be made up of energy as well.

You can see that spirit is the invisible force that holds everything together and that because it is the coordinating force in your body, your body is endowed with wisdom. It is not the dumb machine Western medicine wants us to believe. Since there is wisdom in the body, there is also purpose and wisdom in the symptoms you are experiencing. The symptoms are not random, but contain a symbolic message for you. Symptoms are attempts by your body to not only bring back balance to an imbalanced system, but to grab your attention and show you something is wrong on a much deeper level.

Understanding what your symptoms are telling you is the first key to healing. Now lets move on to the 5 Keys to Healing Yourself and the different vibrational layers that we are made of.



# THE 5 VIBRATIONAL LAYERS AND THE 5 KEYS TO HEALING YOURSELF

As you have seen, you are ultimately made up of energy and you consist not only of the physical body, but of five different layers that all have their own unique frequency spectrum. These 5 layers are - from the lowest or densest vibration - the physical layer, the energetic layer, the emotional layer, the mental layer, and the spiritual layer. The higher you go up, the higher the vibration or frequency of that very layer.

Each of these layers has an associated key that will help you truly heal. Here are the 5 Keys to Healing Yourself:

**PHYSICAL LAYER: KEY #1**

**SPEAKING THE LANGUAGE OF THE BODY: YOUR SYMPTOM IS THE CODE TO HEALING**

**ENERGETIC LAYER: KEY #2**

**ENERGIZE AND BALANCE YOUR LIFE FORCE**

**EMOTIONAL LAYER: KEY #3**

**CHANGE THE PAST TO CREATE A NEW FUTURE**

**MENTAL LAYER: KEY #4**

**UNLEASH THE POWER OF YOUR MIND**

**SPIRITUAL LAYER: KEY #5**

**FOLLOW YOUR INNER GUIDANCE**



In this model, the densest layer with the slowest vibration is the physical body itself. This is the reason why you can physically touch it. Sensitive people can feel the energy in the body and clairvoyant people like me can even see it, but no one can touch an emotion or a thought, or the spirit itself. This is because the frequencies in these layers are so high and subtle that they only can be intuitively sensed, but of course not ever physically touched.

All 5 layers are intrinsically connected and influence each other. When there is disharmony or an imbalance in one of the layers, it will cause a change in frequency and vibration, slowing that layer down. When this happens, the slowed-down vibration will cause a density and a blockage, which will subsequently transfer into all other layers, ultimately not only causing disease in the body, but often also blocking access to your spirit. This is because the spirit holds the highest frequency in the Universe and the body, which is the frequency of pure and unconditional love.

When you are disconnected from your spirit, you cannot access your innate healing abilities, because **THE SPIRIT IS THE DRIVING FORCE BEHIND ALL LIFE.**

Awakening your inner healer requires intimate contact with your spirit, and you can do this by clearing all blockages, or densities in vibration that can accumulate and trigger disease in all the different layers: The 5 keys are designed to do just that: They bring each of your different layers into a higher vibration, allowing you to access your spirit and ultimately find healing.

Let's now explore each of the five vibrational layers that you are made of and the key for healing that relates to each layer.

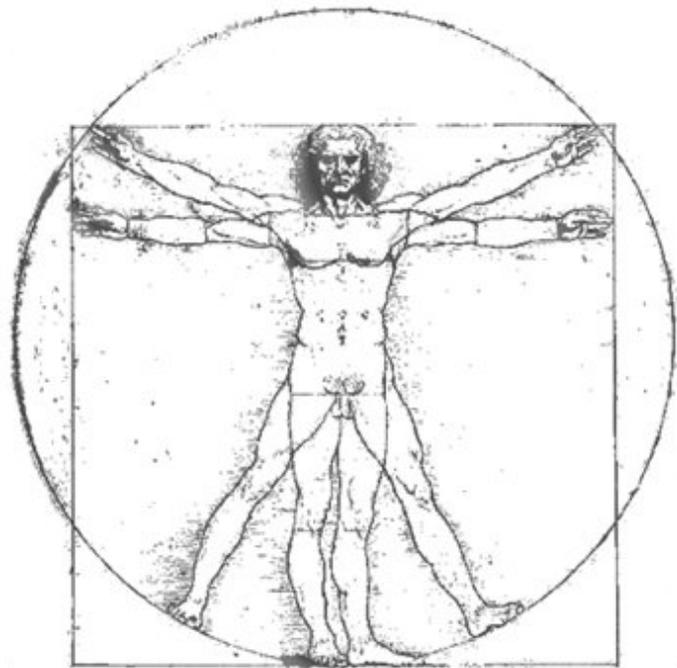


## THE FIRST LAYER: THE PHYSICAL BODY

The physical layer is the body itself. When you are faced with illness, this is the layer that gets the most attention. All effort is focused on this layer: your doctor, acupuncturist, nutritionist, or any other alternative health care practitioner will work with this layer to help you overcome your health challenge.

Often, this approach works very well, especially when it comes to acute diseases. However, when dealing with a chronic disease, purely focusing on the physical body only is not enough to truly heal.

Chronic conditions often develop as a result of multiple factors coming together: first, you had a time in your life when you were very stressed, which weakened your immune system. Then, you were exposed to multiple toxic chemicals. These factors, along with unresolved emotional conflicts, are often enough to result in chronic illness. Of course, this is only an example, but you get the idea. Therefore, only focusing on the physical layer is not enough and a more holistic approach which treats all different layers is needed to overcome longstanding illness.





**THE FIRST KEY TO AWAKENING YOUR INNER HEALER:**

# SPEAKING THE LANGUAGE OF THE BODY: YOUR SYMPTOM IS THE CODE TO HEALING

Your symptom can be the code to healing: When you learn to crack its code and understand what the body is trying to communicate to you and take the appropriate actions to give your body what it needs. Then your body can move towards balance and healing.

The language of the body is one of symbolic nature, where a symptom, for example high blood pressure, is an indicator for a deeper imbalance. In the case of high blood pressure, often (but not always) there is unresolved emotional pain or anger present, which is nothing other than tension in the body.

This inner tension can cause the circulatory system to "tense up" as well and create the symptom of high blood pressure. In this example, when you learn to release the upsetting emotions in a healthy way, you release the inner tension, allowing the body to shift into healing mode, and ultimately heal not just the symptom of high blood pressure, but your entire Being.

Everybody can tune-in to the wisdom of their body and hear what it has to say, what it needs, and what it wants in order to make peace and heal.

**MAKING PEACE WITH YOUR BODY IS NECESSARY FOR HEALING.**



It is in some sense, a prerequisite: When you are mentally and emotionally "at war" with your body, when you think that you need to 'fight' your disease or your symptom, you have overlooked that healing, or 'making whole again' is not about fighting, but about reconnecting- and reintegrating. This means to first being okay with what is happening in this very moment and to not put the energy of resistance towards the disease or symptom. This



"being okay with what is" is a shift in attitude, it is an acceptance of the present situation, which does not mean that you necessarily like it or you do not do anything in your power to change it, but it means to not fight it mentally. Of course, when you are seriously sick and in a lot of pain, it is natural to feel anger towards the disease and symptom.

This is a natural step in the healing process, but to ultimately move towards healing, it is necessary to accept and therefore reconnect with your body and your symptoms: To learn to speak its language and uncover the deeper meaning or imbalance it wants to express through the symptom to you. In doing so, you will learn to understand yourself and your body in a whole new and more exciting way. You will make peace with your body and symptoms. You will let go of tension and resistance to "what is", which then frees up an enormous amount of positive energy that can be made available for healing.



Even though the existence of the chakras has not been scientifically validated yet, it is likely it will be in the near future as measurement devices become more sophisticated. Furthermore, clairvoyant people like myself are able to see them and link their appearance to a state of health or disease. In my work as a medical intuitive, I have done thousands of energy readings and I realized there was a pattern of imbalance that was very common, especially in North America.

I found many people have a very weak root chakra, which is the energy center on the base of the spine that not only supplies energy to the immune system, but is also responsible for feeling safe. Millions of people struggle with anxiety in the U.S. and I believe that much of it stems from an imbalanced root chakra.

As you can see, the energy system of the body is very important for your overall health and well-being. When there is a blockage in one of the pathways or in the chakras, disease will develop.



**THE SECOND KEY TO AWAKENING YOUR INNER HEALER:**

## ENERGIZE AND BALANCE YOUR LIFE FORCE

In order to maintain or restore health, the energy system in the body needs to be balanced and energized. Regrettably, most people do not know how to do this. They overextend themselves by giving their energies away to others even though they themselves run on empty. This is common for many women who are overly concerned with the well-being of others and neglect their own needs.



*Awakening*  
your  
*Inner Healer*  
THE FIVE KEYS



A good analogy is travelling on an airplane: The flight attendant will instruct you to put on the oxygen mask first in case of an emergency, and then assist others. It is the same with your energy. It is best to strengthen yourself first before you can give to others and this is best done by developing awareness of what strengthens, and what depletes your life force.

Nutritious food, clean air, and loving relationships with others and yourself will nourish your life force. But conflict and divisions within yourself and others will deplete it.

Another factor is the energy of your surroundings, which also plays an important part in your health and well-being. You may have noticed that you can relax better when your house is clean and tidy. The Chinese have dedicated an entire science to the art of placing objects in a room in a way that encourages healthy flow of life force. They call it Feng Shui.

When you are sick, it is beneficial to have at least one place you absolutely love where you can feel safe and relaxed. Often, it does not take much to create a place that is dedicated to your health and well-being, your own little "healing sanctuary".



## THE THIRD LAYER: THE EMOTIONAL LAYER

The next layer of self is the emotional layer. This layer is a vibrational field and vehicle of your emotions. When you feel happy, this layer will be in a high frequency. When you feel sad or depressed, the vibration of this layer is much slower. This is why we say we are feeling 'down' when we are sad or 'high' when we are having a good time.



When it comes to healing, your emotions can be a powerful source of health and well-being as every emotion you experience has a direct impact on your body and your immune system. This connection is well-researched and is called "Psycho-neuro-immunology" (7).

Basically, this field of research discovered that when you are in a good mood, when you are happy and joyful, your immune system will mirror your emotions and will function at its very best. In all diseases your immune system is the major component that can heal you and fend off disease of



any kind: If your immune system is strong, then you will be healthy. If your immune system is weak or "confused", you will be prone to infectious diseases of any kind or suffer from an autoimmune disease.

Unfortunately, most people carry around a vast amount of unresolved negative emotions and experience subsequent huge amounts of stress on a daily basis. Chronic stress is a major contributing factor in every disease and in fact, it is now almost universally believed that 80-90% of all diseases are stress-related (8).

Landmark long-term studies show that chronic unmanaged negative emotions like anger, anxiety, and fear that lead to stress are up to six times more contributory of cancer and heart disease than cigarette smoking, high blood pressure, and high cholesterol levels. **THUS, THE DAILY STRESS WE EXPERIENCE IS THE NUMBER ONE KILLER THERE IS!**

Often, the events we experience as stressful on a daily basis are not necessarily stressful in itself, but they cause us unhealthy stress because our minds judge the situation negatively. Our minds comment on everything that is happening to us and when the judgment is that "this should not happen", even though it is happening right now, and there is nothing that you can do, the reaction in our bodies is intense stress.

One example is when you have to wait in line and you are already late for your appointment. Most people will experience this as a stressful event, because the mind creates fear inducing images of worst case scenarios of what will happen if you arrive late, or will mentally oppose the situation.

Therefore, learning to use our minds more wisely and resolutely by not allowing them to run amok with negative and stress-inducing thoughts is paramount for good health. When you learn to be present in the moment, you naturally stop worrying about the future and the past. Being in the moment is a practice that can tremendously help you not only become healthier, but happier as well and the best way to do this is by learning how to meditate.



Numerous studies on the benefits of meditation have shown impressive results. One recent 5 year study showed an incredible 48% reduction in the overall risk of heart attack, stroke, and death of any cause among a meditation group that was compared to a group who only received health education (9). No drug on the market can claim results as impressive as these! Therefore, having a daily meditation practice is one of the most important things you can do for your health.

To further lower the amount of stress in the body it is paramount to release unresolved emotional traumas and former pains from the emotional layer. Many people carry a lot of resentment with them because they are holding on to something that has happened a long time ago. They never have learned how to fully release the upsetting emotions and therefore unconsciously and perpetually harm themselves by holding on to these negative emotions.

When there is a lot of unresolved trauma accumulated in this layer, it will create a blockage, because the vibration becomes very slow and 'sticky'. This will then make it harder for you to bring your entire Being into the very high vibration state necessary for accessing your true self—your spirit, which holds the highest vibration. When you have a hard time accessing your spirit because of unresolved pains, most of your attention will be forced into the emotional layer, because this is where the problem lies. When this happens, your energy and attention flows to the negative aspects of your past. This often causes identification with the trauma and can create a 'victim mentality' or can place you in a constant state of anger.

Many people diagnosed with a chronic disease carry with them a traumatic event, including: When your doctor diagnoses you with a chronic disease and says there is nothing he can do for you. This is a serious trauma that needs to be resolved and released if you are to facilitate healing. Otherwise, you will believe your doctor, buying into the reality that there is nothing you can do, which will make you feel powerless and weak. It is almost like an unconstructive hypnotic state that your doctor unknowingly casts on you, making you a victim of circumstances.





**THE THIRD KEY TO AWAKENING YOUR INNER HEALER:**

## CHANGE THE PAST TO CREATE A NEW FUTURE

When you learn to let go of old traumas, you can change your past. Of course, it is not possible to change what has happened in the past, but it is possible to change how you feel about it right now, in the present moment. When you release trauma from your system in such a way, you not only release a huge amount of stress from your body, but release yourself from the chains of former negativities and make yourself free to create a new future.



There are very effective exercises that can help with this process. I have used these many times with my clients and have seen incredible results. I also lead people through these processes in my seminars.

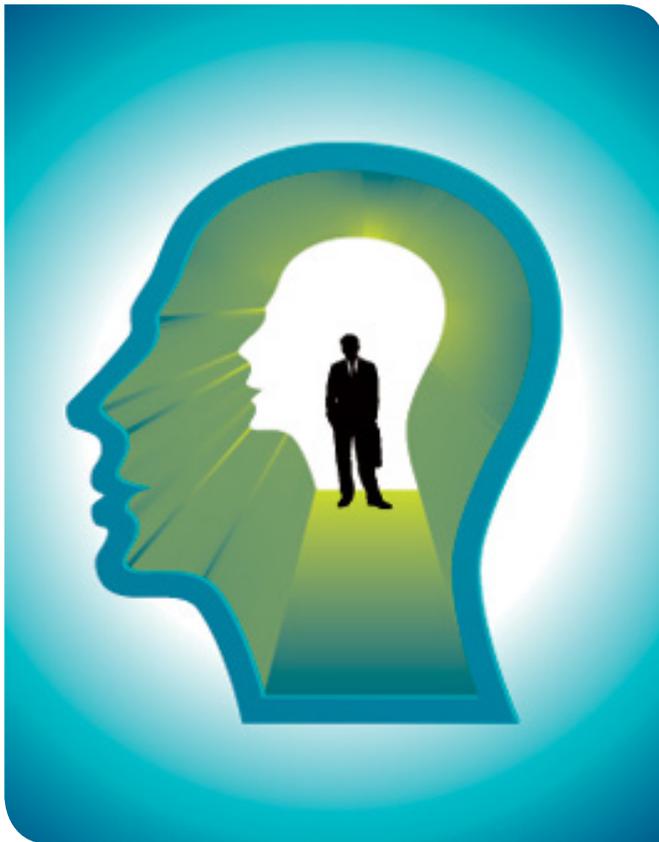


## THE FOURTH LAYER: THE MENTAL LAYER

The next layer is the mental layer. This is the layer that stores all your beliefs and represents your mental activity. When you store and perpetuate damaging beliefs about healing yourself and healing in general, you will slow the vibration down. When you have positive beliefs about healing and you think happy and life-affirming thoughts, the energy of this layer will increase.

Beliefs about healing and how you see the world are so important that they can dictate if and how you heal. One example is the "Placebo" effect, which shows that when you believe you are taking a drug intended to cure you, though in reality it is nothing other than a sugar pill, your body will react

to this positive belief by making changes in the immune or endocrine system in order to heal yourself. (10)



Of course, negative beliefs act in the same way. One example is the "Nocebo" effect, which is the opposite of the placebo effect (11). It happens when people experience negative reactions or side effects to a placebo. Users believe they are getting a real drug, but also know about the common side effects and therefore will experience symptoms like headaches and an upset digestive system. This is also the power of belief at work, but this time it works against you. Like the placebo effect, the Nocebo effect is always at work no matter which healing modality you choose.

You can see that the power of belief is so strong that it will greatly influence if and how you heal because a belief is like a law that you (mostly unconsciously) create for yourself. It acts like a filter through which you experience the world.

Unfortunately, many people have heard from their doctors there is nothing they can do to improve or overcome a chronic disease. When this happens, not only is a negative, powerful belief created, the belief that 'it is impossible to heal', but a negative mental image is created in your mind about your future. In this mental image you see yourself getting worse and worse, which is detrimental for your spirit and your body.

Luckily, you can learn to actively change the beliefs you hold about your ability to heal from disease, learn to release the negative beliefs and instead instill positive and life affirming ones, unleashing the full power of your mind to help you heal.



**THE FOURTH KEY TO AWAKENING YOUR INNER HEALER:**

## UNLEASH THE POWER OF YOUR MIND

The power of your mind and beliefs is actually so strong that new research called "Epigenetics" has shown that it can even change your genetic blueprint, your DNA. Your DNA contains your genes and depending on which genes get switched on or off, your body can either produce disease or reverse disease. This new research is showing us that what really controls the behavior of your cells is not your genes, but the environment of your cells. The environment is more important than your genes. The influence of the environment is so strong that it controls which genes get activated and which get silenced, and this ultimately determines if you will get sick or not.





Interestingly, what makes up this environment are your beliefs, the nutrients, the amount of oxygen the cells have available, and the toxins they are exposed to (12).

**BECAUSE THE ENVIRONMENT OF YOUR CELLS PLAYS SUCH A STRONG FACTOR IN YOUR HEALTH, I LIKE TO REFER TO IT AS THE 6TH LAYER OF OUR HUMAN MODEL** and that's why I am such a big proponent of nutrition and proper detoxification.

If you want to heal yourself, an integral part of your healing plan always needs to include a healthy diet and a good detoxification protocol, which will help you improve the quality of your cells' environments and, subsequently, the health of each cell.

The new field of research is so exciting because it puts the power back to where it belongs, to you. You are not the victim of "faulty" genes as you can, for the most part, control the environment of your cells by feeding your body healthy food, making sure it is free of toxins, and instill positive and life affirming beliefs.

Research has shown that when you fully, with all your heart and mind believe that you can heal, chances are that you actually will: That is exactly what people did who suffered from diseases, deemed "incurable" by the medical profession. They developed such a strong positive healing belief that the new belief created changes in their immune systems that ultimately lead to their healing. They often reported having a sudden and intensely profound spiritual experience in which they experienced themselves as part of a big "Oneness". In my opinion, what happened was that through this spiritual experience, they were able to fully access their spiritual layer, which ultimately led to their healing.



## THE FIFTH LAYER: THE SPIRITUAL LAYER

The last layer of self is the spiritual layer. This is where it gets interesting. From the awakening experience that I briefly shared with you in the beginning, and through countless books I have read on this topic, I know that we are so much more than just our physical bodies or our thinking mind.



We are actually spiritual Beings having a physical experience. And the essence of who we are is represented in the spiritual layer. The spiritual layer lies at the heart of everything and everyone, and your physical heart serves as its access point. When you are deeply connected to your heart, you are automatically connected to the spiritual layer. Your essence as the spiritual layer and the heart both carry the same vibration, which is unconditional love. When your heart is open—you feel at peace with yourself and the world—your life secures its meaning, and you feel guided and protected.

## THE POWER OF THE HEART

Because your heart can generate the feeling of love, you can access the spiritual layer through the heart when you feel love. **IN SOME WAY, YOUR HEART IS THE BUILT-IN DOORWAY TO YOUR SPIRIT!** We all know and have had direct experience with the power of the heart. I am sure you had moments in your life when you were completely blissed-out, madly in love. You might have looked into the eyes of your child or lover and time stood still. Or you might have been on a mountain top looking down into a valley when suddenly your heart was filled with loving joy.



This is the power of the heart; it can instantaneously override the negative feelings and self-talk that blocks the connections to the spirit. This is because the electromagnetic field produced by the heart is so much stronger than the electromagnetic field produced by the brain, and the high vibration created from this heart-field can literally bring the other layers into a more coherent and vibrant state. This is where the expression 'power of love' comes from.

**THE HEART PRODUCES THE LARGEST ELECTROMAGNETIC FIELD IN THE BODY.** It is 5000 times larger than the electromagnetic field produced by your brain and stretches a few inches around your body! This field can even influence another person's brain waves when in close proximity, and by doing so, information that goes beyond the logical thinking mind can be exchanged (13).

When you live 'from the heart', and fully feel this deep connection to your spirit, to God, the Universe, or whatever name you want to call it, you are, in the biggest meaning of the word, made whole again and have healed yourself.

Then you are deeply connected to the wisdom of your heart, and you are automatically connected to your inner guidance. A deep connection to your inner wisdom is not reserved for a few selected people. In fact, everyone can learn how to do this. You have an inner compass inside that shows you where to go, what to do, and who you ultimately need to become in order to heal yourself.

Unfortunately, because our lives are filled with distractions, we seldom take the time to listen and eventually forget how to access our inner guidance. But your inner guidance is incredibly important—only you can know what is best for you. No one else has such knowledge- not your doctor, your spouse, or your closest friends. Your doctor might suggest a treatment for you, but if your inner guidance says "no", there is a reason and the prescribed treatment might not be in your best interest. Because your soul is infinitely more intelligent than your faculty of logical thinking, you can gain access to its wisdom and guidance when you relearn how to truly listen.





**THE FIFTH KEY TO AWAKENING YOUR INNER HEALER:**

# FOLLOW YOUR INNER GUIDANCE

You can learn to listen and surrender to your inner guidance. Then you will be able to not only find meaning in your health challenges, but a whole new life of transformation and growth can open up before you. Many people have transformed their lives because they faced their health challenges this way. I did too.

I not only transformed my life completely, I also found a new sense of self and creative purpose because I listened to my inner guidance. I can now say with confidence that I am thankful for the health challenges I faced. Without them, I would have never grown as much as I have. And I know the same is possible for you too.



You can learn to listen and fearlessly follow the guidance of your heart, find meaning in your health challenges and find a new sense of self. You can become who you are meant to be: an awake and whole Being.



## SUMMARY

You now have an understanding that in order to truly heal it is not enough to just treat the symptom. You have to dig deeper into the reasons why you fell sick, and discover what your entire Being's needs in order to heal.

You are made of different "layers", the physical, energetic, emotional, mental and spiritual layer, and all these different aspects of self need to be addressed. The 5 Keys to Healing Yourself are designed to do exactly this: they clean up, step by step, your different layers so that you not only become more connected to your spirit and to the guidance of your heart, but ultimately bring back balance and healing to restore wholeness on all levels.

## NOW IT IS TIME TO GET INTO ACTION!

Take a look at the questions below to discover which of your "layers" are out of balance, and which of the keys you can apply to bring more balance into the areas in your life that are in need of healing.



# WHAT DO YOU NEED IN ORDER TO TRULY HEAL?

I want to encourage you to read through the questions and try to answer them as honestly as possible. The questions are meant to open up your awareness to what it is your body, mind and spirit truly need in order to heal.

## **QUESTIONS FOR KEY NUMBER 1: YOUR SYMPTOM IS THE CODE TO HEALING**

- ♥ What is your body trying to communicate to you through the symptoms?
- ♥ What is the symbolic meaning behind your symptoms?
- ♥ What do you need to do/change in order to heal?

## **QUESTIONS FOR KEY NUMBER 2: ENERGIZE AND BALANCE YOUR LIFE FORCE**

- ♥ What are the areas in your life where you over exhaust yourself and where you give away too much energy?
- ♥ How can you find ways to take better care of yourself?
- ♥ Do your relationships help you heal, or are they a source of stress for you?



### **QUESTIONS FOR KEY NUMBER 3: CHANGE THE PAST TO CREATE A NEW FUTURE**

- ♥ Which negative and unresolved emotional experience do you think has contributed to your health challenge?
- ♥ What is your daily stress level? Rate yourself from 0 to 10.
- ♥ What can you do to reduce your daily stress levels?

### **QUESTIONS FOR KEY NUMBER 4: UNLEASH THE POWER OF YOUR MIND**

- ♥ What are your negative healing beliefs?
- ♥ Has your physician given you a negative prediction about your future? Do you believe him/her?
- ♥ What are your positive healing beliefs?

### **QUESTIONS FOR KEY NUMBER 5: FOLLOW YOUR INNER GUIDANCE**

- ♥ How could your health challenge be an opportunity for you?



♥ What does your soul truly want?

♥ Are you listening to your intuition?

Please take your time in answering these questions. By thinking about them and by staying open and with a non-judgmental attitude towards yourself and your body, you can gain valuable insights. This will help move you in the right direction - toward healing yourself.

**DID YOU LIKE THIS? HERE IS HOW TO GET EVEN MORE.**

I hope you found this Ebook to be valuable and that it helps you on your path to healing. If you liked this Ebook, then you will love my free online healing course, in which I will share with you many practical ways to heal yourself.

Just go to: [www.AwakeningYourInnerhealer.com](http://www.AwakeningYourInnerhealer.com) to learn more.

Much love,

*Katharina*



# APPENDIX

## THE TRUE MEANING OF HEALING

Simply put, healing means "to make whole again", or, "to restore to wholeness."(14)

Because we are much more than our physical bodies, and are comprised of many different layers, we can lose, but also find wholeness in all our different parts.

Disease can develop in all the different layers, and if one layer is out of balance, it will affect all other ones. Therefore, 'to heal' or "to restore to wholeness" means not only to be reconnected to all your parts, it also means to be connected to the Universe, God, Source, or whatever you name the higher power as it is part of your spiritual aspect or layer. You cannot fully heal without accepting all your parts and without making peace with yourself and others. That is why healing always involves a change in attitude, as well as personal growth and development.

Because all our layers are intrinsically connected and blend into each other, when you heal one of them, you create a positive ripple effect in the rest. Of course, healing can happen in all layers, not only in the physical layer. That is why 'to make whole' or 'to heal' does not only concerns the physical body and its symptoms, but your entire Being with all its different layers.

## WHAT 'CURING' MEANS

'Curing' means to relieve (a person or animal) of the symptoms of a disease or condition, or to 'eliminate' (a disease, condition, or injury) with medical treatment. (15)

'Curing' is more concerned with one sole part of you, the physical symptom. Curing means that the symptom is gone, but it does not refer to anything about the person as a whole. Curing is not concerned with your energetic, emotional, mental, or spiritual health; it is only concerned with the physical layer, your body. True healing means to reconnect all parts of you, not just getting rid of the physical symptom, which ultimately will make you happier and more content, and will help you along in your spiritual journey as well.



## REFERENCES:

1. <http://global.britannica.com/EBchecked/topic/138916/corticotropin-releasing-hormone-CRH>
2. <http://global.britannica.com/EBchecked/topic/6458/adrenocorticotrophic-hormone-ACTH>
3. <http://global.britannica.com/EBchecked/topic/190049/epinephrine-and-norepinephrine>
4. <http://transpersonal.de/mbischof/englisch/webbookeng.htm>
5. <http://www.physics.org/featuredetail.asp?id=41>
6. [http://www.medicalbiophysics.dir.bg/en/kirlian\\_effect.html](http://www.medicalbiophysics.dir.bg/en/kirlian_effect.html)
7. <http://medical-dictionary.thefreedictionary.com/Psychoneuroimmunology>
8. <http://medical-dictionary.thefreedictionary.com/stress>
9. <http://healthland.time.com/2012/11/14/mind-over-matter-strongest-study-yet-shows-meditation-can-lower-risk-of-heart-attack-and-stroke/>
10. [http://www.somasimple.com/pdf\\_files/placebo\\_not\\_pain.pdf](http://www.somasimple.com/pdf_files/placebo_not_pain.pdf)
11. <http://medical-dictionary.thefreedictionary.com/nocebo>
12. The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles
13. <http://www.heartmath.org/free-services/downloads/science-of-the-heart.html?aid=AD14>
14. <http://www.thefreedictionary.com/healing>
15. <http://www.thefreedictionary.com/curing>

