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Joyful Harmonious Expressiveness (JHE)

by Rebbie Straubing

Whether the healing you seek is physical, emotional, financial, in your relationships or in any other aspect of your life, the power you need to heal yourself innately pulses within you.

This all-good ability to bring yourself into purposeful balance in all areas of your life is silently programmed into you. We could say you came "preloaded" with that software.

You may begin to feel a radiating sense of empowerment as you recognize that you don't need anything from the outside in order to effect your healing. Of course, effective assistance may come to you, but if you look at it creatively, you see that it is not really coming from outside. It comes as an answer to your asking. And it is this inner act of asking that is the crucial component in the manifestation of your healing.

Asking. What is the inner activity of asking for healing? Abraham (www.abraham-hicks.com) tells us that our asking is automatic and vibrational. It happens naturally and in response to the contrast we are living. So, that part of the asking is pure and clean and powerful. It needs no practice at all. It requires no skill.

However, language-loving humans that we are, we then start talking about it. Once we paint words over our native desire, we tend to obscure the answer as it comes. We lose touch with our inner answer and so we go asking others to help us from the outside. This outer asking can produce some static.

In this unskilled asking, we are silently saying, "I have no ability to heal myself so will you please do it for me?"

This is problematic because it is untrue. And so any answer that comes is sitting on a faulty foundation.

On the other hand, skilled asking hums with the silent message, "I have temporarily lost access to my inner ability to heal, will you please assist me in reconnecting with my innate intelligence?"

Skillful Asking. How do you authentically ask the skilled question?

Try This: Imagine that you have a foreign coin sitting on a table in front of you. You have never seen this coin before. You can see its front but you cannot see its back because it is flat on the surface. Feel the confidence you have that, even though you have never seen this coin before, you know its other side exists. Feel the power of your ability to turn that coin over and reveal the other side if you want to. Right now, from where you are sitting, you can only see the question aspect of your issue. But your issue is just like that coin. If it has a front, it has a back. If it has a question, it has an answer. Now sense the power of your ability to reveal the answer if you want to.

From this place of trusting your own resources, even if you can't access them at this moment, you can attract many helpful friends, healing practitioners, romantic

partners, employers or whatever else will be the perfect instrument for your own revelation of your innate ability to heal.

The Healing (jhe). The healing, when it comes, no longer looks like a healing. The coin, once you turn it over, no longer looks like heads. Now it looks like tails.

Healing is the question. As long as you keep talking about healing and seeking healing, you are holding yourself in the question. To become resonant with the answer so that you can turn over the coin of your body condition or your relationships or your career, I recommend that you change the words you use. I recommend the phrase "joyful harmonious expressiveness" or its acronym "jhe." This phrase resonates with the state of your body, your emotions, your relationships and your finances when they are in their optimal state.

This simple, deliberate choice of words begins the flipping of the coin. When you say, "I seek healing," you are rooted to the problem. When you say, "I seek jhe," you are rooted to the solution. This vibrational shift in your language reorients your energy body and allows you to move freely toward your desired reality.

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Dr. Rebbie Straubing is author of "Rooted in the Infinite: The Yoga of Alignment." You can instantly download the beginning of the book at <http://RootedintheInfinite.com>. Rebbie is a workshop leader, Abraham Coach and spiritual writer. Her free e-course, "7 Secrets for Manifesting Your Heart's Desire", is available at www.YOFA.net. Sign up for her remote inner alignment sessions at www.AlignmentforHealing.com

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