



# nicky

## Recognising Yourself

I do a lot of healing work on myself. Even when I facilitate somebody else's healing, I cannot do that without also directing energy to where I need it most, for my own highest good. And every time someone comes to me for a healing session, something within that session will resonate with my current or past issues, thus releasing another load of the burden of life I carry around.

I find it amazing how things within can shift. Sometimes a seemingly simple meditation can create an internal earthquake. And with energies rearranging internal patterns and thoughts, I sometimes end up being a stranger in my own body and life. Well, at least for a couple of days. Most often I feel peace and quiet, more relaxed and quite distant from previous frights and insecurities. Cannot say that the feeling is here to stay... somehow it always seems to fade away after a few days. If I am lucky I can hold on to it for a full week.

Sometimes I wonder whether it is really fading away, or is it something else? Isn't it more that I adapt to the new and improved me, as does everything around me? Isn't it just a matter of integrating it all into the whole me, rather than having it hang around in one particular part of my body?

Recently after a healing session, facilitated by a dear friend, I feel as if one side of my brain is still in rapid thinking mode. Asking and answering all sorts of questions about what is going on and what could go wrong. The other side of my brain, however, is no longer getting involved in this silly old game. Instead it is just peace and quiet. And when my left frantic thinking side is asking my right for help, there is no apparent answer. There is just this silence, this peace and contentedness. Luckily my left is not freaking out, but is now willing to accept it has to come up with its own answers, find its own peace and centeredness.

I wonder what it will be like, maybe tomorrow, or even maybe next week... when this new quiet part of my thinking brain has expanded and integrated with that fast forward thinking part. Will I be more at ease, will I have less doubts and worries? And moreover.... will I still recognise myself?