

Survival Healing 101
Stormy J Froom
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AUTHORS NOTE

I constantly live in a reactive state (like someone walking with their eyes closed) at all times due to the little veil I have left and constant healings. I attempt to maintain stability and functionality but healing is my path for survival, a mask that has seemed to grow to become a piece of me instead of just something I can do. If you ever see me I may be edgy, stand-offish, or maybe full of joy but depending on what is being projected at me or which one of my thousands of issues I'm attending to depends on who I am. I survive with the help of many paths, many religions, and many sources of where help lies. Peace and I hope you find your sanctuary within your chaos.

In this book will be a voice of a healer named, "Obsidian", aka Stormy Froom. To share my voice as a healer as one of the many of thousands before me and to the ones to come so people may survive and understand that hope can happen on the other side of pain. Some spend their lives designing the way out through life's passages, daydreaming and wonder when the moment will come to end their pain. As the healer the why is where the venture begins through the nightmares and echoing screams of the heart.

Welcome to the chaos of chaos healing where you're healing becomes the forefront of your life. Your core ideology beliefs that was once thought of concrete, born that way it will stay that way has come to an end. To find balance to be functional on one hand and chaos on the other is the path. Do what you must to heal and protect yourself with little boundaries but patience.

I will hopefully attempt to make this understandable and logical from my point of view but unfortunately short so I can offer something instead of a possible one day.

I am describing a feeling and a way into English and logic where possible this is very hard for me so please bare with me but hopefully a path will be seen by the end of this to help the ones I can and probably frustrate and anger everyone else but this book is my voice from my experiences and knowledge from a path of many years surviving within suicide. Hidden from even the closest except my own chaotic mind. My path maybe from an extreme viewpoint but I deal with extreme energy.

So let's begin

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Image: 'Chaos'

CHAPTER 1 **INTRODUCTION**

Chaos healing in my mind is to have more energy to work for you than against you. Many different religions and spiritual paths and all these energies from these many sources are filled with intentions good and bad (relative to individual) within the soup of consciousness that you may walk.

Some will help you achieve your self-fulfilment and others will hold you back. All is relative to your present mind set or ideology at that present moment. Keep in mind as you heal your perspective changes and you gain immunity to some things but then it open doors to other things that you once might not have been susceptible to. Yehhhh, I hear from the crowd.

For me what has worked is not to limit the walls and barriers of your spiritual path to a singular way of thought because many energies work against us so why don't you have many energies working for you. It doesn't matter who claims ownership over these energies that is all make belief so people can control and regulate how and who gets what. If that makes any sense. So study 50 religions (from the 1000+ world religions) and maybe 100 spiritual paths but there usually will be only a few you will use regularly. Who has the time for everything but the time for something is more important than nothing.

Right?

So don't hold back on your path to heal because another says you cannot do this or do that. Per-sue, research and implement.



Image: 'One'

CHAPTER 2 **DIVINE BLUEPRINT**

Where do we start?

Allow me to explain my goal of returning to my divine blueprint. This blueprint already exists in all of us, it's just covered with illusions upon illusions of nothingness that wants a purpose. You just have to find a way to uncover it again or move towards it. Realizing or feeling that it's already there will start the crack in our illusions of our energy system cemented in concrete, born that way stay that way philosophy.

To base your issues not against another or singular society ideological belief but something that all things exist from. If we base our issues off of the blueprint of a singular religion or belief you become like that singular religion or spiritual belief and all the sources of energy from that belief, teachers, entities, which is right for some but not for all.

Just think when you idolize a person or surround yourself in a particular energy for example happiness you start adapting yourself slowly towards that source of interest, maybe you start watching more comedies or change your hair, on and on. Why because the belief of sanctuary for your ideological happiness for a period may exist in that singular thing.

What if we honour hundreds of energy sources (pray and give homage) what do we move towards then, in my mind and experience the entire average of all of them. What could possibly exist that hundreds and thousands of gods, goddesses, entities, sources of energy comes from. I have called it a divine blueprint which I use light and dark sources (excuse my ignorance for I don't know what else to define these sources that I move towards).

The purest forms of energy I have found have the littlest amount of intentions buried below so I say they are holy pure energies (less harm) which may conflict with other beliefs but this is my voice of my experiences.

So if I am to move towards these hundreds and thousands of pure holy energies I must heal and release my intentions of my ideological beliefs to obtain fulfillment.

This is my goal for healing (not at first) but as we begin to honour more and more sources slowly sub-consciously and consciously we adapt to what we idolize and honour for our own sanctuary and happiness.

There are thousands of techniques and energy sources that can work towards or against your main goal for healing and protection back to the blueprint. If you use them its up to you, how many and which ones.



Image: ' Moon Goddess'

CHAPTER 3

SPIRITUAL DEFENSE

PROTECTION, PROTECTION, PROTECTION

Protection, Protection, Protection the one thing I believe is just as important as the inner healing of yourself. Developing and using protection to defend yourself from others harming (relative) you.

I attempt to live by a loosely hung rule of: Treat someone the way they treat you. If someone is nice to you attempt to be nice to them (do your best for that moment). If someone consciously is causing you harm consciously defend yourself from that harm. There are many spiritual tools that you can use to attack defensively but to only stop the harm and not to cause excessive pain.

In my mind a healer should always show etiquette and don't be too anxious to cause others excessive harm to feed your own ego, for that's no better than the person consciously attacking you. Sub-consciously and the illusion of ignorance are the hardest attacks to deal with because the individual cannot tell they are harming you in anyway. Defence from this harm must show the highest etiquette and patience with that individual (again do your best for that moment). I always try to leave the situation first but if unable defend only to stop and attempt not to excessively harm (even though to them stopping their harm is harm).

As I have noticed through the years as you let go of your programming and issues you change your perspective on what is an attack and what isn't. Also with patience you gain immunity to that energy so it can't cause you any more grief or pain.

Some tools I have used involve light energy and dark energy. Attempt to use energies known for the purpose of protection for example Arch Angel Michael. Researching is a constant learning process to find energies that are comfortable for you.

For me healing and protection is a way of life and I always attempt to honour the spiritual help that is granted to me with at least a thank you.

Remember Protection, Protection, Protection.

Finding sanctuary within we must find where we begin and others overlap through our conscious soup that surrounds us. By doing this we can isolate our inner issues and know what is forced upon us by another source. Gaining immunity and protection from harm from others.

When something harmful is about to happen to you there is always signs, feelings, your body is reacting even if your not consciously aware. Many things can be predicted if you learn how to be sensitive enough but sometime ignorance is good (hehe).

Myself I am not as sensitive as I could be for I do live in illusions of ignorance filled with my issues to the surroundings at time but not always. Protection, must be developed to survive in this spiritual world.

We are not concrete.

Log your harmful experiences when they are occurring it is always the best time for it, or keep calling your protection over and over and over again in your mind until clarity clears the clouds for your sanctuary in that moment. Strong energies against you, you need strong energies working for you and if that means many sources it's up to you. If you honour regularly they as I know will come to your aid somehow. Maybe not at that moment but some how. A window of pain slowly is created when you see the harm but your only strength is to develop the ability to endure the moment, in time there is removal and protection. This is a source of more pain when you see no immediate results for all your work.

ANOTHER REASON FOR PROTECTION

Why protection as I stated before about energy transfer let me re-iterate from previous writings. Deep in the mountains some Chinese (I believe) scientists were studying the effects of energy projected at water. They used water from a local lake with very little pollutants so to get better results. They yelled at the water with words of hate then with words of love and froze the portions of water during each time and noticed when sending love to water beautiful crystalline structures formed and when sending hate to the water the structures were broken and took little form. So to conclude, we are made up of water, so what do you think if someone yells hate at your body. How do you think your water will react? So how do we stop the body from reacting like producing emotions or energy not needed but only protects or feeds our egos. Protection and healing branches from here, our bodies are biological computers reacting with energy of action, thoughts, and words. It's programmable and de-programmable but it's the how that can become troublesome and frustrating. Still with all the tools I use nowadays you think it would be easy but its persistence, patience and the belief that we can heal and it doesn't matter what others say, do or think at us, we can stop the pain.

Find the purest forms (that don't have alternative motives and posses the singular wave of a single intention) like for me Buddha, Christ, Angels (Arc Angel Michael is a good one), and many others from many religions around the world but not through people (I have found), it's through your connection to all that is, is where you will find help. You exist and spiritually that means you're already hardwired to all of existence, you don't need someone to connect you. Others are useful if you want to take on their spiritual practice or religion (ex: Pranic Healing) then go for it, they have their entities, masters, rituals and rites of passage that you can honour so you can practice that particular style of path but for me I attempt to not limit the walls and barriers placed on me by a singular way or ideological belief.

Protection will start with just asking them.

YOUR WORDS CARRY INTENTIONS, WHICH HAS ENERGY, THAT ENERGY CAN BE SENT TO WHEREEVER YOU WANT IT. SO SEND IT OUT AND ASK FOR PROTECTION FROM HARM.

It's like calling someone's name that you see in a mall and you want their attention, just call to them and ask. Maybe a picture of them will help but your concentration should be singular to the moment and after the moment, whatever, but during, concentrate, focus and send your intentions.

WILL-POWER

In my mind the first area for healing and protection is your own will-power. Will-power gives us a voice, allows us to move freely within our environment appealing our happiness for our good or not so good. Energies are constantly wanting to control, attack, and help our will. For we are not the only ones wanting to survive in the soup of worldly consciousness. As we gain spiritual help you should slowly gain the understanding that billions of people wants billions of things and some as you are now possibly undertaking already have spiritual help external from the body. Possibly harmful and detrimental to you or maybe helpful and loving.

My goal is to survive the day and live a lifetime if possible. For me protection is there when my will from waking from the night before is gone. Honouring them when we can and they honour us when we can not or won't or even lashing out at them to stop protecting us from harm.

DARK AND LIGHT

Dark and light protection I feel needs an explanation. Intentions are buried in all energy sources, love, hate, ego, on and on so when someone uses their energy to send out, intentions buried within may cause you harm but the owner may believe since they create harmony in them others ideological beliefs will find harmony. Protection helps sort what is good for you and not. Billions of energy sources sending energy everywhere. Light is not always good nor is the dark because intentions lies in both so I have found honouring both sources can help and they will sort the intentions right for you. Their the experts, your guides, to the chaos. Someone physically beating you may feel happy and send you positive energy as they beat you to the ground and break your bones, protection will overturn this (maybe not at first), there are meaner and more powerful energies out there in the world than a human. Extreme circumstance sometimes needs extreme energy.

~~When the sun comes up, all doesn't turn to good and when the sun sets, all becomes dark, all doesn't become evil but intentions will remain the same.~~

STYLES OF ATTACKS

I have run across many styles of energies or categories that people used to attack and control each other. The country people are different than the city people. I have noticed that each person uses different tools to defend themselves and attack consciously or sub-consciously. If you have an intention or an ego you do it some how. The maintaining of the ideological beliefs are generally the goal. These are just my observations and not for everyone obviously but for a huge percentage of people the voice of one individual is thought to be the entire voice of the world.

When in my mind one persons voice is just their own. Just one mind frame in the midst's of billions of different mind frames. My work dissolving my intentions and ego has led me to feel four of the most overused attacks that people use in the country and city to maintain there power and control over people. Which is: Ego, Fear, Guilt, and Shame. Four of the most overused emotions yet effective tools against the mind mentality of people. Pain attacking pain produces more pain. Where does it end? Where is the happiness?

~~External only will temporary produce happiness but internally is where we work for longevity.~~



Image: 'Bear'

CHAPTER 4 HEALING

We must find a way to start into our chaos, we have started forming a wall from others influences with protection now we start on the inside, your existence. So to understand our emotions, thoughts, and actions is to know water. Our structure (ideology) if thought of like concrete or rock will resist change to the flow of water (healing energy) around us. As we become like water we except that our structure moves, flows, and changes with the new tides but if we fight the change our imaginary concrete become apparent.

The resistance is the issues that we need to work on, the rock not wanting to crack and stay in the middle of the river. Cracks will appear if persistent and patient then chaos of change.

TO UNDERSTAND THE HAND OF CHAOS

Think of healing like a puzzle, millions of pieces spread apart, a piece is removed and all re-forms back into a puzzle, your new puzzle may form distorted but it will form, for all the remaining pieces wants purpose, to create your consciences picture again or another way to think of this is tare down a spider web and the spider reforms it but slightly different from its previous web. Pain, loss or hopefully joy may occur during the re-forming process. This is change. To create happiness in oneself you maintain a certain lifestyle, friendships, or coffee

brand. When another has influence over that harmony our emotions will fluctuate to indicate we are happy or not (joy, fear, anger, etc). People consciously or sub-consciously are always adjusting their surroundings to create their sanctuary. So energy of intentions is thrown in all directions to maintain each billion people on earth and each billion people have different ideological beliefs unique to that individual. This is where the spiritual battles take part. So attempting to change the world to reflect oneself is natural but to start within creating harmony without the external factors is a better start, using external only as a secondary means of harmony. To find the one within without all the intentions, external feelings, emotions to look at yourself without what people think of you (external influences) and what is manifesting in your life are indicators of your issues if you want change. All souls are pure but just clouded by the world of intentions of ego and ideological beliefs that means nothing to a soul just existing, just to be, without any intentions, purity, and as we add the external we start to cloud. A good way to find workable energy sources to harmonize to when seeking protection and healers to honour (ex: Green Tara). So don't base your issues off of the billions but within your divine blueprint the one inside that gives your harmony.

RELATIONSHIPS

To understand the effects of your healing to is understand your future relationships. We live together and get to know each other in friendships and long term relationships then start to expect things to stay the same. We surround ourselves with people of the like mind and form a structure that supports our ideological beliefs, people we find sanctuary in. Now we must understand as someone begins the process of healing this structure starts to change.

Our new perspectives start changing our viewpoints about people and life. As you address your issues and release ideological beliefs if the people that surround us expect that, your beliefs are like concrete, if you born that way you will always be that way, and will want to maintain this structure in you for their harmony, chaos may occur when the cracks in the concrete starts to appear.

If the people that surround you are truly supportive in that your mind becomes like the weather and your emotions as the tides in the sea, ever changing to the waves of healing energy that you expose yourself to then great, but if not change like the seasons slowly but inevitable will happen.

Changing your life may be hard but your own survival and self-fulfilment is important. Love the ones that love you and say goodbye to the ones that don't. This is where some pain will lye, be ready.

Peace.

PATIENCE AND PERSISTENCE

Patience and persistence seems to me to be an on going development. Healing takes time and with no microwave results immediately it's easy to get discouraged. Energies constantly working against your will as you move towards your goals. All people have goals and aspirations of some type even if it's just to wake up the next morning after the night before.

I see this as a spider web on a wall. The spider takes its time and develops a web to get its next meal. You can rip down the spiders web but it will never give up until its gets that meal. Its patience and persistence with its mind always on a goal which in this case is to eat another meal.

Depending on your programming the energies around you can be nice or they can be vicious towards your survival. We all need to survive. Our tolerance towards others abusing us and tearing us down for the benefit of stroking the ego of another can be low but persistence and accepting at times that progressing little by little might be all you have. Keeping your eyes on the goal even within the chaos externally and internally (as you heal) will help move you forward.

Thank yourself for your persistence and patience because possibly depending how deep in the chaos you are nobody else will.

~~From within this abyss we rise for our own survival.~~

TOOLS AND TECHNIQUES

I like to use four ways continuously: Prayer, Mantras (sound), Clensings (ritual), and Techniques (Bat Sonar I call it).

PRAYER

You must create a new mask to wear within you as you learn your rituals and prayers. A new voice will come, a voice of strength of absolute, to conjure, in this voice nothing else exists, no ideology, no ego, no attackers, no random thoughts in this voice, and you are absolute. When you call your protectors and healers, no other thoughts, and nothing else exists. This is your voice as you charge up and come back down over and over this voice must be clear strong and absolute. In day to day life you maybe whom ever you like but when using your voice no day to day reality will enter. This is the voice of the ritualist, the conjurer, the healer, whatever purpose your path will lead or need.

MANTRAS

Think of your issues sitting in the middle of a pond filled with mist of illusion, not able to see the cause we need to find a way to identify our issues by clearing the root causes. For an example the Medicine Buddha mantra repeated over and over again calls to him for help. Right it down, say it out loud, record it off of the internet in mp3 format and play it over and over again in your player while you're sleeping and walking, let it flow to the pain. Your resistance might be strong but be patient with yourself, thank yourself for healing and attempt to be nice to yourself somehow. Simple thanking yourself for healing helps. For me healing was hard at first and still can be hard at times(months). I found as I slowly changed my consciousness things become louder in other parts of me and other people's consciousness fought me so I would still support their ideology sub-consciously or whatever.

CLENSINGS

As you walk around in the environment we pick-up energies that attach to our energy systems. Think of your energy system like your skin. Daily you would go have a shower and wash all of your skin to maintain it back to a particular state that gives you comfort in that you are clean. There are many ways to clean your energy regularly to maintain a state of cleanliness that you would find more comfort in.

Salt baths- Salt just love to absorb our nasty energy, while soaking in the tub, picture and imagine all your issues and discomfort going into the water and the salt. Let the salt fill with all your dirt. Then pull the plug and let it flow away and wash the rest of the salt off of you or try the ocean it's free.

L.B.R.(Lesser Banishing Ritual)- Good starter ritual for removing unwanted energy *but not too often*.

Prayer- Ask your spiritual help to remove all attachments that mean you harm and to clean you. Think and focus on what clean energy must look like (ex: clean water), as you request to be cleaned.

These are just a few ideas to get you started. Researching multiple ways to accomplish a single goal furthers our understanding of what we are attempting to achieve. By maintaining this state of clean it becomes easier and easier to see our own issues when they are not clouded by external dirty energy we carry around with us.

KUNDALINI

Kundalini is one of those things people can warn you about over and over but until it happens you will never realize the difficulties or bliss you may experience. Some people say it is a wonderful warming sensation and your energy gradually gets stronger and stronger. That wasn't the experience I had but hey, every ones different. When I talk about the awakening it's like an emotion. You can talk about it and describe it in great detail but those are just descriptions. Like spiritual healing this is felt rather than described. I will attempt to describe my awakening years with this energy in as fewest words as possible. If you have ever felt an emotion then your half way there. Now that emotion is placed in every cell, energy center of your body, your mind and it surrounds you then starts to emanate from you like you have a force pushing your insides out constantly in every moment of every day from that point forward. Every emotion and thought you feel gets put through a loud speaker pushing outwards and manifesting the chaos that it only can. This is one reason to develop the no-mind state (neutrality of your existence). Many support groups are out there helping people with their awakenings, there are spiritual masters that specialize in that area. Just prepare if you decide to do it. Research for weeks ahead of time about the blissful experiences and the not so blissful. Think of it like preparing for a child. Research, prepare then possibly implement.

For me salt baths and prayer was my main friends for along time until I started utilizing spiritual techniques to help. Kundalini exponentially will increase your spiritual voice and help you in self-fulfillment so that is why I mention it but also caution you at this time. When the kundalini flows as you go through healing your issues begin to rise and react with the conscious soup(the soup has no emotion and just react to what you put out there) manifesting your issues in front of your eyes like: Pain issues makes more pain, fear issues makes more fear, etc, and etc. Consciousness soup creates happiness or creates misery depending on your programming with kundalini always pumping away but you can increase or decrease the flow.

BAT ECHO LOCATION

(A little too advanced maybe)

Attempt to hold a no-mind and emotional state try not to react to anything just walk through populated (is possible) areas. People unknowingly bounce there energy of emotions and thoughts all over the place and at you. Use that opportunity to see or feel what or how your body and system is reacting for immunity a form of neutrality (being one with yourself and just existing with no intentions). See what comes up from you , is it fear or happiness, do you feel like running or turning left instead of right, what are your thoughts trying to form, are you tired, be aware to everything and the nothing. As you walk your energy gets stronger issues begin to rise. Attempt at all times to maintain neutrality at the same time use your healing techniques if possible covertedly to heal and release. I use a Pranic Healing technique (other groups use it as well) with others mixed in.

At first (maybe do a workshop for more help) rubbing your hands together then clap opens your chakras in your hands. Holding your hands like your going to clap but just apart. In your mind say something like," I place the energy of my heart in between my hands". Attempt to feel your heart energy in-between your hands but feel it like your about to see if something is hot before you touch it. After awhile it becomes easier and easier then when done picture whatever you were attempting to feel cut away and let go, then drop your hands. Simple technique once learned but very efficient when combining with other techniques. This is chaos healing not a singular way but many ways for the purpose of a singular goal, to heal. This is where the true magic of this techniques come through; you can combine with say," All of your harm, and all of your mantras" in one hand as you walk. An external way of channelling that you can monitor and manipulate for constant healings. Even though you may not be aware of all that is happening in your existence you can feel or watch with your inner eye what is occurring.

Bringing up your energy issues come to the surface and utilizing techniques to heal, you can mimic this at home with charging meditations and on and on. But you just can't use the benefits of others projecting at you attack or love or whatever energy to see how your body is reacting so you can work on immunity or neutrality.

MEDITATION

Meditation a tool useful in so many ways. To use your internal energies and external help to push you into a higher vibration of being (little intentions or issues). I use the ones that charge you with love and compassions like, Twin Heart Meditation from Pranic Healing Society to work on my heart and crown. By charging your energies the littlest issues start to surface so even when blinded by illusion they become apparent. As your issues surface they start to manifest in the conscious soup of your reality. Protection and healing must be maintained during these times to function (**Please remember this**). Meditation for serenity and calming are good to help in the feeling of the no-mind state. No-mind is sometimes better than a thought filled mind because the mind is like your voice and like your actions. All working together to create your harmony, the sum of your ideological beliefs. Whatever that may be. Many meditations help in the process of finding your self-fulfilment. To find a healthy reality is to find your divine self. Your divine self is past your issues, karma (see last chapter), and ego. You will start manifesting a healthy reality as your inner divine voice becomes the loud speaker. Disharmony and chaos as you change becomes the acceptable nature of things to the view point of your structure that wants concrete as an energy state. Cracks must occur for change to occur. You may have heard about this understanding of concrete in another way. You move to another country to get away, and

then over time, your reality that you moved from has re-appeared. Why, because of the belief that energy is concrete.

A MENTAL LOG

A good way to find a path to heal in, is everyday in your travels log events mentally, things that disturb you, scare you, things that you want to work on. Like why do I get depressed or how come my relationships fail, think of issues that create a disharmony in you. By clearly envisioning the thing in your mind as much as you can. Attempt to get a feeling of the situation then log it somehow mentally. Tell yourself this is harm. Later with your mental log starting to form, to recall just say, "All of my harm" or how ever you classified it. Things heal that should and things that don't take time (months maybe years). But to start small and work big (root causes). Understanding that root issues take time and have many roots that go deep into your psyche. It's like the onion peel effect. Layer by layer you peel away your issues surrounding your root issues until you find the centre(cheer goes the crowd).Its like an emotion or depression lasts for a month then next it triggers for only a week then only hours. Hopefully then disappears all together.

INTERNET RESOURCES

Find databases and hear many opinions on the same subject from many different sources, positive and negative things before you make decisions. Observe chat rooms, groups, books, online materials, get a sense or feeling of the thing your researching. Who wrote the material, what do you think their beliefs or viewpoint comes from while writing about the subject your researching. All information in all of time are written by someone from some form of voice. Second guess everything and everyone always, allow opinion to slowly form. Nothing written is in stone and most importantly the reason impossible exists is because it's missing the how, find the how and magically the impossibilities disappear. Learn many ideas around one subject gives us wisdom on how to use and implement. Only learning about a subject from one viewpoint just gives us awareness.

~~ The reason impossible exists is because it's missing the how, find the how and magically the impossibilities disappear.~~

SPIRITUAL WORKSHOPS

Is a very good way to collect valuable tools that you can use over and over again. I also used them so I could be around other like minded people that were in the process of healing themselves and gives you a sense that you are not alone in your struggles for survival and healing issues.

REMOTE HEALINGS ONLINE

Pay sites and free sites for healers to send you healings and initiations.

A good pay site:

Kopan Monastery for gifts of prayer (friends or family or yourself) or donations for the Buddhist monks and nuns in Nepal. I've done this many times and thought I'd share info.

<http://kopanmonastery.com/>

IN-PERSON HEALINGS

With other spiritual healers, if you haven't gone try one at least once. In Vancouver the Pranic Healing Society give them by donation or look in a spiritual magazine (In Vancouver - try the 'Common Ground') for them or check for them online. Healers are in the thousands and we are everywhere.

Healings is a feeling to be felt and very hard to explain so that is why I push for the experience of it and not just the study of it. I support healing but my path is chaos healing which supports the multi-path, many religions, spiritual tools and energies utilized for a singular purpose, 'To heal'.

A KEY TO REMEMBER

Our bodies only have so many emotions, thoughts, and actions probably billions of combinations but there is a limit. Once you get use to what you are feeling from others and environment and from yourself your immunity and release becomes easier. Developing a wave (an algorithm) that breaks through the chaos and slowly releases your programming issues.



Image: 'Lost'

CHAPTER 5

MISC THOUGHTS or FRUSTRATIONS or ISSUES

KARMA

Without getting too upset and ramble on about this subject, in my mind this idea of Karma distorts the truth. People use it like there eating cereal with toast and yet people use this word... that's just Karma.

What???

Let me define it to you as I feel and see it so you may understand my version of the word. Karma in one individual is the sum of all their life experiences from TV, to interaction with people, what was taught to them as children or whenever, their D.N.A, and everything this individual has been through and now at this present moment echoing out of them by just existing. The sum of their ideological beliefs in one word.

Now let's start with a story of a child born into an abusive household. This child was beaten and abused and was told every single time he stood up to this abuse that he was wrong and bad. Then beaten (mentally and physically) some more. So the structure has begun, the programming starting to alter this innocent child's future for the rest of his life. Why? Think now, as this child grows into a teenager then a man he believes deep inside that unless he is abused he is bad and that if he stands up to this abuse he is bad. So now this man emanates guilt, shame, and that he is a bad person (because he doesn't want to be abused by others anymore) but doesn't that define bad Karma and attracts more abuse. So if he has bad Karma this person now defined by society should burn in hell and should have a torturous life. His only thing he did wrong was survive. Without the de-programming of this programming this person shall never be happy unless he is in pain. This is just one style of programming in the midst of billions and billions of different combinations that make up the sludge of useless programming in the world.

People attack with their karma: When you go to slow in your car, you are a woman, you are a man, your white, your wearing the wrong clothes, on and on and on. So all people have bad karma like or not because each person posses there own ideological beliefs. Lets face it your mom is not my mom, a person in Africa doesn't think the same as a person in Israel or someone in the U.S. We are all different. To minimize the effects of our differences and to gain immunity to the ones that don't care is to heal.

NON-BODIED AND BODIED SOULS

To me non-bodied and bodied souls are the same, all with intentions, all with the ability to cause harm (relative) or good to you. Just at the moment you posses a body. Think of the un-bodied as your fellow citizens around you. Some are nice some aren't, take away the body and we are the same.

THE WINDOW OF PAIN

As you become aware or empathic of the soup that surrounds us it creates a constant pain window to know that within a smile of 'innocents' or 'the lie', energy is constantly sent at you through thought , speech and intention. Even if they speak another language, only if they glare at you or even just think at you the window feels and sees all. Slowly you become numb to other individuals lack of remorse to their problems because of what they are doing to you as they act. For only action is what is held accountable in this world, never all the intentions of the energy, all is the same, recorded, what is right and wrong doesn't exist, so forgive all and live in the present.

Using tools it could take months or even years to fully adjust the outcomes of sub-consciousness so even with the development of patience, a feeling of helplessness occurs, locked behind bars of energy.

NEW PSYCHICS

Arrogance of sensing something and believing it is the whole of the individual and not just a scratch on the surface. Defining others by what they project and not who we are. Look past an individual's intentions and programming and the soul inside of every bodied and non-bodied human is pure and divine but just clouded with the sludge of living without the feeling of connection to who they truly are and the intentions of an ego.

I have thousands of issues constantly growing and depleting like waves lapping at the shore. Please, patience I ask of the new psychics be aware with compassion first and foremost for yourself and then hopefully for others.

I always see a thousand different TV screens for each individual but the path they walk always vary. Change can happen instantly and without notice, so just because the energy of a path is there will never always mean that will happen.

A FEELING

Organized religion has a feeling that it was at one time meant to teach us how to be a good soul but lost its power and voice to do so, so now the people need to find a way to heal, to set some spiritual goals and to become one with the divine and their divine self by something that is not corrupted by the intention of an ego.

For me I run on a path lightened by a feeling that a goal to heal and to see through my illusions one day will bring my fulfillment of happiness.

MY MANIFESTO POEM **(or Just Frustration)**

I am a spiritual healer.

Ego attacks me sets war at me and I continue on,

Energy of pain laughs at my failures and I continue on,

Entities attack me and stab my heart and I continue on,

Ego takes my food, home, and existence in this reality and yet I continue on.

I am a spiritual healer,

Never rewarded nor ask to be rewarded for keeping my pain in check,

Stopping my mind from projecting more pain,

Stopping my hands from growing fists for war,

Or stopping my words to crumble others to the ground.

My crime only exists in ego and ideologically,

I exist without your meaning or permission,

I exist without your pain,

I exist without your abuse.

I am a spiritual healer and I exist,

I live in the meditation of bliss,

I live in the knowledge of the now without the past ,

I live in the harmony of laughter from joy and within its embrace.

You may attack me but you won't attack for long.
I am the new world, life without your pain.

NO-MORE EGO

CHAPTER 6 **IN CONCLUSION**

I hope this multi-path or chaos healing has been explained enough so you now have an understanding on what has kept me alive for so many years. A feeling that one day you can live a life instead of surviving it can give you a light in even the largest of storms.

Take care out there.

I would like to extend my gratitude to the spiritual community for my healings, and to ALL support my work. Sincerely, I Thank You



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