

healed

THE
STAFF

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Charge with Nature

As children we wouldn't dare go through a day without constant pleasure, we are in the flow state constantly! Pleasure in playing, in creating, in eating, in laughing, in dancing, in listening to music- we feel it all.

My childhood was always spent outside, climbing trees, cycling with the wind in my hair, creating camps outside, and even just the simple pleasures of jumping in puddles in the rain seemed very stimulating.

All of nature can heal you - we can co-create with nature.

The moment we stop being connected to each other, to ourselves and to nature, we lose our ability to heal.

When I give healing to others it is important for them to understand they are actually part of the healing process themselves, not just at the healed state period but all the way through the stages. Whether you have a healer or not, you have the ability to heal yourself.

We can actively seek healing, or we can actively seek harm. Or we can choose to be ignorant to both.

When we actively seek healing we are in a place of being in a healing state. We are allowing good stuff to happen to us whilst activating that switch that says 'Yes! I allow the good in'.

This can be as simple as going for a walk in the woods, observing wild animals and plants, being amongst beautiful ancient trees, and feeling their spirit and wisdom around you. If you can't feel that, at the very least you can know that you breathe out carbon dioxide for them to inhale and they breathe out oxygen for you to inhale. We literally cannot live without each other. We live in a symbiosis- which means we are equally healing together.

When you walk amongst nature, know you are being healed, breathe in the power around you.

You may have noticed with this process of healing that there is a cross pollination of many of the positive and empowering methods I am suggesting.

Nature lights up every sense. Whether we are conscious of it or not, it will be highly stimulating for everything we feel.

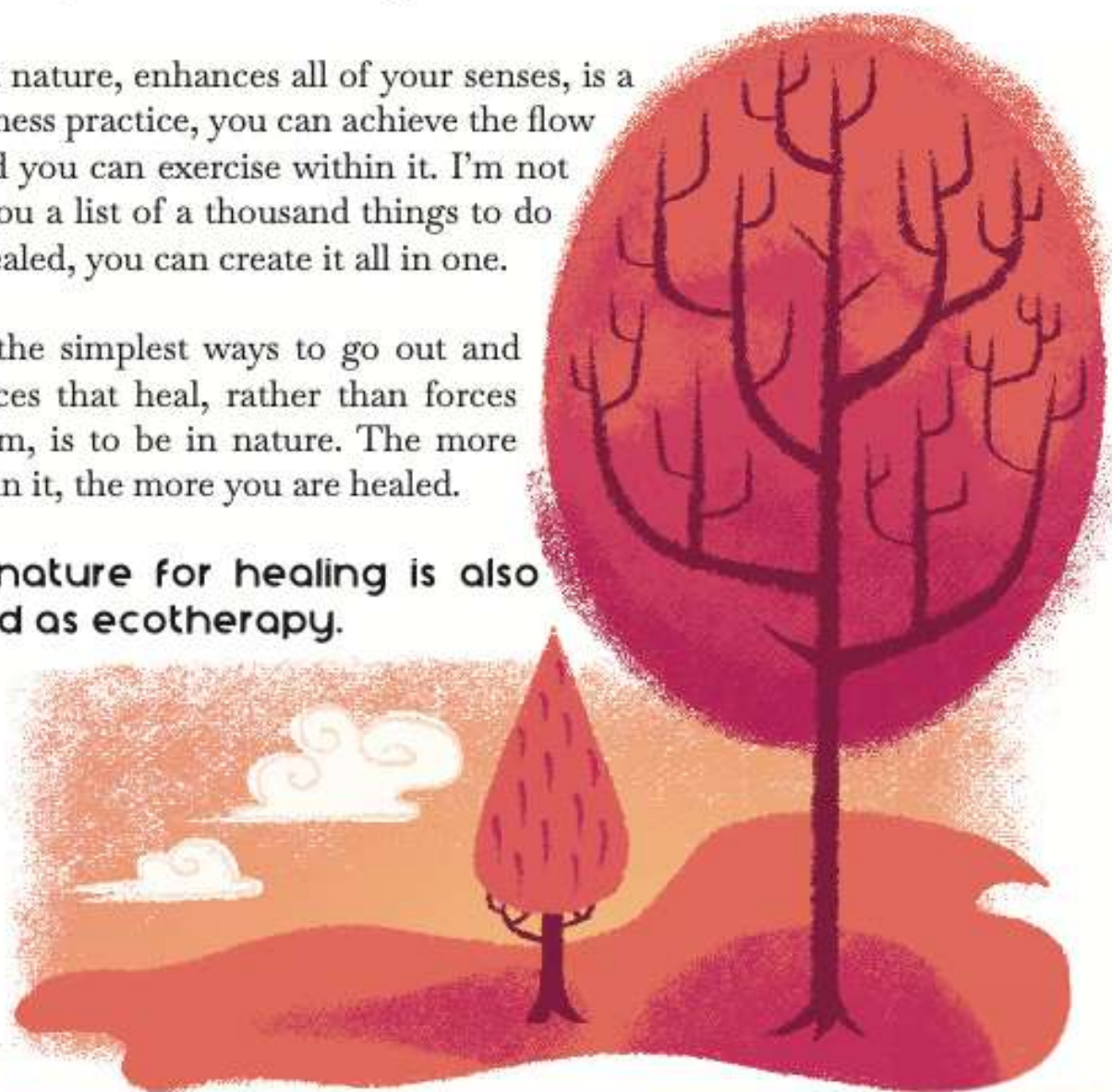
- **Smell** - The aromatic sense of the plants, wind, animals. Even water and sunshine have different smells to them, the warmer or colder the climate is.
- **Sight** - The incredible bright colours that nature offers us. We are literally looking at the best artists work in the world when we observe nature with our eyes. Even if we are looking at just greenery, the variation of greens are astounding.
- **Touch** - How often do we pick a leaf, or play with grass, or stroke petals, or run our hands past hedges? We love to feel nature in our Finger tips.

- **Sound** - The sound of nature is so pleasurable to our ears that even meditation music is replicated from nature. The sound of wind in the trees, water running through a stream or waves crashing and lapping. The sound of whales or dolphins in their wild habitat, or the sound of birds tweeting in the trees. When we become very heightened, we can even be stimulated by the sound of a leaf falling to the ground.
- **6th Sense** - Being in nature gives us such a sense of wonder that we can connect to the higher spirit realm, the creator, or the spirits of trees. Feeling a sense of awe and wonder have also been linked to lowering inflammatory compounds in the body.

Being in nature, enhances all of your senses, is a mindfulness practice, you can achieve the flow state and you can exercise within it. I'm not giving you a list of a thousand things to do to get healed, you can create it all in one.

One of the simplest ways to go out and seek forces that heal, rather than forces that harm, is to be in nature. The more you are in it, the more you are healed.

Using nature for healing is also termed as ecotherapy.





Light up your senses

When we feel the earth beneath our feet,
When we touch the sky with our eyes,
When we caress the skin of our babies,
When we smell the love of the Devine.

When we soak up sounds that hum the earth
When we dance through fragranced fields
When we embrace peace in silent tones
When we taste the honey of being healed

When we relish the flavour of the sun
When we see the floral tones
When we smell the animal instincts
We have found our healed home.

a poem by Christianne Wolff

Did you notice that this poem raised your senses?
Words can light you up too.



The term 'Forest Bathing' originated from Japan in the 1980s as a physiological and psychological exercise called *shinrin-yoku* "forest bathing" or "taking in the forest atmosphere."

The idea was to allow people to reconnect to the countryside and help the never ending screen time we all endure have an antidote.

Researcher and forest bathing expert, Yoshifumi Miyazaki, of Chiba University in Japan concluded that people who walked 40 minutes a day in cedar forests had lower levels of cortisol, the stress hormone. Cortisol can exasperate many diseases in our body, so reducing it has the potential to help heal your body.

Professor, Dr Qing Li, a researcher at Nippon Medical School in Tokyo, discovered that trees and plants release phytoncides, which are aromatic compounds we naturally inhale.

This has a similar effect to aromatherapy and is extremely therapeutic for our bodies. So much so that Li's research showed whether you walk in the day or stay in forests overnight, the changes in your blood showed great improvements for healing.

These improvements showed better immunity and a lowering of blood pressure. This is because phytoncides increase NK cells, which support the immune system. NK cells can also help infections, autoimmune diseases, diabetes, heart disease and inflammatory issues. If you walk daily, you can increase your NK cells by 50% and this can sustain at this level for a month, even if you just walk in nature for two consecutive days.

Another study published in the *Journal of Environmental Health Perspective* in 2016, showed that women who lived in greener areas had a 12% lower risk of death from all causes, compared to those living around less vegetation.

Being in fresh clean air is also a big factor for restoring health away

from pollution. Other studies show being in nature also helps depression, anxiety and attention disorders. Walking by moving water can also help alleviate depression and anxiety due to the negative ions released in the air.

There have been many studies that reach the conclusion that being in nature is profoundly healing for our mind, body and soul - of course we already knew this.

It's not just being outside either. Having a little nature indoors too - indoor plants, using aromatherapy oils, crystals, using plants as medicine - all help us to connect with nature. In a study by Li, he concluded that indoor plants release phytoncides too.

Studies have also shown that even views of nature are also deeply healing for the mind and body. A room with a view can improve attention and reduce stress. One study showed that patients who saw tree lined views whilst recovering in hospital from abdominal surgery, were released faster than those who did not have the same view, despite having had the same surgery.

On top of this, you can even get heightened healing from nature that isn't even around you, such as a photo or video or from the TV.

And it is not just during the daytime that we can connect with nature. We can even connect with nature at night too. Have you ever laid under the moon and stars at night? If you have, you'll probably have noticed how wonderfully relaxed you felt.

Moon bathing has been practiced all over the world because it is recognised as having healing benefits of resting and relaxing under the gaze of the twinkling lights above.

Ayurveda is an ancient Indian healing practice, where moon bathing is believed to have a cooling effect, helping balance pitta and dosah to create harmony. This then helps reduce inflammation, the root of most diseases.



If you think of sunbathing as a kind of charging energy, we are like a plant soaking up the sun's rays and producing energy within. Moon bathing is the cooling down bit, the balancing, the reduction of fire and anger and is believed in Ayurvedic medicine to help diseases like hypertension, migraines and skin issues. It is also treated to help fertility and help soothe menstrual and menopausal symptoms.

Interestingly, because the moon reflects light off the sun, it can also boost Vitamin D levels and gives us nitric oxide, which can reduce blood pressure.

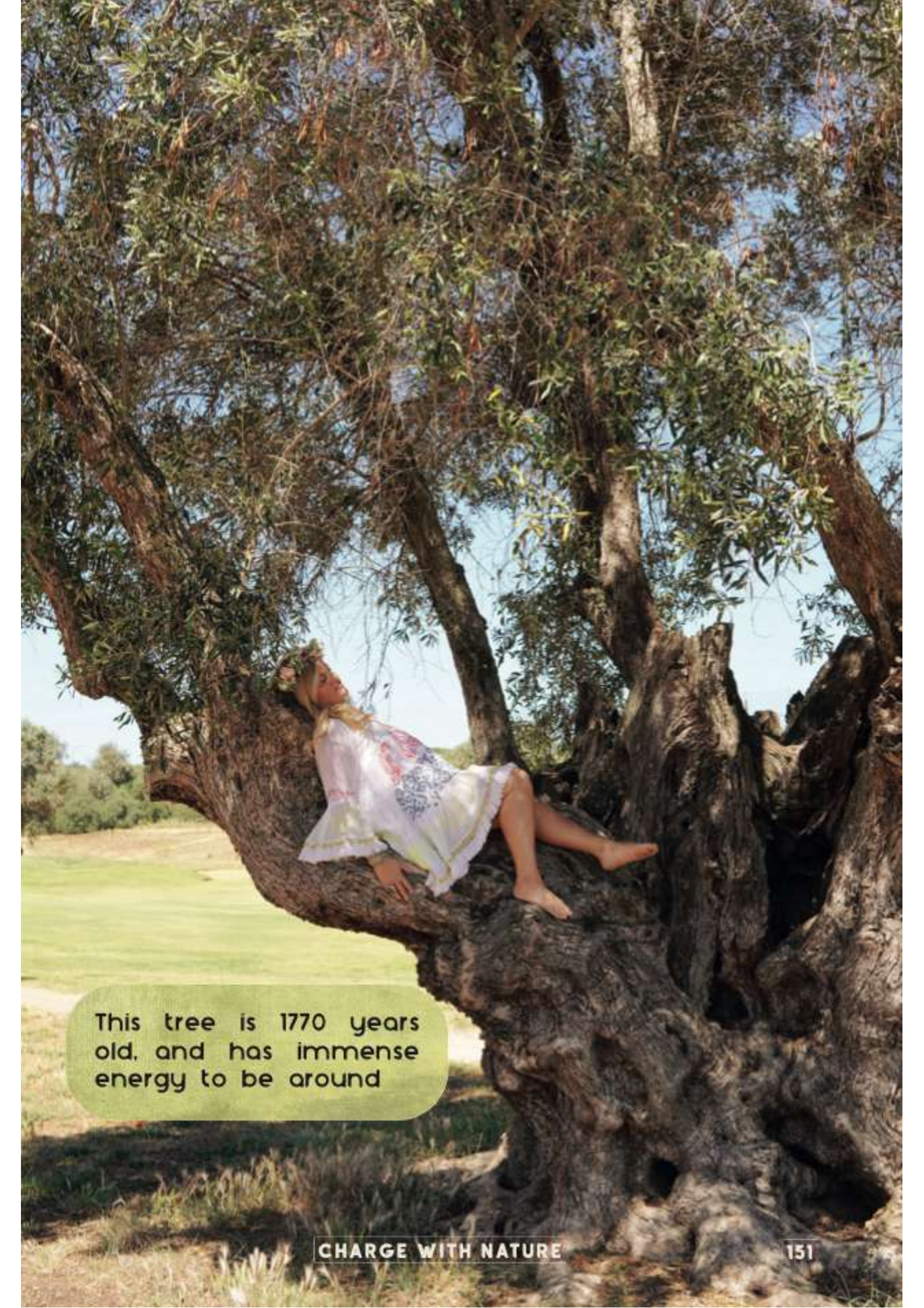
If it is too cold to venture outside, you can leave a bowl of water out at night so it is charged by the moon and add it to your bath, cooking, indoor plants or even cleanse your crystals within it.

We can also go about setting intentions at the start of the new moon's journey- more on that a little later.

For every symptom there will be a plant that can heal us in nature.

Ways to spend more time in nature:

- Sit under a tree and have your lunch
- Hug a tree
- Go for a walk
- Get a dog - you will have to walk every day!
- Go cycling
- Swim in nature
- Join a walking, cycling, or wild swimming club
- Exercise outside - boot camps, buggy workouts, jogging, to name a few
- Meditate outside
- Sunbathe
- Moon bathe and star gaze

A woman with blonde hair, wearing a white floral dress and a flower crown, is sitting on a large, gnarled tree trunk. She is looking up and to the right. The tree is massive and ancient, with thick, dark bark and dense green foliage. The background shows a grassy field under a clear blue sky.

This tree is 1770 years old, and has immense energy to be around

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