

TEN IMPORTANT POINTS FOR OPENING TO YOUR
SELF-HEALING POWER.



Astrid Vester

*Doctor in Integrated, Life style and Energetic
Medicine*



*“How do I make a start?
A start in the chaos
from which everything can arise
and comes back again
no road, but a one direction
create the conditions that way
that my self-healing comes about ”
-Astrid*

Being healthy, what does that mean in an actual sense?

Long before I started my book, I often thought about what being healthy actually means. “My husband lives a very healthy life; exercises three times a week; and never gets sick,” a friend of mine once said. But then three-week later the husband ran a New York marathon and developed a serious bowel mucous inflammation. He couldn't do anything at all. This triggers numerous questions inclusive, what determines one being healthy? Is it being able to move or otherwise? Well, it might sound ridiculous, but movement alone or too much movement is not a condition for determining one's health status.

Every day in my practice as a doctor I deal with people who have a problem. They have a headache that doesn't want to leave or have been around for years with fatigue. They try to eat as healthy as possible, and yet, the complaints remain. Imperatively, one of my close friends recently told me that her daughter was always tired and tried to eat vegetarian, after which she saw that her daughter started to lose weight enormously. What then now? Just eating healthy is not always the solution either.

Therefore, as we look for a trail of self-healing power and wish for a healthy life, it is important to look for a combination of these factors that work for you and do not take one out, thus put you back in charge of your health and starts to spin you “around in circles.”



The Lucky Factor

To take you one step further, being healthy requires looking at yourself as a human. That is your body, your mental state, how you feel, and how you relate and connect with other people, inclusive following and been decisive on your passion. This requires that you must not only look at yourself medically, but also using spiritual and emotional dimensions. That means that there is a need to look at the meaning, goals and ideals, future perspective, acceptance and quality of life including well-being, happiness, enjoyment, pleasure in your skin, lust for life and balance. Let's call it this "The **Lucky Factor**", or "**Factor L**". You can work on and improve your luck!

Going forward, many of us have lost our connection to each other (do you?). Our society is strongly focused on individualism, the ego. We have the idea that everything is for sale and to be obtained: the so-called making ability of our society. We need each other less, it seems. Where you used to take the messages for the old female in the street, she can order it online and have it delivered to her home. Connecting with each other is underestimated by many people. Well, we may keep debating over this issue, but the truth is, connecting with yourself innately and with others is imperative in finding your self-healing power.

Ten Important Points for Opening to Your Self-Healing Power

Health is determined not only by physical, but also by mental, emotional, social and spiritual factors, and so-called "Factor L", as I mentioned above,

For years I have been working as a doctor, but no longer only as a doctor as I was "brought up" in the medical program. I strongly believe that medicine alone can't and don't make people healthy. Pills numb what our body tells us and that is exactly what I am concerned with. Our body tells us. And we use pills to silence the language of the body, a language that can lead us to healing. Our self-healing ability is much greater than most of us know or think.

For me, measuring is knowing. In my heart I am a doctor per excellence.

It feels like a sport to make personal advice for the person sitting in front of me with a blood test, stool test and urine screening. And then that's to merge with all the knowledge I have.

In my sobriety I also see the value of combining these measurements with energetic and spiritual medicine. By now I think that we cannot do without it either.

How can you cure sustainably, to use that word, without seeing the whole and the stratification of a (physical) problem? I would like more people to know about this.



Too often I see that the patient who comes to me does not feel heard in his/her physical complaint(s) or that the body is not read in all his language and reading signs. And that, despite the medical consultations they received from colleagues, they're not getting better.

For example, I once had a lady sitting in front of me in practice who had been suffering from headaches for years. With pills she didn't get there. She was ready for the next step. When I started working with her, she wanted to have control over everything and solve everything with her thinking. We found out that she did so to avoid certain feelings and what was beneath it was a grief over her father's death at a young age. When she started to deal with that loss and other loss experiences, her headache reduced. A pill could not give her that liberation, the explanation of her physical complaints though. A pill could not give her that liberation, but the interpretation of her physical complaints could.



The Ten Points

1. *Look at your food and lifestyle*
2. *Become aware of your resistance, as a blockade to your self-healing power*
3. *Develop will, perseverance and discipline*
4. *Practice your dedication and setting concrete goals: To set the desire and intention that you want to change something*
5. *Let yourself to be led by the heart and remain loving to yourself*
6. *Learn and seek help*
7. *Learn to take responsibility and stop telling stories*
8. *Recognize and face energetic blockades*



9. *Maintain contact with nature, the earth and with the source you come from. Practice in gratitude to everything that lives*
10. *Awareness of karmic processes. Karma affects your healing.*

For your perusal and convenience, I will detail these points. And let's start with the first one:

1. Look at your food and lifestyle.



Nutrition is one of the keys to getting started with your health and supporting your self-healing ability. This does not necessarily have to be complicated. In summary, you could say: eat varied, eat fresh and raw food, of which 500 grams of vegetables and daily fruit are possible. Provide enough protein and especially Omega 3 fats (from fat fish or supplements). Make sure that there are sufficient fibers from vegetables, fruit and whole wheat products. Drink plenty of water and make sure you take care of your minerals, vegetables and fruit, and possibly extra celtic sea salt.

Do people know that, would you think? I always hope so, but you will be surprised at how little consciousness there is about nutrition and the relationship with other complaints than intestinal complaints.

Sometimes it is a little more complicated. Take the patient with fatigue complaints, for example. “Doktor, I don't understand. I do everything right. I eat healthy; I exercise; I take enough rest; I have less stress since we moved; my employer gives me the space to work at home; and I make sure I lie down in bed and sleep in time and still I stay tired.” How can that be? When selecting the diet and doing a blood test, it turned out that wheat and egg came out as food intolerances. After adjusting the diet to this, the energy in this patient improved.

As far as I am concerned, the knowledge about nutrition at the general practitioner and the specialist is too limited. Often, it is forgotten to ask for the patient's diet.



Nutrition is not only intended to replenish your energy, but also to support the wisdom of your body.

What does your body say? Where will your body, or rather your self-healing ability, be glad of? What makes it burn, like a wood stove does on wood?

2. *Become aware of your resistance, as a blockade to your self-healing ability.*



One example of resistance is that of a woman who, through her physical complaints, is finally getting attention and a little care from her husband. She will not be so happy to give up her complaints if that attention disappears. She will start therapy to show her good will, but probably not finish it. It is important to have a good picture of what is happening, even in the surrounding area. And it is important to get a view that there is resistance. Usually, it is unconscious and has to do with the feeling of having to survive. "How do I see that," you might wonder as a reader. The woman in the previous paragraph may have felt in her childhood that there was no attention. The parents were too busy with other things, such as the other children of the family and their own business. She discovered that when she got a sore throat, there was attention to her. Her brain has now learned that illness or disease draws attention.

If she threatens to lose contact or the attention within a relationship disappears, getting sick is a solution. And, crazy enough, that is vital. At least, she felt that as a child. A child cannot live without attention and love. Just think of the experiment with babies of the psychoanalyst Rene Spitz in the 1940s, who received enough food and change, but no love and attention from the mother or caregivers. All those babies died.

It is important to know that if there is resistance to healing. In the above example, the disease may bring attention. The complaint or condition may also have a different meaning, which must first be found.

Think of obesity, for example, as a protection of someone's vulnerability. The kilos provide an extra cushion.



If you try to lose weight, the vulnerability may come to light more. Unconsciously (or consciously) this may seem too difficult for you to feel this, for fear of the tremendous misery that will come up and not feel safe anymore. That can put a brake on your weight loss.

For healing, it is important to work on nutrition and lifestyle, as I have already discussed. There is a great chance that you will also encounter resistance in this. Because it is about changing (life) habits in nutrition, movement, more rest, breathing differently, being more in nature, walking barefoot if you can.

I always found it very funny, when I made a Budwig porridge for breakfast, according to Johanna Budwig's recipe, from cottage cheese with linseed oil, oat flakes, honey and grated apple, instead of a cheese sandwich, and the patient said over time : "Don't you have another recipe, I find this one so boring". Apparently, eating a cheese sandwich every day isn't boring.

Apparently every day a sandwich with cheese food is not boring.

Resistance is associated with change!

3. Develop will, perseverance and discipline.



The road to your self-healing power is not paved. It is lumpy, with pits and unbridled growing bush and weeds, which you have to prune. You have to make an effort to do that, otherwise you will not make any progress.

If you leave the sugar out of your diet, for example, the first two weeks are always difficult and challenging. If you manage to get through it and leave the sugars away for a total of six weeks, your metabolism will change and even the need for sugar will disappear. You can train your willpower. This can be done in small steps, with a built-in reward.

Remember also that a metabolism, which is confused, shortens the brain, where the motivation to do something comes from. So, it is not surprising, for example, if you are chronically ill, that you



And if you're afraid to do new things and you're going to the clubhouse to attend a session of yoga, isn't that fantastic? And if you bring your coffee usage from ten cups to five cups a day, that's good too! And if you cycle your legs up five minutes each morning on your bed, it's also a start of movement. Meet with a coach and slowly expand your goals, in what is possible for you that time. And agree with yourself: "I will investigate who I am and be all I can be."

5. Let your heart lead you and remain loving yourself.

An example is a totally exhausted patient, a 48-year-old man from a rich and well-off environment, where there was never a talk and not at all about feelings. Crying is taboo, real men do not cry, was the motto at home.

He learns to solve everything with his head, he is a good manager. Eventually, he ended up in a burn-out because he couldn't make contact with his feelings and intuition. There was no connection with the heart and therefore also not with joy and with other people. The body was full of stacked emotions and the head was full of thoughts. Nothing could be added. It even seemed as if the contact with the body has been broken. This will not bring you into contact with self-healing power.

A: I often say to such a person: "when will you let you drive yourself? When is your heart and intuition behind the wheel and your head next to it, in the service of the driver?" Only in this way can relaxation come and the possibility to recharge your enjoyment, compassion, care and love.

Only this will help you to know what your heart is saying and get back to touch with who you are, with your spiritual growth and development and with the universe. The joy that this gives and the space that comes there for you, causes the energy to recharge in the body.

I hear you say, "Yes, but how can I do that?" Important question!

I'm talking about it in my online courses.





Also remember, always love yourself and trust your process: it is now the way it is, but it doesn't have to stay that way!

6. Learn and seek for help

“But how do you get a good picture of that,” you might think as a reader. “How can I get a view of what's going on, if my physical complaints don't want to disappear?” I would say: Looking for a good coach. The best thing you can offer yourself is to find someone who can look with you at all levels, physically, emotionally, mentally, spiritually and socially. It is important to ask for help if you don't get out of it. I often say: “you cannot be in a play as a player and spectator at the same time.” If you can find out with a coach where you need support, you're already a long way off. Your self-healing ability can be so covered by all kinds of layers that cutting the bushes together with a coach can be a very good solution.





And remember, you can also ask the universe for help! If you put your question as concrete as possible, it will also work for you.

7. Learn to take responsibility and stop telling stories



Yes, it is really important that you decide to take responsibility for your body and your complaints. In chronic complaints, there is no pill that will make you better and it is not the doctor who will take over the care for you. You will also have to do something yourself.

Actually you can say that every time you hold someone else or a situation outside yourself responsible for the solution of your (physical) problem, you give away your own power. As if someone else has control over your inner and physical processes.

A good coach will join you and show you the different options, from which you can choose the one that suits you. "But how do you take responsibility now, if the cause is in your genes and is therefore hereditary," you might wonder? Even then you can do something yourself! There is a new science called nutri-genomics, which studies the interaction between nutrition and genes. A healthy diet can "switch off" certain genes that encode diseases, such as cancer, and "turn on" other genes that support the immune system. So you can do something about hereditary disorders.

Further, this also applies, for example, to chronic diseases, which are accompanied by inflammation, such as rheumatism, arthritis, chronic lung problems (COPD, asthma), and gastrointestinal inflammation. In fact, all chronic diseases are accompanied by inflammation, even if you do not suspect it, such as cancer, Alzheimer's, Parkinson's disease, depression, osteoporosis, atherosclerosis, obesity, and chronic fatigue complaints.

This is called low-grade inflammation. The body uses its natural immune system, inflammation, when we need to repair damaged cells or fight against viruses and bacteria. That way the body cures itself. The problem is that chronic inflammation, caused by a diet high in toxins, lack of sleep, stress, lack of exercise, along with altered intestinal flora, etc. can occur.

Do you know that you can deal with these inflammations in natural ways?

For example, by anti-inflammatory herbs in the diet, such as turmeric, ginger, honey, green tea, clove, chili peppers, black pepper, rosemary and cinnamon? Or by keeping to an anti-inflammatory diet, by avoiding refined sugar, alcohol and processed food from packets and sachets? Food made up of fresh organic vegetables and fruit, seeds, beans, germs, full grains and healthy oils rich in omega 3 fatty acids - coconut oil or hemp seed oil, helps to reduce inflammation.

So you can do something by yourself!

Taking your own responsibility also means: stop telling yourself stories.





You know all those stories! I mean, which you tell yourself and which you also tell others about your childhood and your father and your mother and the school, etc. And that's why you're now behaving like that. So that's fixed then? No.

For example:

A 56-year-old woman comes to me and, for the umpteenth time, tells a counselor (that is me now) that she was not wanted by her mother as a child. Her mother told her when she was a small girl: "Child, if you hadn't been there, I had never married your father."

This undesirability now makes sure that she keeps herself small, for she has not actually been given a right to exist from her mother. She has already told herself so often that she has put it on her hard disk as a kind of program and that it is now happening automatically, which makes her feel belittled. For example, if the neighbor says she looks tired and her hair is not sitting properly. Or if she has less knowledge as the person she is talking to; or if she is not listened to within the group of neighboring women who meet regularly for a cup of coffee. In short, you can almost let the "I really shouldn't exist", program play anywhere. Worse still, you don't have any control at all, because the program keeps playing unconsciously in the background. So it is important that this program finally goes off your hard drive, right? And will that be possible if you keep putting the story back and over again, by continuing to tell it? No. However, it is also important for someone to be heard when they come to you for help.

But in the end it is important that you take responsibility for the potential, that is also present in you and which is really the intention that it is put on this globe!

Actually, this woman had already lived through what it means to be rejected to the bone and come out stronger and more loving. By truly saying goodbye to the past and letting go of the old program and comforting her inner child herself, she could feel her own potency again.

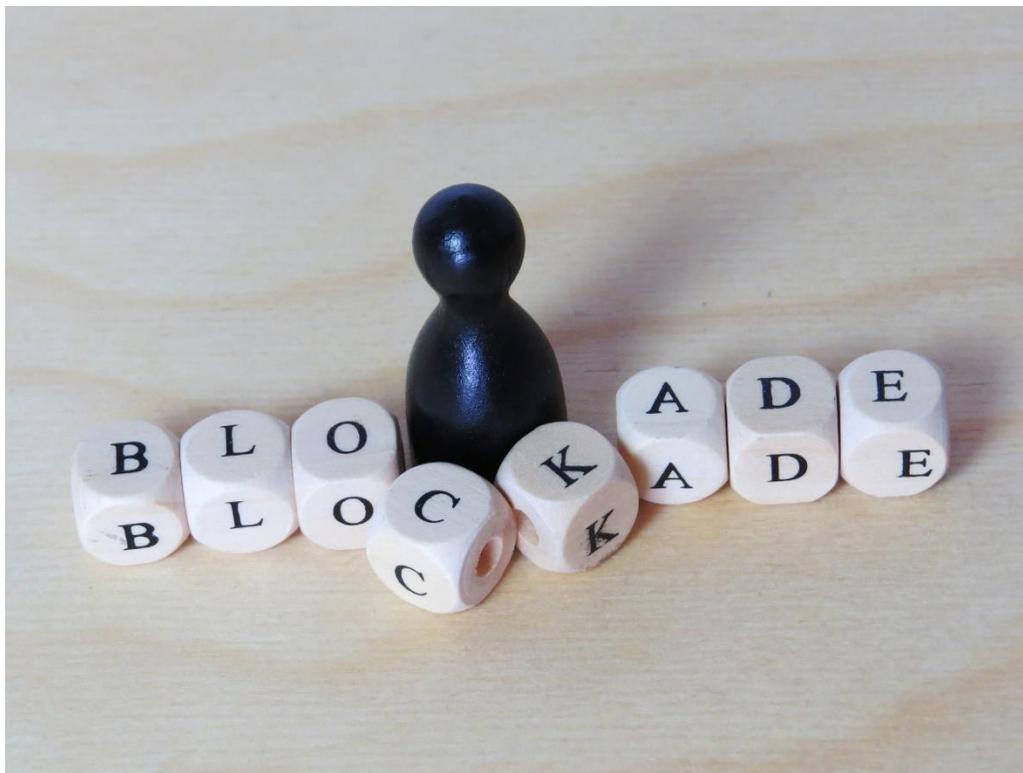


As a result, she could also tell others how she had managed that and that you should never give up and continue to believe in your own power. She suddenly got an important role in the group of neighboring women, because you could always ask her for advice. And the appearance was suddenly less important. Slowly, the overweight began to decrease and she felt she could finally be happy with herself. Most vitally, the self-healing power was activated again.

*In "telling yourself stories", of course you also feel the energetic blocks from the past.
What can they look like?*

8. Recognize and face energetic blockades

Only working on nutrition, routine and lifestyle when there are also energetic blockades will not give enough and is not a sustained improvement in health, as they also block the body's self-healing ability. Energetic blockades can continue to play on several levels: besides on physical, also on mental, emotional, relational, spiritual or other perhaps unknown dimensions: from the universe.



A mental blockade is made clear in the following example:

A patient comes with bowel complaints. He has had colitis ulcers for years. The colitis is not always active, but at certain times, especially when the man feels pressured into his work, feels frustrated and little appreciation is expressed. He comes from a family of 6 children and had a very anxious mother. He always heard "beware of this...", or "watch out you're not that..." and that's



how it went out of day. This child's energy was trapped in negative thinking, in "what if ...", ensuring "enough", thinking in "shortage", collecting for "if ...".

There was no room for connection, trust, space and openness. His being was fixed in a kind of straitjacket, of fears, rules and dogmatic thinking. His intestines were not allowed to have any "freedom of movement." At a very deep level, the intestine stuck in the negative pattern of thought and began to speak its own language of pain and deep damage in the form of blood and mucus at the stool. With this man, it is necessary to approach the negative mindset and to help release it, to find its own soul core. Only advice for nutrition, breathing, movement, herbs, supplements, clearance and recovery of the intestines will not help adequately. The physical complaints are an expression of a learned mental pattern that blocks the mind and self-healing of the body.

An example of an emotional blockade that works out on the body is: a patient comes to me with complaints from neurodermitis, a form of constitutional eczema. Various nutritional advice, juices, fasting and herbs, homeopathy and supplements to support detoxification, restore the intestines (intestinal flora, digestion, mucous membranes) and promote the build-up of the skin, help little. All talking, an huge frustration and anger emerges from childhood. This has to do with her dominant mother, who as a child gave her no room for her own will, ideas, feelings and acceptance. Her mother was raised strictly religiously and also held her in that track as a daughter. Actually, the patient would have wanted to break out of that strict dogma, but that did not work. The role patterns within a traditional family structure had also left a mark on her. The skin problem was partly an expression of anger and frustration, which came out and also the possibility of creating a territory or space of its own, a barrier, where no one could touch her.

If we start working on this through techniques in which we ask the body to help to release the blockages, things slowly improve. The suppressed frustration and anger even extended to the mother's entire line of generations, which had suffered much oppression, humiliation and abuse in the female line. After treatment on the blocks and transmitted negative energy from the mother's generation, more and more pieces of healthy skin appear.

In another example, the expression of physical illness becomes recognizable through a spiritual blockade or pattern.

A patient reports with heart rhythm disturbances.

Nothing has been found regularly through various studies. He says he is not able to maintain a good relationship with a partner. Whenever it seems to be good to go into a relationship, it breaks down again. He always chooses a woman who humbles him and projects frustrations on him. He keeps looking for her approval, which then always does not come and he then almost no longer comes apart from the relationship. His heart suffers under. It turns out that patterns are present from childhood. A relationship with his mother who also belittled him and frustrated him by just naming what he could not do. If we go back even further in time, we see these patterns in previous



generations and even previous lives repeating themselves. This is how the body tells about these old patterns with these heart rhythm disorders. When we work on this, the heart rhythm disorders disappear.

Another example is the patient, who reported in practice with complaints on the left shoulder. She had lost her mother at a young age. The family stayed behind with father and six young children. Patient decided to help keep the family running and literally put their shoulders under it. She was also someone with a great deal of compassion for others, and she carried many others on her shoulders. She recognized herself in this service, which apparently was also a decision of her soul when she came to the earth, as she expressed it herself.

Servitude was only greatly enhanced by the loss of her mother and the arduous task of the family she took on when she was just 11 years old. In it, she forgot herself and still that was a pattern in her life: she forgot herself in the service of the other. Within a number of family configurations it appeared that she also carried patterns from the family. The service of her soul apparently went so far that she wanted to help solve this. This was all too much at the end of the day and the body was going to tell this story in the form of shoulder complaints: I am overburdened; there is no room for me or for my own growth and development.

All these examples focus on people, not disease. So not everyone with colitis ulcer is stuck in fear patterns and not everyone with eczema has ousted anger and not everyone with heart rhythm disorders suffers from lack of connection with the mother, his beloved, or self.

It remains important to let the body speak and understand his/her own story.

9. Maintain contact with nature, the earth and the source you come from. Practice in gratitude to everything that lives.

In my experience, contact with nature is a prerequisite for healing. Just look, when you live in concrete blocks under WI-FI for the whole day, with your computer and mobile phone, and you move on in iron on wheels (car, tram, train) and almost never come into nature, as I see in big numbers, how will you feel? Indeed, over time you will feel your good repenting; truncated, tired, and empty, without wonder. The contact with nature, its positive energy, helps you remember where you come from, where you can connect with and what you can mirror and help you to maintain yourself-healing and health. Under trees, crops, plants, earth, in the water, sky, stars and animals you see and feel the source from which you come back.





Walking barefoot on the earth or in the grass with dew, walking through the forest or walking barefoot through the sand along the beach and breathing in the pure air makes you feel in contact with nature. Even if you love the animals and the plants and make contact with them, you feel the contact with nature and the source, because it is represented in the most pure way. Then you can also feel the gratitude to everything that lives, which you are connected to and grateful for what life has to give and teach you.

10. Awareness of karmic processes. Karma affects your healing.

A tip: if you have difficulty with spiritual, as mentioned above, or mysticism, you may need to fill in for yourself; mantra, prayer, contact with God, meditative influence, to make it less floaty.

What then is karma?

When I came into contact with my mystical teacher in 1997, I learned a lot more about a kind of system in spiritual growth and development.

He pointed out to me that (negative) karma (there is also positive karma!) can play an important role as a blockage in personal growth and development and self-healing ability!

Have you heard about a negative karma before?

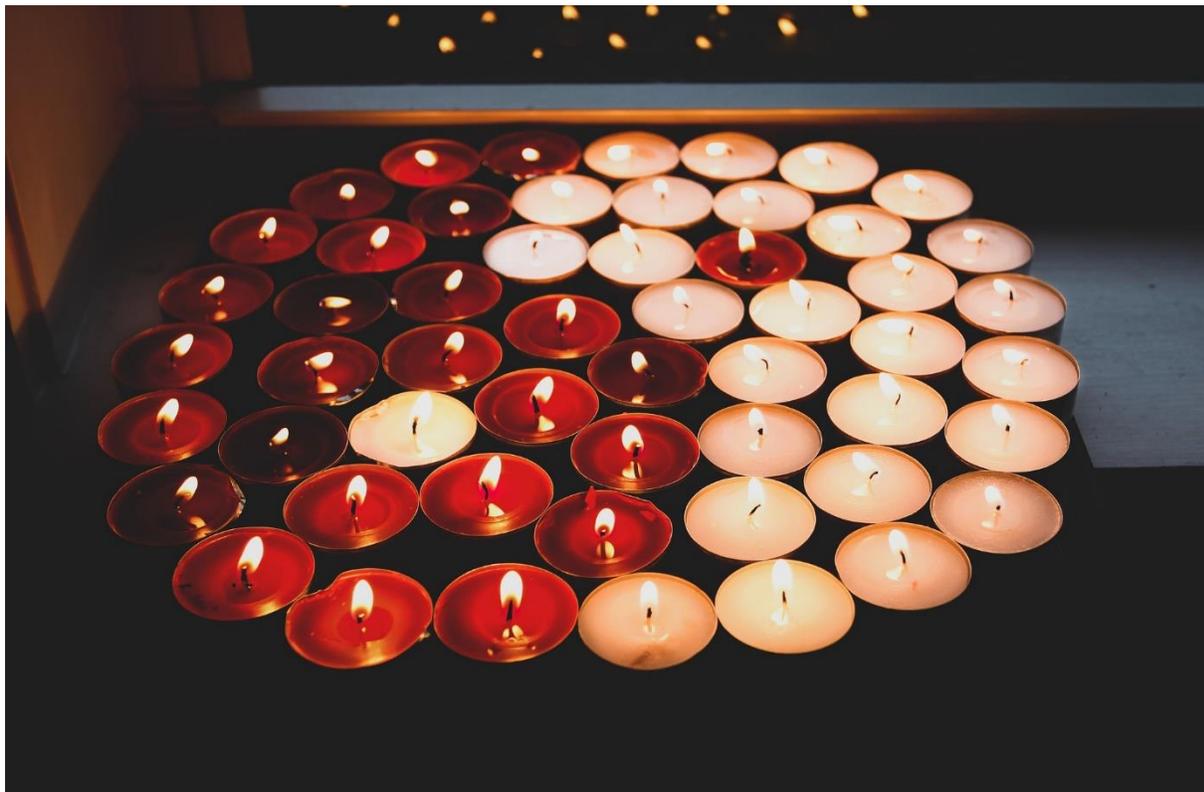
What is it about?

Let's roll it with this example:

I had a couple in practice. The man developed bronchitis from an "ordinary" cold, which then developed into pneumonia, which needed antibiotics. He did not engage in spiritual growth and development. Every day there was again one to live and work, to eat and sleep and more there was not (in itself fine of course). His wife had also caught cold, but eventually did not develop pneumonia. She was engaged in spiritual growth and development and had already "cleansed"



many layers of herself. As a child she has had many throat and ear infections and bronchitis. That was no longer the issue. She had discovered that she had stacked a lot of grief, which was damaging her airways and that there was a link with a pattern of feeling abandoned. A cold now did not go beyond the nose. The upper respiratory tract was well monitored by the immune system and the infection was controlled. It was clear to her that healing was supported by a more uncluttered soul energy, spiritual power and awakening.



And of course, there are many factors in healing, but what I discovered alone, through the lessons of the mystic, was that a karmically stressed soul cannot heal properly. You can then prescribe anything or work with good nutrition, movement and other lifestyle factors, but you will not get any further with this, if this karma has its effect in the body, among other things.

In my book I will write more about it.

It can also be people who are constantly experiencing accidents: fall from the stairs, repeatedly bumping or falling on the head, falling into the ditch, leg broken by a collision on the bike etc. or to whomever relationships fail or attract the wrong people or who always have problems with the work. Also then you can think of karma.



I hope this was already informative for you.

I will discuss this in more detail in the other chapters of my upcoming book.

Thank you for reading!

Astrid!

