



# Healing blockages, solve blockages

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What are blockages? Under heal blockages in the artistic sense is any kind of energetic jams and obstructions that make it impossible for our vital energy flow freely and unimpeded through energy pathways (meridians) and cells. Blockages in the physical body can for example perceive as tension or pain, but in any case always be more or less severe malaise.

In addition, there are blockages at the mental level - from the oft-quoted "board in front of the head" to the total memory loss - and also on an emotional level, where a blockade more noticeable than emotional disharmony (from mild lethargy to profound feelings of hatred) .

How to solve blockages?

The best and safest way to completely dissolve blockages is still "unconditional love". Unfortunately, this "method" but also the most difficult. And so the people have developed over the course of their history constantly new methods of healing in this way to the ideal of love as the greatest healing power to come as close as possible. Access to a blockage can occur on four levels:

about the physical body (for example, acupuncture) about the emotional body (for example, family places) about the mental body (for example, talk therapy) about the spiritual body (eg spiritual healing) Of course, all bodies are connected together, so they influence each other always. There are many effective healing methods which respect this and allow by their respectful, non-manipulative approach to the body system to evolve in an optimal way toward health. All of these cures are found in the field of "energy work".

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