

How to be happy, grounded, clear, and peaceful

By Sri Amarananda

There are five fundamental principles that, when practiced, lead one to a state of groundedness, happiness, clarity, and inner peace. Deep Soul Healing is a wellness system based on the pre-Vedic tribal matriarchal societies of South India. The Deep Soul Healing system is based on five fundamental principles: love, humility, faith, intent, ritual.

Love

Loving ourselves, and love for all beings is the prime foundation for healing and wellness. Love is the prelude to unconditional compassion, and love helps us let go and forgive. Love helps unburden the mind, and make space for grace. This

heartfelt openness links us to universal grace. It brings peace, calmness, equilibrium and bliss in the heart, and fills our lives with wellness.

If it is hard to extend this caring love beyond oneself in the beginning, then start with children, or pets. Slowly extend love to other animals, birds, plants, and trees. Practice sending love to all things. When you walk in the woods, or in the park, put your palms upon the trunk of a tree or plant and invoke love blessing. Of course, with animals and birds, use common sense. You can send them love from far. Next, practice, sending love blessing to people, strangers. Try this amazing practice while you are at the beach, for example. You don't have to

make it obvious.

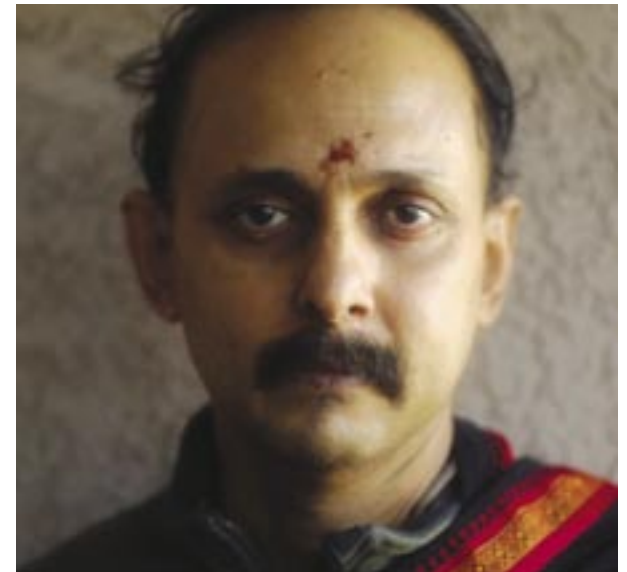
As you zip by a road killed animal or bird, slow down a little, if you can safely do so, and send love and ascension energy toward that spirit. These are like invisible blessings. Every time you send a blessing, your heart will open wider. People will receive it, and their heart will open. Love comes with respect for the other. Observe a mother with her newborn; her heart overflows with love for her baby; but she is also in awe of this beautiful being. That is why within the fabric of love is the tapestry of respect and reverence.

Humility

Reverence is the precursor to humility. Humility will open many doors in this life and in the unseen realms.

Humility is willingness of the ego to surrender to a higher voice within. It is the ability to take instructions from deep within our being, with no interference from the logic bound, rational burdened mind. It is the natural ability in all of us, to carry with us the childhood state of unconditional acceptance of our innate capacity to resolve issues of life. This leads us to faith. Even in this world, at the work place, humility will endear us to all. It draws out the caring compassion in others. A humble person is a being filled with love, and he or she becomes a healing force even without doing any special ritual of healing. On the other hand, arrogance will only alienate

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Sri Amarananda says that love, humility, faith, intent, and ritual are the five fundamental principles that can lead one to a state of groundedness, happiness, clarity and inner peace.

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Internationally recognized healer Eric Pearl has appeared on countless television programs in the US and around the world, spoken by invitation at the United Nations, presented to a full house at Madison Square Garden in New York City, been interviewed in various publications including *The New York Times* and is most recently featured in the new film *The Living Matrix*.

As a doctor, Eric ran a highly successful chiropractic practice for 12 years until one day when patients began reporting that they felt his hands on them – even though he hadn't physically touched them. Patients soon reported receiving miraculous healings from cancers, AIDS-related diseases, epilepsy, chronic fatigue syndrome, multiple sclerosis, rheumatoid and osteoarthritis, birth disfigurements, cerebral palsy and other serious afflictions. All this occurred when Eric simply held his hands near them – and to this day, it continues.

Documented in six books including his international bestseller, *The Reconnection: Heal Others, Heal Yourself*, (soon to be in more than 36 languages), this new level of healing has now been taught to over 60,000 people in the practice of Reconnective Healing in more than 70 countries.

Christine Upchurch, M.S., Reconnective Healing® Instructor, is a former research statistician with a passion for empowering others to do this work. She feels privileged to have helped educate thousands of new practitioners worldwide, has had numerous articles published and has appeared on radio shows such as "Science Meets Spirituality" and "The Dr. Pat Show." Christine is the Founder and Director of the Northwest Reconnective Healing Center in the Seattle area, and she may be reached at 425.999.9836 or visit www.CUHHealing.com.

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