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Ram Ram & a Happy 2021 !

With the new year I decided to revamp this newsletter. Before it was mainly used to announce the classes in Gent, so because of the pandemic I have not sent any newsletter since quite a while. The new format mostly allows you to keep up to date and connected. Some of you may recognize some posts from Facebook, but even the people that follow me on Facebook often seem to miss out on some of the stuff I have been posting. FB's algorithm makes its own choices and the diversity in social media makes them actually rather unsuited to keep in touch with those who care.

So I hope this newsletter may help to bring us together again. Whether we can meet virtually or in real-life, in my heart it actually does not make any difference 😊.

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WHAT'S UPP PETERJI ?

For those that really lost the connection, let's start in June 2020, when I decided to travel to Nepal and India for half a year or more. I gave up on the house in Sint-Denijs where I have been living since 2008 and sold most of my belongings. However, when I was ready to leave in October, both India and Nepal remained closed to tourists because of the pandemic.

I really needed some holiday, so I moved to a cabin in a beautiful area in Dordogne-France. On one side I was sticking to a rather strict program of lengthy morning meditation combined with a long evening fire ritual. In between however I was quite free to enjoy mantra-walking the abundant forests, asana practice, various breathing exercises, guitar playing & chanting, cooking, gathering firewood, flowers, etc... for the evening ritual, swimming in the nearby lake brrr, meditating and pratyahara in the so many caves,...

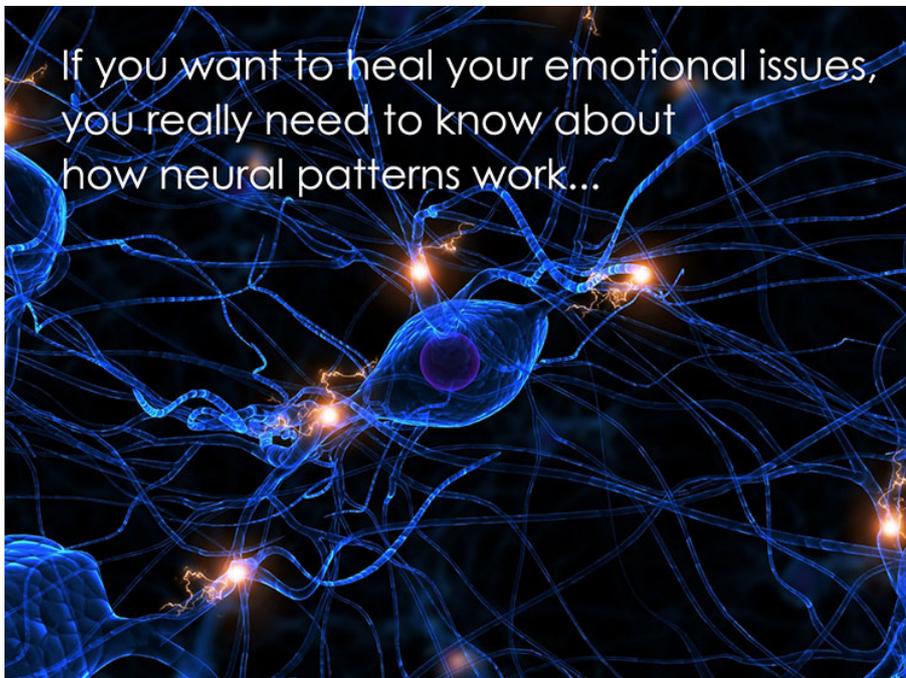
After about a month, I felt quite comfortable to interact a little more during my retreat, so I opened up some time slots for video calls. Anyone needing some long-distance healing or coaching was invited and many did connect, so that kept me quite busy also. Anyhow, I was and am still keeping largely to myself, with chanting as one of my favorite pastimes. Here is an audio sample of this new kind of devotional chanting accompanied by tanpura chords - with gratitude to the healing energies : https://www.leela-yoga.org/yoga_audio_devotional_chanting.html .

Meanwhile, traveling to India or Nepal still seems out of the question for the next half year or so and I do hope the Belgian government will soon again allow healings in person. So from the 15th of January onwards I have rented a rather tiny house in Scheldewindeke, about 20 minutes driving from Gent. The place is naturally remote and the garden is very suitable for the fire rituals - I am grateful for the opportunity !

I hope to see you all soon, in Scheldewindeke, in a video call or at the weekly online Satsangs which will start again once I am back in Belgium.

Ram Ram,
Peter

UNDERSTANDING NEURAL PATTERNS

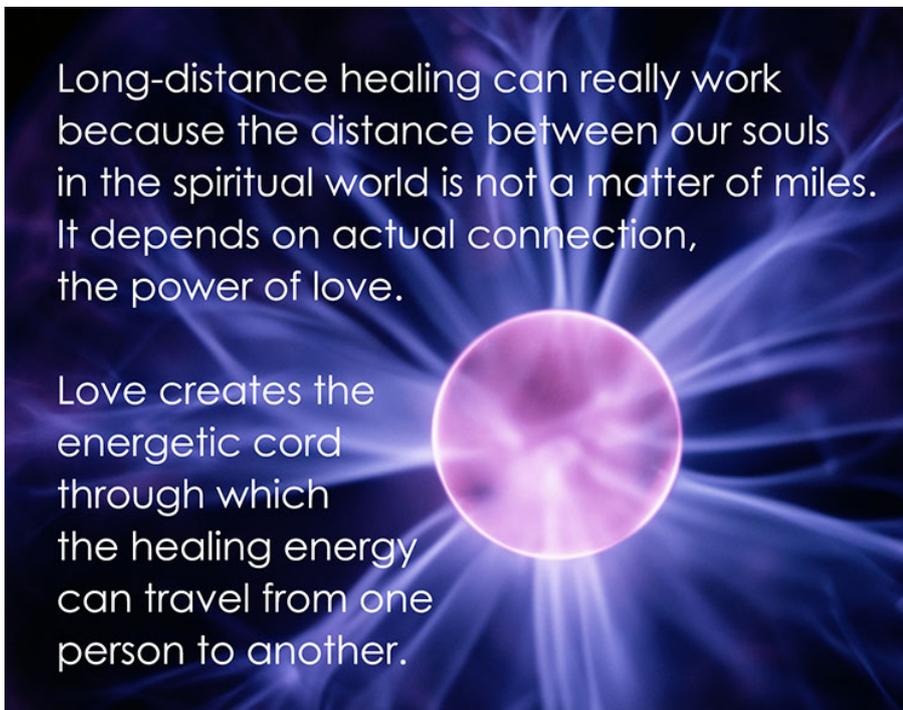


Too often the people that come to me for healing don't realize how we make our own emotional issues grow and stick. Something happens and we naturally feel bad. If then we attach to that feeling, we feed our emotional energy into the neural patterns that exist around that subject, literally the nerve cell thought patterns in our brain. Thus we make these energy channels strong, literally thickening the bonds of our attachment. As a result, they are easily again activated whenever random association triggers some memory attached to them.

Then we may even get upset about the very power that those triggers have, making the patterns even more strong. Upon repetition, we might find ourselves one year later being even touchier around that subject than ever before. Until we learn to step into the observer mode by whichever means works for us, accepting the triggered feeling every time that it occurs, but no longer adding our energy to it. Then slowly slowly, the pattern will be weakened until even a strong trigger will not bring any memory feedback.

Leaving aside for the moment that these feelings may also require some diving into sometimes, if you want to heal your emotional issues, you really need to know about how neural patterns affect you.

HOW CAN LONG DISTANCE HEALING WORK ?



It is a common question as the Corona lock-down currently does not allow me to heal people in person. I am answering this riddle honestly, from the direct experience with my clients, not holding anything back. Sorry if the following is a little straightforward off worldly 😊

It is understandably not easy to believe in spiritual healing, since most people have no conscious experience of the spiritual world. Even more unbelievable is the idea that one person could affect the mind, emotions and health of another over a distance of thousands of miles. And yet, many of my clients have experienced it because, in the spiritual world, distance is not a matter of miles.

Our physical bodies may be far, far off, yet the distance between our souls is a matter of connection, not actual distance. What powers this connection is love. Love creates the fiery yet ultra-thin energetic cords or nadis that connect our souls to the souls of our beloveds.

That same kind of spiritual “wire” is needed for the healing energy to travel from one to another. So when I do a healing video-call, I need to love that person unconditionally, as an individual. The universal self connects us all, yet to connect to the soul of an individual i also need to love that imperfect yet beautiful perfection of the personal soul. That utterly lovable, touching work of art, that unique massala of blessings and problems, that always promising work in progress. Only then can my healing energy find that person who is far away, reach into the heart and do its cleaning and energizing magic, which is another story.

For sure, in-person healing has a lot more power and offers more variety in techniques. Yet the success rate is not very different for the somewhat milder and less physical issues. Emotional imbalances such as excessive anger, habitual anxiety, depression, nervousness, lingering sadness,... are about just as easy to reduce, long-distance or not. With some more resistant exceptions, most people will feel better and thus also empowered to change the related behavioral patterns so that they can get rid of the imbalance for good or at least reduce it to a more natural degree.

Sleeplessness, dizziness, tiredness, weakness, heaviness, dependency as well as strongly emotionally triggered, clearly psychosomatic diseases, such as nervous intestines, acid reflux, breathing problems, rashes or recurring pains, imbalanced blood pressure, nerve pains, non-infectious inflammations,... may also be reduced or removed quite well from a distance. Yet here the body is already more affected, so direct contact to the body makes a bigger difference. Other more serious chronic conditions such as lingering infections, swellings, cysts and cancers, psychosis, schizophrenia, long-term addictions, blood diseases, organ malfunctions... usually do require a meeting in person, rather than just a video-call.

For the one who gets healed, the how really does not matter. Yet for people to give long-distance spiritual healing a chance, I hope to have offered some better understanding. I can never promise anything as healing is not an exact science and every person is in a way an exception. If an issue is chronic then you probably already have tried the more obvious tangible solutions. If that is the case, then from my experience, it is worth giving this ancient Nepalese shamanic tradition a try. Also in India and Nepal, when the doctor and/or therapist seem unable to bring the desired change, people turn to the local shaman for a more spiritual solution... More information and also reviews you can find at <https://leela-yoga.org/healing.html>.

The above may sound too amazing to many people, yet in a way it still appears so to myself as well. I thank the healing energies for making it all possible.

HEALING YOURSELF OR GETTING A HEALING ?



This question often confuses people, as they believe that they need to choose between these two options. Then they can't choose and get stuck or they do choose and miss out on one or the other opportunity. It is a simple yet also somehow complicated question, so I am afraid my attempt to shine some light on it turned out to be rather lengthy – which surprised me as well 😊.

In current mainstream culture many people bring their problems to a doctor or therapist and expect them to just prescribe a pill or to “do their thing” so they can get on with their lives. The people I see as a healer are usually more aware of the need to also question their lives, but still I get people for example with a severe backache who come every few months for healing, but continue to live such a stressful life only for the sake of their ambitions. And I tell them every time that one day the healing power won't be enough if they don't make a change. I am sometimes tempted but not allowed to refuse a healing - unless the healing energies tell me it is not a good idea, which is rare.

It may be equally rare to find a disease or mental imbalance that can be entirely cured without requiring any change from the patient. Problems usually never purely come from the outside – there is always a connection to the inside, long or short term karmic effects. Peoples' lives, thoughts and feelings created the imbalance, which then manifests as a syndrome, which is nothing but a set of symptoms. Then these syndromes are given names as diseases and so

they are externalized. Doctors will say we have “caught” the flue, cancer, an auto-immunity based inflammation or a bipolar personality. While those are just symbols of an imbalance in ourselves, which invited these symptoms. And maybe antibiotics can remove the current symptoms, but they will also push the imbalance into producing other symptoms, often more severe.

Except for some really bad habits maybe, you are not to blame yourself for the imbalance that leads to these symptoms. All too often it lies beyond your current understanding or control. But that also means that you are responsible somehow or other to gain what is needed to make a change. Many imbalances in attitude, habits, life style or food & drink can easily be changed, when people take proper responsibility for their own well-being. For some, even the very idea that they might be themselves in part responsible for their problems is too heavy to bear. But these days many are willing and able to live more mentally and physically healthier lives, even if it sometimes just adds to the overload of projects. We then find however that there are also many things in ourselves that make changing our lifestyle or diet or way of thinking, feeling and interacting difficult. These blockages come in the form of habits, attachments, addictions, neuro-emotional patterns, old triggers and feedback loops. And that these things do not only limit our freedom in making more healthy choices, but are also in themselves causes of the imbalances that produce the symptoms known as disease or habitual unhappiness.

Habitual anger is related to vascular diseases, stomach aches and ulcers, skin problems, nerve pains, liver malfunction... Prolonged sadness lowers our immunity against infectious diseases, causes all kinds of mucous imbalances and takes away our vitality. Endless worrying also affects our immunity, causes many respiratory diseases and imbalances our nerves and digestive system. Depressive feelings cause unhealthy addictions and also auto-intoxication, produce cysts and cancers, lead to constipation (the mother of all diseases in Ayurveda) and blood diseases. Have I not covered most common diseases just now ? To quote Nobel-prize winner Candace Pert : “I’ve come to believe that virtually all illness, if not psychosomatic in foundation, has a definite psychosomatic component.”. And of course, these unpleasant feelings in themselves are even more common in simply creating unhappiness for people than are the resulting diseases. Health and happiness go together.

So the seekers that have come this far in their view of themselves and their problems, are trying very hard to become more emotionally balanced. They also quit overly blaming any others and are going inside to start the true process of self-healing. And then some emotional issues are more easily solved than expected, just taking some thinking, some breathing, some talking or purifying herbs maybe and often some discipline and forceful detachment. Yet others seem near impossible to resolve, because when triggered the emotion appears to come out of nowhere, invading with brute force the sea of loving calmness that we try to maintain. We can soften the edges, find ways to manage, try acceptance or invoke the healing breath in an emergency, yet still we cannot say to have made any real change. It will clearly take time, attention and effort.

At some point, we then recognize that these feelings that seem to come “out of nowhere” actually originate with the subconscious, aka the soul. They come from that place where we cannot consciously go, usually. We realize that we all have the responsibility of a blind man walking around in the dark. We can’t be blamed to stumble or run into a wall and yet we are responsible to move forward. What can we see behind our own eyes in the mirror ? We have to learn to truly go inside, which is the objective of meditation, and let the pure light of our consciousness shine there. So that finally we can see and resolve those subconscious blockages in meditation and life itself. We all have blockages, whether they are more pressing or not. We all are in this process of spiritual growth called yoga, awakening or self-healing. Even if we feel quite OK at this phase in our lives, we all need further healing or balancing.

Sometimes the task seems impossible doesn’t it ? Sometimes people feel that the pain only increases and that this awakening is a dark journey without light at the end of the tunnel. Sometimes we are truly successful in making a deep-felt change that makes many things possible. Until after a while somehow the next bit of disturbed energy emerges from our soul and we feel again as if we have learned nothing. Which is not true, as spiritual growth is a step by step process with many mysterious layers to unravel. We are learning and growing every second of every day. All we need is patience and a sufficient level of self-love and self-confidence to keep us going.

During this process, there may be moments with good reason to accept help. Which does not mean you can avoid your own responsibility in healing yourself. To get the help you need is part of that responsibility. You are not alone in this struggle, because we are all in the same boat, somehow or other. We are all having similar problems.

Humanity is – in part – also solving these things together. That thing that you are trying to let go may be attached to more parts of you than you can even imagine. The herbalist, the osteopath, the therapist, the dietist, the acupuncturist, the spiritual healer or soul worker and so many kinds of healers have skills and understanding on those very parts that are reasonably impossible for one person to master. The diverse kinds of help that they have on offer are clearly to be seen as complementary to each other, and not in the least to your own efforts. There is light at the end of your tunnel, and helping hands along the way. Accept those hands while moving forward.

The main moment to reach out for help is when you feel either that there is nothing more to do but to stick to acceptance, or when you feel totally overloaded, unable to manage. That is often a matter of circumstance aka karma. Sometimes we feel like a barely budded lotus flower stuck in the mud, with the light above the troubled water surface all too far away. Sometimes we feel progress is impossible because we are too much involved with trying to simply function or put up an appearance at least. Sometimes we feel to have tried everything, with no game-changing result. Then why keep putting all the responsibility if not blame on our own shoulders ? When that homeopath's one pill will have made such a huge difference (happened to me really, just one), when that body-worker's touch removes a pain that almost felt like having become a part of you (oh yeah) or when that spiritual healer suddenly lifts that heaviness weighing on your heart (yes, been there many times), then the rest is still up to you. There will be enough left for you to do.

Skilled healers of any kind can really only help you forward by removing some or other blockage that literally blocks you from moving further. It buys you some time, with more energy, more balance and some better understanding maybe, allowing you to pursue the self-healing process. Don't let it fool you in offering anything more than that, don't get lazy. Neither get stuck in the belief that nobody should help you. You are not separate. We are one. Don't get stuck in totally needless confusion about getting healing somewhere or healing yourself. They are one.

The spiritual healing that I offer is based on the shamanic Tantric tradition of Nepal, which is also where my healing energies originate. I am so grateful for their unique help in removing blockages that are related to the subconscious, the very soul of people and its relationship to the spiritual world. For those that are open to it, I also offer further guidance on the path of self-healing. My experience with diverse yoga & meditation practices, as well as with emotional balancing through the rasas or emotional essences, is at your service. This way, the release created by the healing may be put to the best possible use in restoring balance and growth.

SOME SANSKRIT TERMS DEFINED

शान्त

Shanta - peace

"Shanta is the emotional essence of inner peace, a gentle smile that radiates from the heart. Neither weak nor forced, this fearless self-confidence transcends all space-time limitations, empowering every moment's unlimited potential."

 *peter marchand*



आनन्द

Ananda-bliss

"Ananda is like a woman that is eternally happy without ever wanting anything. While she lives inside each male or female, as the essence of our life force, we all are able if willing to draw our awareness into her embrace."

 *peter marchand*

