

# Intuitive Self-Healing

ACHIEVE BALANCE AND WELLNESS  
THROUGH THE BODY'S ENERGY CENTERS

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**sounds true**

BOULDER, COLORADO

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**Disclaimer:**

The advice given in this book is not meant to be a substitute for sound medical advice. The author appreciates and honors all forms of medicine and recommends that all clients and readers maintain regular healthcare visits with a qualified health practitioner.

To protect privacy, some client names have been changed.

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## Intuitive Self-Healing

INTUITIVE HEALING ISN'T NEW. It's been around for centuries, but we have forgotten what it means to listen to our own body's messages. Instead, we have given our healing power away by not paying attention to our feelings and centered thoughts when we feel ill or are diagnosed with a disease. Intuition by definition is about knowing. Intuitive healing begins with discovering the vital energy within. There is nothing unusual about it. We all possess it. Each of us is our own best healer.

Coming to know this intelligence within manifests itself in many different ways. Some people view images in their mind, hear words, or feel sensations. Others pick up insights during their daily life which seem to come from others—from radio, television, or billboard advertisements. Wherever our insights arise from, we all possess the aptitude to recognize them and discover what is in our best interest.

Even if you have tried many times to perceive your internal messages, but feel that you possess no skill to do so—trust me you do. After working with thousands of clients, I've learned that everyone has the capacity to receive, interpret, and successfully use their senses. You have this ability because we

are genuinely powerful. You might be unaware of your great fortune, but nevertheless you are powerful.

More people are beginning to understand personal power, but it remains a new concept. Individual power is limitless and we can learn to utilize it through internal awareness. Yet, somehow we feel that we don't have this authority over our own lives, and in particular over our bodies. Instead, we make appointments with medical experts, who are often complete strangers. They know nothing about who we are as unique individuals. The expert generally has little time to assess the particular qualities we possess. Yet we usually allow them, without any hesitation, to tell us what's wrong with us and how to fix it.

Most of the time, this health model actually works. We receive the necessary antibiotic, surgery, or cream that heals our body. But sometimes the cream only works for a short period of time. Or we are prescribed many different medications in search of the correct one, sometimes enduring side effects without attaining lasting health. Or the surgery doesn't work, and the now somewhat familiar practitioner recommends another one.

I believe that we are moving away from this old view of healing, and evolving a new model as we increasingly realize that each person is an integral part of a healing process. Though we will continue to rely on skillful practitioners to tell us our options, we'll also learn to trust that invaluable insights lead to the healthiest outcomes because they come from within. Where else could information about your health lie? Can it be locked away in someone else's awareness? Of course not.

Although we belong to one race and are anatomically similar, we each have a biochemical "fingerprint." Our

internal chemistry differs from everyone else's because the complex organic matter that lives inside all of us is affected by emotions. Emotions, like everything in the universe, are made of pure energy. They form patterns in your body based on feelings you have expressed or repressed throughout your lifetime. Even if you are not aware of your feelings, they circulate within your body creating health, happiness, abundance, or the lack of these things.

If the energy arrangement in your body has created health problems, you can help change them by learning to feel your feelings—especially those you have chosen to ignore. Energy becomes stagnant when emotions do because energy moves in the body based on how we feel. Positive energy moving into the body prevents disease and helps the body heal if it becomes ill. When healthy energy moves in, it wakes stagnant energy from its lifeless slumber. Vital energy then pours in, helping tissue and organs function better and making all forms of medicine more effective, too.

As an intuitive healer, my job is to look, listen, and feel sensations that your biochemistry is expressing. Most people don't pay attention to what their being is sharing with them. Most hope they won't have to change at all, and that their health problems will simply vanish. The body in its infinite wisdom is asking you to change in some sort of mental, physical, emotional, or spiritual way to achieve wellness.

Modern medical discoveries still blow my mind away. It's incredible that new technology can help a twenty-five-week-old fetus survive outside of the womb. It's mind-boggling that cardiac surgeons no longer need to perform open-heart surgery to bypass occluded arteries. They now perform this with a lifesaving procedure known as MIDCAB (minimally invasive direct coronary artery bypass) in which several small incisions

are made in the chest (sometimes with the help of a robot). The procedure reduces critical healing time and avoids the risk of infection. While modern medicine's advancements are truly remarkable, the expansion of energetic medicine is too.

Here's a good example of how conventional medicine contrasts with intuitive healing in recognizing and treating illness.

Recently, while treating a new client, I intuitively saw a small, pink, circular flashing light on the right side of her throat, an indicator to me that her thyroid was stressed and functioning at a lower-than-normal level. When I explained my findings, my client reported that she had routine blood work done the previous year, and her doctor said that her thyroid test came back low-normal. He said that he would retest her thyroid the following year, and if her thyroid numbers continued to decrease, he would prescribe a drug to counteract any potential health issues or symptoms.

I asked her thoughts about her doctor's recommendation. She said she'd asked him whether she could do something immediately instead of waiting for her numbers to potentially worsen and eventually taking prescription medication. Her doctor replied no.

Standard medical practice is to wait until symptoms arise or until test results indicate a medical condition. Then pharmacology or surgery is used to treat the problem. Energy medicine recognizes changes in the body before diagnosis and after. It works naturally with the body to help it re-experience its normal state of health, to avoid disease or heal if disease is present. To maintain a healthy immune system, it's critical to address potential disease and not wait for symptoms to arise or worsen.

Through our energy work, we could start the healing process on that day. First I detected a lack of energy at her

thyroid gland and then re-established a positive flow of energy to the area through the fifth chakra (read more about the fifth chakra in chapter 6). I recommended easy exercises for her to do on her own to keep positive energy flowing to the area. I also recommended she schedule a follow-up visit with her physician or with a naturopathic physician, to clinically monitor her thyroid levels. We talked extensively about the emotional reasons why stagnant energy might have built up at her fifth chakra, potentially affecting her thyroid gland, and discussed what changes her body was asking her to make in her life. The insights I received from her body weren't foreign to her. Similar ideas had briefly come into her awareness, but she had not realized their wisdom until that day.

You may be wondering how it's possible to have awareness of your health without modern technology and to assist in your own healing or prevent disease. The answer lies within your feelings.

Feelings can be experienced as a physical sensation such as touch, warmth, tingling, or a gut feeling—a visceral reaction to something uncomfortable. Feelings can also be known as a state of consciousness resulting from emotions, sentiments, or desires. Emotions are multifaceted, resulting from internal biochemical and external environmental influences. All of them are direct messages from the deepest intelligence of your being.

When I work with clients, I'm constantly reading their emotions about their childhood and other prominent times in their life, which are related to their current situation. At the same time, I'm registering physical sensations that I feel. I know they play a key role in communicating to me how clients are experiencing the session and about how the energy is flowing in their body. They tell me whether they are relaxed;



cold or warm; which parts of our conversation create the highest awareness or “aha” moments for them; and which ideas I need to repeat or perhaps explain differently.

When the body is free of emotional stagnation, when we feel, understand, and express our real feelings, we become present and clear. Clarity allows each of us to become a multi-sensory being and better develop the three Clair’s: clairvoyance, which means to see clearly; clairsaudience, which means to hear clearly; and clairsentience, which means to feel clearly. Such clarity allows us to sense a limitless world beyond our ego-driven one, a world where we are free to receive information to heal and enjoy our lives in every capacity.

Assessing your amazing energy centers, located throughout the body, is one way you can evaluate the uniqueness that is alive inside you. It also allows you to gauge how your being feels during healthy times in your life, stressful phases, and instances when you face health challenges.

Throughout this book, you’ll learn how to hear what your body is telling you about the connection between your health and emotions. By doing so, you’ll find out how to prevent disease or heal from one that you might have. Intuitive healing is simple. It begins with you discovering your natural sensitivity to your body’s powerful energy, which then opens you to a vastness inside you that is filled with loving energy.