

The 6 Dimensions of Healing are in your life to create the love, health and prosperity you deserve. Your reality is constantly changing and when you understand how to consciously create, you then have the tools necessary to create a life that is worthy of who you really have become.

6 Dimensions of Healing - Handbook - Change Your Reality and You Change Your Life

by Gayle Maree and Allan Herring

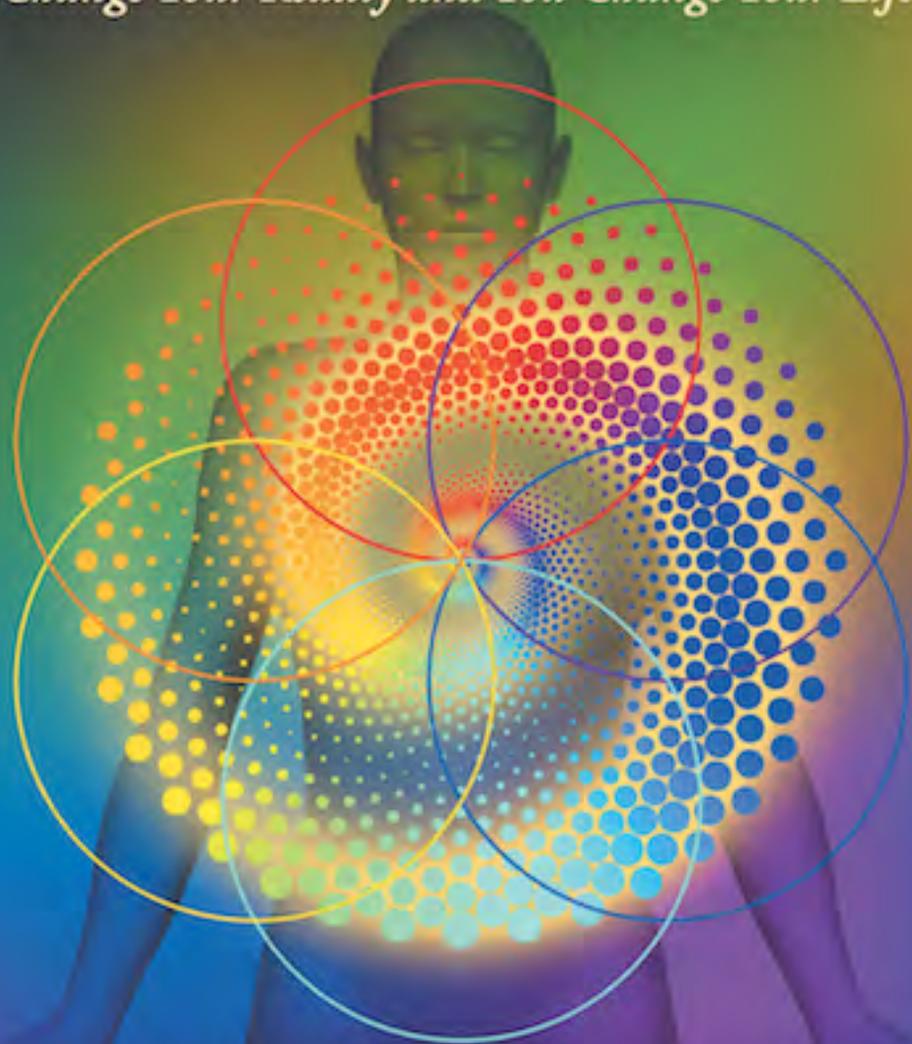
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Handbook

6 DIMENSIONS OF HEALING

Change Your Reality and You Change Your Life



GAYLE MAREE with **ALLAN HERRING**

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First Edition



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This handbook will awaken information that has lain dormant for many years within, which can benefit your life and the life of those around you. Reading this handbook will not make you a 6D Healing Practitioner or 6 Dimensions of Healing Facilitator. It will not make you knowledgeable to teach 6 Dimensions of Healing or allow you to represent yourself to others as a 6D Healing Practitioner or 6 Dimensions of Healing Facilitator. Successful completion of the course 6D Healing Practitioner or 6 Dimensions of Healing Facilitator taught by Gayle Maree or Allan Herring is a requirement for these qualifications.

Presently Gayle Maree and Allan Herring are the only authorized and qualified instructors for 6D Healing and 6 Dimensions of Healing. In the future a list of instructors can be found on the 6DimensionsofHealing.com website. You can contact 6D Healing and 6 Dimensions of Healing at the email and phone numbers found on the website which will be the most recent information available.

For your protection, please contact us at **info@6DHealing.com**, prior to attending any seminar that proposes to offer training in Six Dimensions of Healing as a facilitator, practitioner or instructor, taught by anyone other than Gayle Maree or Allan Herring. We will let you know if that instructor is qualified to teach 6 Dimensions of Healing.

To find out more about becoming more self aware in Six Dimensions of Healing, to attend a workshop or to become a teaching assistant or mentor, contact us at info@6DHealing.com or the contact information

Six Dimensions of Healing

on our website at 6DimensionsofHealing.com. We look forward to your comments and inquiries.



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** Asking Source for another way of looking at things is just one method of changing perspective. Alternative methods are to be found in the Six Dimensions of Healing Workbook and on the website 6DimensionsofHealing.com

Become the Person you Love

Whether in your business or personal life, you have become the person you are through the experiences and beliefs adopted along the way. As you can't experience outside of your beliefs, you may want to look at the person you have become to notice if that is the person you are happy with. It is not necessary to change to a businessperson when conducting business. You are automatically a businessperson if you are in business. The values used in business will carry over into your friendships and family as there is no separation, so it makes sense to be the person you want to be rather than someone you don't admire. There is nothing more persuasive in business than an insightful, confident person and this can be achieved by aligning your mood with Source Energy. You will never be happy making dreams smaller to fit your beliefs, so expanding your expectations to fit your dreams is the key to unlocking a bountiful future.

Whenever you are unsure of which direction to choose, a visualization meditation can help you find clarity. Follow the relaxation techniques set out in the relaxation section and imagine it is the end of your life and you are looking down at your own funeral. You can hear what all the people are saying about you. What would you like to hear? What is the legacy you leave to your family and the world?

Are you on track to becoming the person this eulogy was about? If not, now is the time to change direction and become the person you

really want to be. This is the clarification needed to create a new future.

Everything about your life is changeable including who you are, what values you have and what you stand for, as these are all attributes you adopted. The person you are now is most likely still a product of the environment in which you grew up, where, rather than conscious choices creating positive beliefs, reactions to experiences created default belief patterns. Now is a good time to refine who you are, by being aware of the moods you want to engage. Whatever you are feeling is a direct order to the universe for more of the same, as you don't ask with words but with dominant emotions. When you want to attract a particular type of person or people into your relationships, you must become those traits you are seeking. If you want loyalty in a relationship you must become loyal, if you are looking for fun, you must be a fun person and when you are seeking respect, you must respect yourself.

To redirect your path and clarify the person you want to be, make a choice as to how you want to feel, as soon as you awake.

Every morning is literally a brand-new day. As soon as you awake, you have the opportunity to choose how you want to respond as your day unfolds, and your response to that unfolding makes a big difference in the conscious creation of your reality. As Michael Bubl  sings, "It's a new dawn, it's a new day, it's a new life for me and I'm feelin' good." from the hit single, *Feelin' Good*.

Desires, Goals and Dreams

Desires, goals and dreams are very different.

A ***desire*** is communication with the Universe through thought and focus. You are constantly having thoughts, ideas and emotional responses all of which create desire. Usually, you are unaware of the desires you have created until they manifest around you, and even then, most people are unaware that what has manifested is their desire. The Universe is constantly responding to desires, even when it seems nothing is happening, as the Universe is in a state of constant motion. Your life is a series of constantly manifesting desires. They can grow from what is wanted, or in response to something that isn't wanted, so it's easy to think that, because something has manifested in your life that you don't like, you couldn't have requested it. But manifestations aren't about luck or karma; they aren't because you have been a good person; and there is no need to qualify to deserve anything you ask for.

A desire is thought that becomes emphasized by your emotions. These focused emotions now set the Universe in motion to fulfill your request and when your dominant mood matches your desire, it paves the way for manifestation. Focusing on something wanted is creating a desire that is wanted, and focusing on something unwanted is creating a desire that is unwanted. Be aware of what you give your attention to, as we live in an inclusion-based Universe so when your focus remains on something you don't want, you are asking to include that which you don't want in your life. You become a conscious creator when you are aware of your thoughts and emotions, as you have the ability to consciously create a reality you love.

Goals encompass many desires. They have a time frame, because they're related to a collection of attractions. You may want to lose weight because you are excited about your sister's wedding, so the date for the goal is your sister's wedding. The goal also encompasses

feeling good, having a wonderful time, feeling attractive, being able fit into your favorite dress, finding a wonderful partner and many more wonderful experiences. The expectation of this goal is to feel great and there will be many more desires that will manifest in the achievement. The expectation of a goal is probable, and an active goal needs a dominantly positive attitude, which determines a positive outcome. When you ask yourself what you want and why you want it, you can then focus upon how it will feel when it is achieved and as you start to feel at one with the outcome, the goal unfolds into a series of manifesting desires.

Dreams are much broader than goals, and have many components. A dream is life changing and created in the imagination, which plants the seed for many goals and desires. These desires may not seem to be related to the dream, but they are paving the way for your 'overnight success'. Dreams feel like possibilities for a grand future. They live in the imagination and feel wonderful as they grow and change, just as you do. They don't get closer to you, but grow with you as you move closer to the dream until you are a vibrational match. Eventually this changes the dream from a possible to a probable outcome, which will naturally transition into goals and desires.

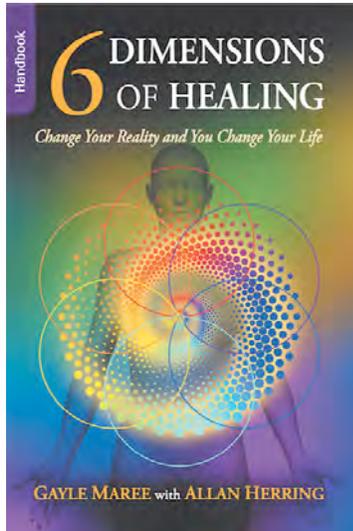
Dreams exist to be enjoyed and, as the imagining becomes fun, growth is experienced. The expansion of humanity is created through dreams, and even though it may seem distant, a dream is never out of reach. If you have the ability to imagine the dream, you have the ability to achieve that dream. It's not a goal yet so be aware that you are inspired before taking action, as action without inspiration can lead to discouragement. Allow the dream to grow and expand with the understanding that every desire you have gets you closer and closer to the dream. Just as you can't stand on the other side of the world

without travelling, neither can you manifest your dream without moving in that direction through goals and desires. Believing in your dream determines the path of your goals and desires and each step moves you in this direction. If there was no emotional gap that needed to close to achieve the dream, it would be a desire rather than a dream.

Recognizing a dream versus a goal is the key to joy. So many people are taught to put dates on their dreams and that is a recipe to squash your dream. Your job is to feel good as you are always moving in the direction of your dreams when you feel great. The way to know the difference between a dream and a goal is whether it feels probable or possible right now. Understanding that your dreams are always alive, and that they pave the way for all the goals and desires created will make you happy with life, no matter what it brings.

The expansion of who you are is the gentle calling of your desires. You are the dreamer and your Higher Self moves and expands into the fullness of the desire as soon as it is hatched. It is only when you doubt your own ability to realize the desires already created that you move in the opposite direction of the expanded you. This will only serve in creating tension, which will be felt as emotional, then physical, pain.

You have already become so much more than when you were born, as each desire expands who you are and this gives a new, broader vantage point from which to now dream. There will always be a dream, and there will always be a dreamer because if there wasn't, the Universe would not evolve and cease to exist. Your dreams are important not only to you, they are important to all that exists, both physical and non-physical.



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