

Falling Together in Love: Stories From My Heart



for and about YOU

Debra Basham

Stories From My Heart
by Debra Basham
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For information write
Debra Basham
debra@scs-matters.com

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From the moment we were born — from even *before* we were born—we are storing, processing, and being influenced by our experiences. Experiences you don't remember (some don't even belong to you),

perhaps especially those you don't recall, may have controlled you, may have limited you, and may have created who you think you really are. WE think we are making choices about where we go, what we say, how we feel. However, until you become aware of the *subtle communication systems*, you were the passenger (not the driver) of your unconscious. Awareness is the key. Awareness puts you in the driver's seat. Awareness lets you take the wheel, step on the accelerator, and enjoy the ride of your own life.

Awareness comes from the altered states that can be accessed in a variety of ways, including, (but not limited to) prayer, chanting, dancing, creativity, imagination, visualization, guided imagery, hypnosis, yoga, Tai Chi, Qigong, and various styles of meditation. If meditation is a *luxury* for the wealthy, it is a *necessity* for the poor and everyone in-between. Essentially, we are talking about *the relaxation response*, as named and researched by Dr. Herbert Benson.

It is about bringing body, mind, and spirit into harmony. It is The Way you enjoy turning off the inner critic that had been talking in your head, making bad feelings, and tuning in to a stillness that connects you to your inner coach, so you can remember who you really are. This state of awareness has access to all the resources you need.

As you read this book you will be taking a step toward freedom, fun, more creativity, more health and more happiness than you ever dreamed possible. There is unlimited joy awaiting you, more than you ever imagined.



Subtle
Communication Systems

The best things in life are nearest:
Breath in your nostrils,
light in your eyes,
flowers at your feet,



duties at your hand,
the path of right just before you.



Then do not grasp at the stars, but do life's plain, common work as it comes,

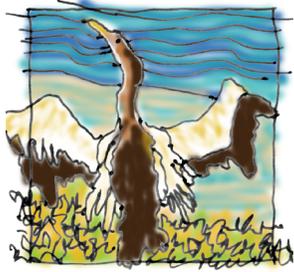
certain that daily duties
and daily bread are the sweetest things in life.

Robert Louis Stevenson



Contents

Preface.....	4
Remember Who You Really Are: Cinderella.....	7
A to Z for Stress Relief	13
Tips for Journal Writing	16
Exercise: Letter to Your Body.....	17
The Healing Power Within: Jane's Story	19
Healthy Way to Take Medications	25
Exercise: Become Somebody Who Loves You.....	26
The Presenting Problem is Not the Problem: Phobias Gone	27
Darby's Story	30
Exercise: Release Emotions from Your Body	33
Freedom for All: Spirit Releasement Therapy.....	34
Exercise: Clearing Energies from the Body	40
Healing on All Levels: Surgical Support	42
Exercise: Etheric Vitality Plus.....	50
Working with Words: Conversations that Changed Lives.....	53
Exercise: Create a Meta Feeling State	65
It is Never Too Late to Have a Happy Childhood	65
Exercise: Using Future Resources Now.....	69
Conclusion.....	72
Exercise: Change Personal History.....	82
Summary	85
Dhitinart Napatalung, author of The Compass of Life I and II.....	Back



Preface

If medicine—meaning drugs and surgery—were the cause and healing were the effect, then think for a moment about why it works some times and not others, and

become aware now of why some people heal without medicine, drugs, or surgery.

Think about something really physical like a hip replacement, and notice how nothing the surgeon does—nothing the nurses do—actually “makes” that hip heal. If healing results, not from what is done to the individual by others, then what is it that actually causes or allows healing to occur?

In *Love & Survival: 8 Pathways to Intimacy and Healing*, Dean Ornish, M.D., reminds readers that even when drugs and surgery are necessary, they are just the beginning. The physical body—the heart—is more than just a mechanical pump. Ornish says you also have an emotional heart, a psychological heart, and a spiritual heart.

Curing is when the physical disease gets measurably better. Healing is a process of becoming whole. Even the words heal and whole and holy come from the same root. Returning healing to medicine is like returning justice to law (p. 15).



You are already whole and you just did not know it

My prayer for all humanity and the hope of my heart in writing this book is this becoming whole. In the West, in the East, in the North, in the South, disease of the body, the mind, and the spirit robs people of this sense of joy. To the Buddhist, the search is for enlightenment. To the Christian, the search is for salvation. What if you are already whole and you just did not know it?



Healing is the most natural of processes

My journey to Thailand in September 2010 has been about this book, yes, but it has also been about my own remembering. Healing is the most natural

of processes. Remember a time when you cut a finger or skinned a knee. Something inside you allowed healing to occur. That something inside you is your innate healing capacity. Your greatest goal, as facilitators of healing, is to support the individual discovering the attitudes, beliefs, and behaviors which turn on this innate healing capacity to its maximum, even if that individual is you. You must be willing to *go first*, to show the way.

Illness (or disease) can be the beginning of a deep, spiritual quest

While mere focus on cure might see death as failure, look at life as the process of living, as more than flesh and bones, and you gain a greater sense of the sacred art of healing.

“Illness and the opportunity it presents people to engage consciously and actively in a journey toward wholeness can be one of the most transformative experiences that life offers. It provides you with space for self-reflection, for caring for yourself and your needs in a

way that may not have been possible in your busy everyday life. It can give you time for learning about who you are, your purpose, your potential; a time for reassessing your priorities and the value of your relationships, work, and possessions. Illness (or disease) can be the beginning of a deep, spiritual quest.”

Rituals of Healing: Using Guided Imagery for Health and Wellness, by Jeanne Achterberg, Ph.D., Barbara Dossey, M.S., FAAN, and Leslie Kolmeier, R.N., MEd., (p. 12).

The things that promote a sense of meaning in our lives, our connection to others and to what is sacred, can heal our lives even when medicine is not able to cure our bodies.



It is never too late to have a happy childhood

A genie is bottled up inside each and every one of us. It is as though you were born with a million dollars in your bank account, but you did not know your pin number. Fortunately, it is never too late to have a happy childhood, and you always have time to live happily ever after...