



Have You Said Hello to Your Organs Lately?

Janie Chandler

We are born into our body — the vehicle of the soul — without being given a user's manual. A manual to instruct us on the various components and maintenance thereof. Few of us, at least in North America, are ever educated about physiology until and unless, we elect to study the subject at a level of higher education. Even then, physiology is primarily studied from an objective point of view rather than a subjective "that is *my* liver we are talking about" point of view. It has long been my opinion, we would do well to introduce the subjects of anatomy and physiology at a kindergarten level so that early on, little people could develop a subjective sense of what they are made of and how to maintain their vehicle.

Unfortunately, too many of us only become aware of our organs when one gets into trouble. It may be a kidney stone, or an inflamed gallbladder or a diabetes diagnosis that demands attention is drawn to a specific organ and its impaired function. As practitioners, we frequently meet clients at this stage, when they have been diagnosed with some sort of dis-ease in an organ or physiological system. They may have only just become aware of where their kidneys are physically located and what their kidneys do, by virtue of the fact their kidneys are suffering. If our professional training has not included a course in anatomy and physiology, it behooves us to delve

into those studies independently, so that we can help our clients in developing a conscious relationship with their innards. Understanding the physiology of the organs in addition to knowing the energetic flows that serve and are named after them, is key to being a master practitioner.

As with any step in learning our craft as energy medicine practitioners, our first-hand experience elicits the deepest wisdom. Along with scientific studies of anatomy and physiology, we must develop a personal, subjective relationship with our own organs. One way this can be done, is through meditation, mantra and touch.

Understanding the physiology of the organs in addition to knowing the energetic flows that serve and are named after them, is key to being a master practitioner.



Have You Said Hello to Your Organs Lately?

Many of us are familiar with the experiments carried out by Dr. Masaru Emoto, which are presented in his work *The Hidden Messages in Water*. By using extreme magnification, Dr. Emoto observed the molecular structure of water changes in response to thought, prayer, music and words.¹ Considering adult bodies are composed of sixty percent water, it is not difficult to imagine how our tissues and organs are affected by the thoughts, prayers, music and words we use — for better or for worse.² My definition of prayer is *energy work using words*. I prefer the vibrational quality of affirmative prayer over beseeching prayer, such as the I AM Body Prayer.³ Through our energy studies, we know energy flows where attention goes, and by placing our attention on a certain organ or part of the body and resonating a positive vibration using words or tone, it makes sense the water's response would be beneficial to the organ's health. What exactly is a positive vibration? One that is of a relatively high frequency. For instance, "I love you" vibrates at a higher frequency than "I hate you."

appreciation are identical vibration. It is the absence of everything that feels bad, and the presence of everything that feels good. When you are feeling gratitude, often you are looking at a struggle that you have overcome and feeling happy that you are still not in the struggle, but you are still messing with that vibration just a little bit."⁵ This is an important nuance, not to disrespect gratitude or a gratitude practice as these can be life changing, but to steer our attention to the soft yet solid presence of appreciation.

In his book *Spiritual Liberation*, Michael Bernard Beckwith relays a story about a woman whose kidney health was improved with the application of intentional appreciation. Beckwith gave a group of students the assignment of giving thanks to their kidneys every time they went to the bathroom, while simultaneously offering a prayer for the kidneys of a group member whose kidneys were struggling. A few months after the original assignment, the group

Fascia is the ultimate communicator and carrier of energy throughout the body.

Speaking of vibration, let us talk for a moment about fascia — the ubiquitous matrix of connective tissue that cradles and cushions the bodily innards in a jello-like substance. Fascia is the ultimate communicator and carrier of energy throughout the body. An excellent visual of fascia and how it carries both energy and water in the body, can be viewed on Views of the Living Fascia by Functional Therapy Magazine.⁴ By placing our attention on a certain organ and creating a positive vibration through thoughts or sound, the fascia plays a big role in distributing the vibration throughout the body. By placing a hand over the area of the organ while toning or praying, we can target the focus locally and increase the potency of the vibration.

Along those lines, Abraham (through Esther Hicks) helps enlighten us about the difference between the vibration of appreciation vs gratitude; "love and

member's doctors were baffled by the spontaneous return of normal function to her kidneys.⁶

Earlier this year, I created a meditation with the intention of bringing attention and appreciation to the meditator's organs for harmonizing and healing.⁷ This meditation borrows the Hawaiian mantra of Ho'oponopono, a practice of reconciliation and forgiveness used by indigenous Hawaiian healers. Many may already be familiar with this practice of repeating the refrain "I love you, I am sorry, please forgive me, thank you" while holding something in mind that has fallen out of relationship or has become dissonant, and you would like to restore harmonious resonance. Ho'oponopono literally means *to make right, to promote rightness and perfection*. It is not so much about being sorry or apologizing for a perceived wrong having been done, but to take responsibility for our role in any discord



and call forth the inherent perfection within the object of focus, be it a person, place or thing.

When I first experimented with Ho'oponopono years ago, ironically, it took a while to reconcile myself with the practice. Why was I saying "I am sorry" for something I (seemingly) had no role in? Why was I asking for forgiveness when I was the one feeling offended or slighted? Initially the practice felt disingenuous. When I was finally able to pull out of an egoist viewpoint and gain a broader perspective, I remembered my energy-being as not separate and alone in this world, but as a unique coagulation of Source energy from which all things emerge. I could then move into a place of compassionate detachment for all of Life and the suffering that is a natural bi-product of being alive, especially in human form. Within this compassionate detachment, I was able to say "I am sorry" from my higher self – "I am sorry for your suffering, I am sorry for whatever experiences have wounded you and caused you to fall out of harmonious relationship with All That Is. Please forgive me for my ignorance, for whatever way my unawareness has contributed to your suffering and struggle in being your full and loving self. Thank you for your role in my soul's evolution, no matter how difficult it feels or how resistant I am. I love you because you are Source and not separate from me."

When we have a scientific understanding of our bodies, the anatomy, physiology and location of our organs, and when we take the time to place attention on specific organs and intentionally resonate a positive or high frequency vibration toward them using mantra and the emotion of appreciation, we cause a vibrational shift in the water of the organ, which will positively affect the overall health of the organ. At the very least, we let a part of our physical vehicle know we are aware of it and want it to be happy and healthy. Being a fan of pro-active and preemptive healthcare, making this activity a regular feature in your weekly personal practice will certainly add significant value.

Once we have used this meditative practice ourselves and have had the physical and emotional experience

of feeling resonant connection with our organs, we will come from a place of wisdom born of first-hand experience and be better able to guide our clients into a deeper and more empowered experience of their own vehicle of the soul. €



Learn more about author Janie Chandler at JanieChandler.com.

References

1. Emoto, M. (2005) *The Hidden Messages in Water*. Atria Books.
2. The Water in You: Water and the Human Body. Retrieved on October 28, 2019 from https://www.usgs.gov/special-topic/water-science-school/science/water-you-water-and-human-body?qt-science_center_objects=0#qt-science_center_objects
3. I AM Body Prayer. Janie Chandler. [Video File]. Retrieved on October 28, 2019, from <https://www.youtube.com/watch?v=1BLfBVczrVE>
4. Functional Therapy Magazine. (2014). Views of the Living Fascia. [Video File]. Retrieved on October 28, 2019, from https://www.youtube.com/watch?v=qSXpX4wyoY8&list=P_L0L8ly55bPoIR9UPwQ_9lozuYDOs2hL8l&index=6&t=17s
5. Esther Hicks. Abraham Hicks Publication. Appreciation vs Gratitude. [Video File 3:03-3:15]. Retrieved on October 28, 2019, from <https://www.youtube.com/watch?v=4DhHXoIC0iU&list=LL3QgOTUOTKIZb60eCmfyTfg&index=4&t=0s>
6. Bernard Beckwith, M. (2009). *Spiritual liberation: Fulfilling your soul's potential*. Atria Books/Beyond Words.
7. Ho'oponopono Organ Blessing. Janie Chandler. [Video File].