

Healing with Awareness

Activating the Body-Mind-Spirit Connection to Restore Health & Well-Being
Mary Ruth Velicki MS, DPT

Part I: Self Healing

1 Reconnecting Body & Mind	2 Healing the Mental- Emotional Self	2 Healing the Mental- Emotional Self	3 Reconnecting with Spirit	4 The Body Electric	5 Tuning In to Wisdom	6 Body-Mind- Spirit Connection
Healing vs. Curing <i>11</i>	Painful Hierarchy <i>43</i>	Looking with Love <i>57</i>	Becoming Quiet <i>72</i>	Introduction <i>85</i>	Introduction <i>103</i>	Experiencing the Connection <i>116</i>
Shifting Philosophies <i>12</i>	Listening to a New Voice* <i>44/240</i>	Painful Reflections <i>59</i>	A Shift in Consciousness <i>73</i>	Moving Beyond the Five Senses <i>86</i>	Demystifying Intuition* <i>106/249</i>	Painful Opportunity <i>118</i>
The Mind-Body Connection <i>14</i>	Taking Responsibility* <i>45/240</i>	Looking at Loss* <i>60/243</i>	Spiritual Transformation* <i>76/246</i>	Opening Up Perception <i>87</i>	Inherent Capability <i>107</i>	Layers of Healing <i>119</i>
Beyond Structure* <i>16/232</i>	Softening Resistance <i>46</i>	Stumbling Blocks & Stepping Stones* <i>60/243</i>	The Fast Train <i>78</i>	Disease: Energy Perspective <i>89</i>	Everyday Intuition <i>109</i>	Allowing the Body to Speak <i>120</i>
Living in Fight- Flight Mode <i>18</i>	Body Listening to Heal the Mind* <i>47/241</i>	The Art of Self- Love* <i>61/244</i>	Finding Our Way Home <i>78</i>	The Chakras* <i>90/247</i>	Body Intuition <i>110</i>	The Position of Trauma <i>121</i>
Stress & Inflammation <i>20</i>	The Body Speaks <i>48</i>	Flowing with Change* <i>62/244</i>	Spirituality in Regular Life <i>80</i>	Healing Reflected in the Chakras <i>92</i>	Body Guidance* <i>111/250</i>	Biological Processes <i>124</i>
Gut Feelings* <i>21/233</i>	Listening to Fear & Anxiety <i>50</i>	Finding Healthy Guidance* <i>62/245</i>	Being Perfect <i>80</i>	Energy Pathways <i>93</i>	The Yes/No Response <i>112</i>	The Healing Current <i>127</i>
Calming the Stress Response* <i>24/233</i>	Tuning In to Traumas <i>51</i>	Becoming Your Own Therapist <i>65</i>	Out of Duality <i>81</i>	The Energy Grid <i>94</i>	Body Sign Language <i>114</i>	Becoming Grounded* <i>127/250</i>
Giving the Body a New Message <i>31</i>	Letting Emotions Live* <i>52/241</i>	The Rhythm of Growth <i>67</i>	Considering Creation <i>82</i>	Energy & Unwinding* <i>95/248</i>		Releasing Resistance* <i>128/251</i>
Talking to the Body* <i>32/237</i>	Looking Behind the Smile <i>53</i>	Signs of Healing <i>68</i>	Dancing with Joy <i>83</i>	Spontaneous Mudras <i>98</i>		Direct Current <i>129</i>
Holistic Bodywork <i>33</i>	No More Numbing* <i>55/242</i>		The Journey Is Everything <i>83</i>	Beyond Pathology <i>99</i>		Becoming Centered <i>130</i>
The Body-Mind Link <i>36</i>	Staying Present <i>56</i>			Similar Phenomenon <i>100</i>		
Body Memories* <i>38/239</i>	Natural Breakdown <i>57</i>					
The Holistic Perspective <i>41</i>						

* practice activity available in the appendix



Healing with Awareness

Activating the Body-Mind-Spirit Connection to Restore Health & Well-Being
Mary Ruth Velicki MS, DPT

Part II: Healing Connections

7 The Art of Healing* 252	8 Participating in the Profound* 253	9 Transforming Suffering	9 Transforming Suffering	10 Healing Relationships
Healing & Service 134	Grounding on All Levels 147	Post-Traumatic Growth 164	Meaning & Pain 180	Becoming the Story Again* 191/254
The Healing Space 135	Encouraging Unwinding 149	Changing Language 167	Healing Patience 181	Out of Victimhood 192
Connecting with Healing Intentions 137	The Power of the Breath 151	Pain and the Mind-Body Connection 168	Challenging Beliefs 182	Dynamics from Above 193
Healing Stillness 138	The Emotions of the Body 152	Moving from Fear to Love 170	Waiting for a Miracle 183	Avoiding the Energy Drain 195
Intuitive Manual Therapy 139	Talking with the Body 153	Bracing against Threat 173	Here Comes the Sun* 184/254	Creating Boundaries 196
Validation through Experience 141	The Power of Compassion 155	Comforting the Self 174	Suffering & Transformation 185	Out of Codependence* 197/255
Signs of Significance 142	New Processing Routes 156	Empowering the Self 175	Ancient Wisdom: Faith 186	Developing Independence 198
Sharing Information 143	Colors of Connection 158	Limit Holding Time 176	Ancient Wisdom: Hope 187	Facing Conflict 198
Information: Emotion & Words 144	Assigning Meaning 159	Beyond Management 176	Ancient Wisdom: Love 189	The Healing Power of Empathy 199
Information: Body Sense 145	Spontaneous Spiritual Insights 160	Learning New Patterns 177		Vulnerability and Compassion 200
Information: Images 145	Treating the Therapist 162	Listening to Body Wisdom 179		Recognizing & Accepting Love* 201/256
Co-Treatment Communication 146				Forgiveness* 203/257
				Gratitude * 205/258
				Allowing Love to Flow 207
				Loving Service 208

* practice activity available in the appendix

