

Mind-Body-Spirit

making the connection

By Lydia Van den Broeck, Ph.D.

I have cried the tears of a thousand lifetimes. I have felt the joyous heart of eternity. They are One; tears of joy, tears of sadness. I am Light. I walk in the Light.

Each of us hears the call, feels the inner yearning to live in wholeness – to be free and align the mind, body and spirit. By aligning, I mean to release and transform aspects of ourselves that are not really true (anger, fear, low self esteem, addictions) so that the true Self, your Divinity, can move to the forefront and inhabit the body. We access miracle consciousness. We become conscious co-creators of our lives.

The “wake-up” process varies among individuals. Most of us wake up gradually. We do not wake up all at once because it would shock our systems. We use specific events, books, inspirational speakers, prayers, etc. as triggers to awaken our divine memory. As we “awaken” or “remember” our true nature, the veil of forgetfulness lifts. The ego structures collapse and the unlearning begins. In healing circles, we refer to the ego structures as “obsolete garments” or “third dimensional personality distortions.” These dense garments can now be transformed and replaced by new divine garments of Light.

We are actually whole (holy) divine beings; Beings of Light and Love consciously living in Oneness with the Source of all existence.

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We enter our three-dimensional bodies on planet Earth for a special purpose. We go “undercover” when we arrive here. We are spiritual beings having a human experience! By waking up to our divinity, we begin to access miracle consciousness – we begin to co-create Heaven on Earth and we make it easier for others to transcend their limited identities.

In my work as a consciousness teacher and energy psychologist, I work with the chakras and the electrical circuitry in the body. The chakras and the energy field tell the story. Each chakra holds a universal life lesson. They reveal your inner landscape. They tell the story of past pain, waiting to be released.

When I “read” the entire energy system, I can see where the person is holding onto old, a memory, an unfulfilled desire. I can see the impact created by the voice of a critical parent. Sometimes, I can see the heart chakra is closed, how the person struggles to be vulnerable and yet is afraid to give or receive love.

The health of our soul and spirit, how we think and how we process our emotions, manifests on a cellular level as physical health and disease. The human spirit has the potential to create and to heal. In our search for the cause of illness, we must go beyond the chemical and physiological cause of disease to find a person’s core, the soul, the spirit. Our spirit’s longing to be recognized is every bit as important as our physical selves. All levels must be addressed for healing to occur.

The majority of physical illness results from an overload of emotional and spiritual crisis. Consciously or unconsciously we participate in the creation of disease. Here are two examples:

- Cancer, an abnormal and uncontrolled cell division speaks of significant emotional wounding, such as rejection or abandonment, experienced in isolation during childhood.
- Fibromyalgia and chronic fatigue speak of misplacing your energy and imprisoning yourself with fear and worry. The rigidity surrounding fibromyalgia speaks about feeling too vulnerable and unsafe. It takes commitment to live from the heart. It takes patience to come back to yourself, to believe in yourself. Your emotions can become a tremendous source of strength. Even the pains and anxieties that flow through you are opportunities to feel, sense, touch and be touched.



It takes courage to let go of your pain & feeling is healing. Energy Mastery sessions can help you identify what is in the way and clear the path to healing. ✨

Lydia Van den Broeck holds a Doctorate degree in Holistic Health Sciences and Psychotherapy and brings a lifetime of dedication, education and experience to her work as an intuitive healer and spiritual teacher. For more



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