



Background painting 'Robe of Concealment' above by Spirit Artist Sophie Shapiro

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Mediumship and Healing Courses



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Europe and U.K. - Body Mirror System of Healing

By: Martin Brofman <healer@healer.ch>

The Body Mirror System is a technique, a method, a set of tools which anyone can use. These tools allow you to explore the relationship between your body, your consciousness, and your life, and to study the inner attitudes which have been shown to encourage the healing process. The techniques are so simple that even children have been taught to use them. There are no secret symbols, and nothing to join.

This system of healing developed by Martin Brofman, Ph.D. is a synthesis of Western psychology and Eastern philosophies based on the chakras (energy centers found in the Hindu traditions). Because each of these chakras can be associated with certain parts of the consciousness as well as certain parts of the body, they allow us to read the body as a map of the consciousness within. Thus, tensions in the body are seen to reflect tensions in the consciousness, and the chakras can be used as a vehicle to understand the Body Mind Interface and its implications for healing.

The Body Mirror System is based on the idea that the parts of your body that do not work well reflect the parts of your life that do not work well, and about which there is tension in your consciousness. Tension is stress, and stress causes symptoms.

If you wish to release a symptom, it is important to release the stress that created the symptom, by bringing to harmony the parts of your life that have not been working well. The Body Mirror System can provide the means of identifying the specific tensions creating the particular symptoms, as well as the tools intended to release these symptoms. When this is done, resolving the tensions in your consciousness about what was not working well in your life allows you to release the inner cause of the symptoms. It is then possible for your body and your consciousness to return to their natural state of balance, and for you to return to the way of being that works best for you.

No physical manipulation is involved in the use of our techniques. Only a light touch, if any, when it does not conflict with someone's philosophies or sensitivities.

Of course, we offer no medical advice or treatment, nor do we diagnose any symptoms. Those privileges are reserved for members of the medical profession.

Neither traditional medicine nor any system of healing can provide any guarantee of results, but only do its best to create as much as possible the optimal environment in which the healing has the best possibility of happening. The Body Mirror System is designed to identify and quantify the elements we consider essential to the healing process, optimizing them for the greatest possibility of success.

We believe that a potential exists within each of us to be able to use these tools effectively.

We believe that we are all healers.

We also believe that no matter what the symptom that exists, someone somewhere, somehow has been healed of it.

If someone else has done it, the potential exists for any one of us to do the same thing.

We believe that anything can be healed.



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