

## **TRANSFORM YOUR INNER LANDSCAPE**

By Lydia Van den Broeck, Ph.D.

### **PATHWAYS NEWSLETTER.**

When I first met John and Betsy Hicks several years ago, I knew that their combined gifts and talents would be used in innovative ways. Pathways have already assisted many to change their ways of living and eating. I have had the privilege of sharing my own gifts of spiritual teaching and healing of the emotions through the chakras with many Pathways patients.

The health of our soul and spirit, how we think and how we process our emotions, manifests on a cellular level, as physical health or disease. The human spirit has the potential to create and to heal. As we search for the cause of illness, and go beyond the chemical and physiological cause of disease, we find a person's core, the soul, the spirit. Our spirits are longing to be recognized as being 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.

Cancer, an abnormal and uncontrolled cell division, speaks of significant emotional wounding, such as rejection or abandonment, experienced in isolation, during childhood.

Children with autism often retreat emotionally, yet they are fully present on a soul level. Parents may need to let go of guilt and instead connect with their spirit and "accept the child with grace".

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.

Food sensitivities and allergies speak of over-sensitivity and ambivalence toward another person. Frequently someone close.

We are spiritual beings having an earthly experience. In my work as a spiritual teacher and intuitive healer, 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 on to an old memory, an unfulfilled desire. I can see the impact created by the critical voice of a parent. I can see the heart

chakra closed, and how the person struggles to be vulnerable, is afraid to give or receive love. I can see how old patterns of thinking and behavior may have caused the dis-ease.

It takes commitment to live from your 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. I can help you clear what is in your way.

Dr. Hicks continues to serve his patients in an exemplary way as an enlightened doctor. I encourage you to be open to deeper healing so you can truly be well in mind, body and spirit.

I am honored to be invited to have office hours at Pathways. Together we will provide a completely unique and cutting-edge approach to healing physically, emotionally and spiritually.

My consulting hours are: Every second Friday of the month at Pathways Medical & Holistic Health. Follow-up sessions can be done by phone.

Or at my office in Glen Ellyn, IL

For questions and for scheduling: Call Lydia van den Broeck at (630) 792-9020

To learn more go to [www.lydiavandenbroeck.com](http://www.lydiavandenbroeck.com)

2 CD set containing workshop and guided meditation available by going to [www.lydiavandenbroeck.com](http://www.lydiavandenbroeck.com)