

# WHOLISTIC HEALTH NEWSLETTER

## EMOTIONAL ASPECTS OF HEALING

### EMOTIONAL ASPECTS OF HEALING

By Jeanette Hablullah, N.D.

***“So many people in the midst of a ‘process’ of healing are at the same time feeling stuck. They are striving to confront their wounds, valiantly working to bring meaning to past experiences and trauma, and exercising compassionate understanding.... But they are not healing.”***

*(Caroline Myss: Why People Don't Heal...)*

Hopefully, we are all aware that there is a healing crisis in America, as well as a Health Care crisis. Lingering chronic diseases unresponsive to medications, physical manipulation and, in some instances, even herbal and homeopathic efforts are prevalent everywhere. This has led to thousands of human souls languishing and anguishing in ill bodies. Some continue a surface normalcy while moving about while others are hidden behind hospital, nursing home and rehab-center walls slowly deteriorating.

Healing is Divine work. So the greatest problem, when there is a healing barrier, is the disconnection or poor connection to the Source of Our Being. Though the hidden emotional block may be labeled as ***“issues of abandonment”*** from childhood separations, ***“wounds of betrayal”*** from a loved one’s disloyalty, ***“feelings of guilt”***, ***“lingering grief”***, ***“shock of sexual violation”***, ***“repressed anger”***, ***“paralyzing fear”***, or ..., these are only divergent detours from the primary problem. Yet, our emotional needs must be addressed as we seek to move forward on the path to healing. Unfortunately, this

is generally not done. Instead, medication is layered on medication and continued repression allows disease to take deeper roots. Much progress will be made in the healing field when the individual is accepted as a wholistic being – one whose spirit, intellect emotions and physical body are all integrated and interdependent.

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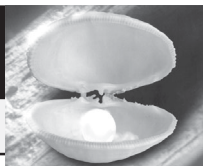
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*“As we are energetically and materially linked to every other form of life, there is an automatic, vibrational union that occurs when we step into sun rays.”*

*“And we have constructed above you seven mighty ones and placed there a blazing lamp.”*

*(translation of Quran; Surah 78:13)*

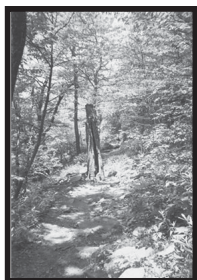
Dear Readers,

Assalaamu alaikum (Peace be with you).

In various ayaat (verses) of the Quran there are references made to the Sun and her glorious light. Her purposes are stated both explicitly as one providing warmth, light order and measure, and by inference as one giving strength, vision, and joy. The sun is also an incredible agent of healing. Fifteen minutes of exposure to skin and eyes can generate 10,000 iu's of Vitamin D in the body and a host of other positive physical reactions.

As we are energetically and materially linked to every other form of life, there is an automatic, vibrational union that occurs when we step into sun rays. It's not just that we feel warm and see clearer, “a vibrational field actually merges with our own and enhances the quality of energy flowing throughout our body”. We are being recharged with positive, Divinely generated, healing, invisible particles.

This energy is part of what creates vitality in our bodies. There are many agents of vitality and we need to learn about and utilize what is here to heal, nourish and restore our beings. Sunlight is a gift from our Creator, presented to us on a daily basis in whatever quantity. So open the curtains or blinds, get out and soak up the blessings. When you don't seem motivated, ask yourself the question that Our Lord asks us many times in Surah 55 of the Quran, *“Then which of the favors of your Lord will you deny?”*



## PEACEFUL POULTRY IN PENNSYLVANIA

By Ayanna Miranda

*Part I of II*

The times of farm raised and freshly slaughtered poultry have come back. We spent so many years consuming what Tyson's, Perdue and other *manufacturers* of mass produced poultry sent to market, that we almost forgot the look and taste of fresh poultry. [**Hint:** *The meat is white not yellow; the meat is tender not forever chewy.*]

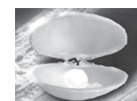
I know that some will want to argue over the use of the term *manufacturers of mass poultry*. However, I spent the early part of my engineering career inspecting what have come to be known as concentrated animal feeding operations (CAFOs), in the State of Missouri. I reviewed the plans for proper waste management and I visited and inspected the facilities to verify that plans were followed as approved. I saw turkeys and chickens so tightly packed into buildings and cages, and kept there until slaughter time. This would stress them to the point that they would begin to peck each others feathers off until there was nothing left but skin. Often the poultry were raised in a controlled light and air environment in order to meet the weight requirements for a manufacturer for year-round production. The laying hens would be packed 2-4 in cages no larger than those for a small dog or cat; never allowed to wander in the fields, smell fresh air, and enjoy the grass. The producers would tell me we give them the best nutritional feed so that their eggs will be healthy to eat. Yes, however, their natural spirit to roam, peck, and socialize has been broken as they sit in the controlled caged environment and their flesh weakens.

I stopped eating meat for some time after I witnessed how the animals were raised. I did not want the

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## TPW - NEWS



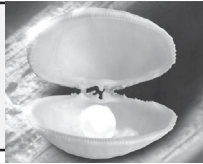
### Topics on Wholistic Health Teleconference:

3rd Thursday of month @ 8pm EST,

Call Number: 1-518-825-1400, Access Code: 199860;

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[www.omspublishing.com/tpw\\_upcoming\\_events.htm](http://www.omspublishing.com/tpw_upcoming_events.htm).

*“Often the poultry were raised in a controlled light and air environment in order to meet the weight requirements for a manufacturer for year-round production.”*



*“I have to be more in tune with the Earth’s rhythm to work 2-3 hours in the early morning right after sunrise.”*

## Emotional Aspects of Healing Cont’d from Page 1

Whether you or someone you know seem unable to move from illness, disease or discomfort to health, it is time to consider seeking help on another level. Here is one therapeutic process that can help:

### Opposite Therapy

(Based on the universal Principle of the Law of Opposites)

Organ	Disease Causing Emotion	Healing
Heart	Dishonest /Lies; Loneliness	Truth; Healthy Association
Small Intestine		
Organ	Disease Causing Emotion	Healing
Lung	Sadness Grief	Joyful activities, Comfort
Large Intestine		
Organ	Disease Causing Emotion	Healing
Kidney; Bladder	Fear	Security, Safety
Organ	Disease Causing Emotion	Healing
Liver	Anger Frustration	Pardoning, Understanding, Tolerance
Gall Bladder		
Organ	Disease Causing Emotion	Healing
Stomach; Spleen; Pancreas	Worry; Lack of Certainty	Letting go, Calm Assurance

One needs to flood the system with the positive and be sure that prayer and spiritual communication become central to the daily routine. In addition, pleasant sounds and colors also help. For example the musical note A and the color green help sooth and heal the heart, while the note G and yellow help balance the stomach, spleen and pancreas. So sing songs with positive messages, listen to uplifting music or better yet, chant. Scriptural readings, particularly those done in rhythmic chanting, are wonderful healers. This amounts to Sound Therapy taken to another level.

There are other agents and therapies in the wholistic field that heal on this level. Insha Allah (God willing), we can return to this topic in a future issue.



## Peaceful Poultry Cont’d from Page 2

psychological and physical affects of their experience to manifest in my physical self. The concept of “You are what you eat.” became a reality. My consciousness had been raised about the importance of halal, tayyib (permissible, good) foods.

In the past year I have been introduced to the Farm of Peace in Warfordsburg, Pennsylvania and **Peaceful Poultry**. **Peaceful Poultry** is a Muslim owned free-range, poultry business started by Laura (Sumayah) Houston, in order to fulfill a need to grow clean food on the land at the Farm of Peace. Ms. Laura Houston is a 25 year old native of New York with a background in organic farming. This September I interviewed Sumayah about her business.



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www.peacefulpoultry.com · 631-379-7314 · info@peacefulpoultry.com

**Ayanna:** In the past year you started a free-range poultry business. What was your inspiration to go into the poultry production business?

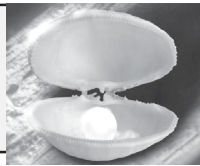
**Sumayah:** I had been living at the Farm of Peace since November 2007 and had originally come to teach in the preschool. I had been in graduate school studying Experiential Education in Minnesota when I was asked to teach at the Farm. However, I had worked for 2 seasons on an organic farm in my home state of New York. I began to see that the land at the farm needed to be used to grow clean food. So I started with 20 laying hens in November of 2008 and it quickly turned into a much bigger operation of raising poultry for meat. From January through April I did the research and laid the ground work. In May the first batch of chickens were slaughtered.

**Ayanna:** What does it take mentally and physically to run a poultry business?

**Sumayah:** Mentally it is a wonderful challenge due to the accounting and bookkeeping, marketing, and self educating that has to take place. I visit other farms in

*Continued on Page 4*

## Inspirational Quote



*“One needs to flood the system with the positive and be sure that prayer and spiritual communication become central to the daily routine.”*

*Inside This Issue*

*“The teachings of all spiritual traditions inspire hope. They also allow us to glimpse the power and compassion of God and the dimension of miracles. Universal truths can help you see life as an eternal stream and an unlimited power.”*

(Caroline Myss)

## Peaceful Poultry Cont'd from Page 3

order to learn how I should do things. It is stretching me mentally to learn how to run a sustainable poultry business. Physically it takes a commitment to care for the chicks that need to be fed 3 times a day. I have to be more in tune with the Earth's rhythm to work 2-3 hours in the early morning right after sunrise. Everyday the chicken coops are moved onto fresh grass. I have to carry 50 lb bags of seed and carry 5 gallon buckets of water, which is equivalent to 40 lbs, to the coops. Weekly I need to move and pound fence into the ground.



Ayanna: What is a typical schedule for your business day?

Sumayah: This schedule is evolving (due to the changing of the seasons and the needs of the chicks). However, a typical day is that I rise 1 hr before sunrise. I pray. Right around sunrise, right now around 7:30, I am at the farm. I feed the chicks, add bedding, and move fence. This will take 2-3 hours of work. I then take a break for lunch, take time to do some computer work, and make sales calls. I return to the farm for 1 pm feeding, complete some more chores, and feed the chicks around 5 pm. At sundown I round the chicks up into the coup and adjust the temperature (to keep them warm).

Ayanna: How has your first year of business fared in this down economy?

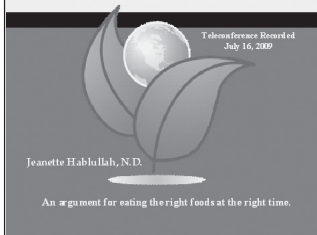
Sumayah: Extremely well. Every batch of chickens has sold out before they have gone to slaughter. The price (\$3.50/lb for up to 5lbs/bird) has not been a factor. I am working with families who cannot afford to pay the full price but who would like the chicken.

Note: - Part II of this interview will run in our next issue. Sumayah explains to me the talk that she has with a new batch of chicks upon arrival at the farm and what she will be doing to prepare for the next season.

Contact Peaceful Poultry at:

info@peacefulpoultry.com or www.peacefulpoultry.com

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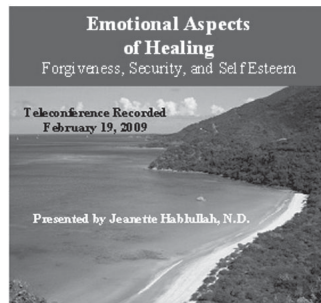


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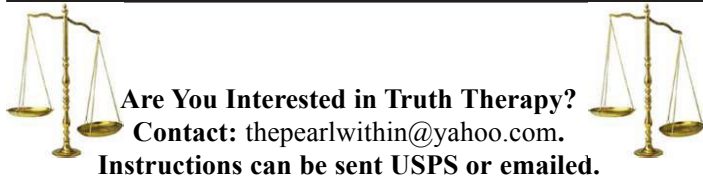
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## FUTURE TOPICS

- ◆ What health topics do you suggest?
- ◆ What are your health questions?



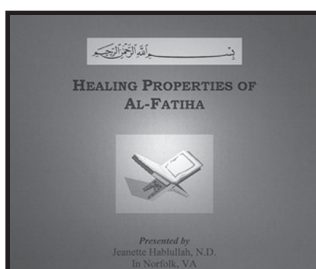
Are You Interested in Truth Therapy?

Contact: [thepearlwithin@yahoo.com](mailto:thepearlwithin@yahoo.com).

Instructions can be sent USPS or emailed.

## HEALING PROPERTIES OF AL-FATIHA

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This session was recorded in Norfolk, VA on March 19, 2006. The presentation given by Jeanette Hablullah, N.D. examines the healing properties contained in Surah-tul-Fatiha and a brief introduction to healing in other parts of the Quran. It also contains a recording of the question and answer session from that day.