

# Healing One's "Constucts" by Peter Archer

## *"The birth of a New Natural Healing Modality"*

It's been a long journey. Twenty years. Twenty long years, born of necessity, and continued because **this was my life, my passion, and my dream.**

Continuously following my path, wherever it took me, through many twists and turns.

All the way, using myself, my body, mind and spirit, as the number one "human guinea-pig", the main research subject.

This has been the way it is for several reasons, including that it is very convenient, and also because I **desperately** have needed the benefits of the healing.

For a long time, the basic methodology has been quite simple. In summary, it goes something like this:

- (1) Notice, within myself, some unbalance, symptom or group of symptoms (body or mind), or notice that an "issue" keeps popping up for me.
- (2) Sit down and do a session (or sessions) of self-therapy for myself for the above, including, if needed, the defining of some new essences, which I would define and then go out into Nature and find the actual flowers (or stones, plants, animals, environmental energy, or whatever it was that was embodied by Nature as the remedy for that particular "issue").
- (3) Then, if appropriate, incorporate this new stuff into my work for my clients, and (if appropriate), add the new essences to my website, to be available for anyone who needs them, including free energy self-healing use by viewing the pictures and reading the words.

### **Anyway, to cut a very long story short.....**

After twenty years of repeating the above cycle many times, in early 2012 I had reached a stage where the above method could take me no further, I had reached some kind of limit.

However, this did not mean that I was totally free of my old symptoms and "issues". I had achieved many major improvements in my state of health and wellbeing, on all levels, physical, emotional, mental and spiritual. Despite these improvements, some of the old symptoms and issues still persisted.

It felt like, by doing that twenty years of intensive self-exploration, self-discovery and healing, I had drilled down through many layers, and with the help of each successive generation of essences that had resulted from working with each "layer", that layer had been dealt with, balanced, resolved and healed.

However, I had now reached a "layer" that was not able to be resolved by the old method.

After some thought and pondering on this, I came to the conclusion that there must be some as-yet undiscovered reason for this, and that to make further progress I would need to discover the reason and deal with it (a rather obvious conclusion!).

## A Useful Analogy

**An analogy that comes to mind regarding this situation is this....**

Let's liken the unbalanced energy of the old "issues" from the past that are still hanging around to red-hot embers from a fire. The fire is still burning, there are flames, but there is also still a lot of hot embers, and some of those embers are hidden under a whole lot of stones.

In doing our therapy work, it is like we are using a fire-hose to first of all extinguish the flames, and then, in progressive stages, to cool down the hot embers.

Over a long period of time, we continue to hose down the embers, stage by stage, and by doing this we progressively achieve better and better results.

Firstly, after the first "layer" of treatment is completed, the flames are gone. At this stage, we might even (erroneously) believe that the problem is totally fixed. We feel a lot better as a result of the therapy, we feel lighter and relatively free from the worst of the effects of the old "issues". (This is how I felt in 1995, which was the end of the first stage of my own healing, I really thought that I had "finished"!)

But, eventually, some of the old symptoms come creeping back, and when we look to see why, we discover that, although the flames are gone, there are a whole lot of very hot embers still glowing, and causing trouble.

So, we get a more powerful fire-hose (ie. the next generation of essences) and we give the embers a good hosing down with these new essences.

Once this is complete, we feel really great! Surely, this time, the old issues have been completely extinguished! (I felt like that for a while in 1997.)

But, once again, either after a further period of feeling really good, **or, sometimes, almost immediately**, the old symptoms come creeping back again. We might try to ignore them, thinking that "Surely this cannot be happening! I dealt with that a while ago!"

But, **if ignored, the symptoms become progressively worse**, until we are forced to take action again, so we have another look at what the underlying causes of the symptoms might be.

We discover some more hot embers, that had been hidden under the ones that we recently extinguished, so we develop some new tools (an even more powerful fire-hose), in my case another generation of new essences, and we give these embers a good hosing.

This also eventually works, **and we so good that we cannot believe it!** This is how I felt at the end of 1999, early 2000, I was really convinced that "this was the end, for me".

However, what happens next? **Yes, you guessed it**, quite soon, the old issues come flooding back again!

We then discover, if we look deeply and closely enough (not always an easy thing to do), that there are yet more hot embers, but this time they are hiding beneath a whole lot of tightly-packed stones. To fully extinguish the heat of these embers, we will need a more powerful set of tools, we have to move the stones apart in order to allow the cold water from our fire-hose to reach the embers.

**Also, these “embers” are of a different nature to the earlier “embers”.** These ones really are the source of the problem, these ones were what was creating the previous, higher layer of “embers”, by radiating out a lot of heat and keeping the more outermost layers hot.

These ones, hidden under the stones, look different to the earlier ones, and when we tune in to their energy, their energy feels different.

### **This was where I was at in March-April 2012.**

Going back twenty years, I had first-of-all extinguished the “flames” of my emotional issues from my past, which were the immediate reason for all the emotional pain that I was experiencing when I began the process.

Then, over the next twenty years, stage by stage, “layer” by “layer”, I had hosed down successive layers of hot embers, a layer at a time, many layers in all.

Twenty years later, by March 2012, I had reached what appeared to be “bedrock”, and could go no further. But, the old symptoms, (following a very short period where they had seemed to have gone), had reasserted themselves with a vengeance.

When I had a really close look at what I had thought was the “bedrock”, it turned out that the bedrock was not solid rock at all. It was made up of a layer of tightly-packed stones, packed together like the pieces of a jigsaw puzzle.

And, when I managed to lever apart a few of these stones, and peeked under them, underneath there were more “embers”, glowing red-hot, but of a different nature to the earlier embers.

So, what were these “embers” in this final layer, hidden under the stones?

## **Energetic Constructs**

I tuned in to the energy of these “bottom layer embers”, using all the powers of intuition that I had developed and honed over the previous twenty years.

And, gradually a picture emerged, which, I should stress, is only a “model”, a “map of the terrain”. And, just like any map, “the map is not the terrain itself”. However, by using a good-

quality map, we can usually navigate our way through the terrain, whereas if we have no map we are usually totally lost.

First of all, I figured that these “embers” must actually be some kind of **“energetic constructs”**, and I set out to discover as much as possible about their nature.

Secondly, they must obviously have been laid down sometime in the past.

And, thirdly, they must have been created by things that happened in my life, in the past. There was nowhere else they could have come from, as they obviously did not arise out of “thin air”.

**Gradually, step by step, working experimentally and intuitively with some of my “issues”, I constructed a “map” of this “terrain”, of these “embers hidden under stones”.**

This is what I discovered. These are the details of my “map”.....

First of all, let’s give these “bottom layer embers” a name. We cannot keep on calling them “embers”, because that was just an analogy, which was useful, but it is not an indication of their true nature in real life.

So, after some pondering on this, the name that came to me was “energetic constructs”, because this is what they are. Their full name should probably be “Deeply-Embedded Subconscious Mind Energetic Constructs from the Past”. However, let’s shorten that down to **“Energetic Constructs”**.

As a person goes through life, experiencing their day-to-day incidents, happenings and challenges, if what happens is just totally “routine” and of no consequence, like, for example, we are sitting in the sun and there is absolutely nothing happening, then there are no Energetic Constructs being created, by that person, in that moment in time.

**However, let’s say that something challenging, or even traumatic, happens.**

As an example, let’s say that a car comes crashing through the fence of our yard, narrowly missing us, but killing our cat, and crashing into the side of our house, resulting in a lot of damage to our house, and seriously injuring the car’s driver.

We jump up, adrenaline flowing, and pulse racing, we call the ambulance and police, the driver is taken to hospital, the car is towed away, we bury our cat, and, eventually the builders come and repair our house, and we do our best to get on with our life.

But, we notice that every time we see a red Toyota car, in the street, or anywhere, our heart races and our legs tremble. We now react to the sight of a red Toyota car with a classic “fight or flight” reaction, even when the car in question is just sitting parked on the roadside.

It was a red Toyota car that crashed through our fence, narrowly missed us, killed our cat, and damaged our house.

A **different** red Toyota. But, the catch is, our subconscious mind does **not** know that this is a different red Toyota. To our subconscious mind, all red Toyotas are potential sources of trauma, and to protect us from the impending trauma, our subconscious mind activates our sympathetic nervous system, resulting in the racing heart and trembling legs.

This is a classic example of what is labeled as a “posttraumatic stress” incident, or “PTSD” for short. The initial PTSD stand for Posttraumatic Stress Disorder, and it has become a widely recognized phenomenon. See the Wikipedia entry on PTSD for details of this.....

<http://en.wikipedia.org/wiki/PTSD>

So, what is it, hidden deep in the human subconscious mind, that lies behind PSTD?

What is the triggering mechanism for PSTD?

And, not just PTSD. But also a long list of things like phobias, aversions, obsessions, compulsions, etc. What lies behind these things, deep in the subconscious mind?

What is the nature of the “embers”, the “Energetic Constructs”, that are the root cause of all this dysfunctional stuff in the human psyche?

Well, I postulate that it is these “Energetic Constructs” that I describe above, they are actual, real-world entities of energy, they have form, they have persistence, they have a purpose, and, in a way, they are “intelligent”. They become literally part of our subconscious mind, and their sum total adds a lot to the subconscious mind.

They originate from all through our life, and they do not just result from major trauma incidents, they originate for all manner of incidents and happenings in our life, some of them quite “minor”. Anything that was not fully resolved, integrated or understood by us, at the time or any time since.

Eventually, the ones that we still have when we die, they become the basis for the karma that we carry with us onwards into the future.

(Note: More to add here)

This is the list of the types of factors, and “constructs” that came out of this process.....

- ◆ Memes
- ◆ Miasms
- ◆ Spells
- ◆ Heavy metal contamination, locked into the body cells, if present (quite common, especially mercury, also some lead and aluminium)
- ◆ Meridians imbalance
- ◆ Dysfunctional trauma energy embedded in body organ(s) and structures. These are actually very common, we all have hundreds of them, maybe thousands.
- ◆ Genetic pattern (ie. in the DNA)

- ◆ Karmic Pattern
- ◆ Programmed Construct (originating from childhood incidents)
- ◆ Adult construct (originating from incidents in adult life)
- ◆ Blueprints (fixed energetic entities, present from birth)
- ◆ Feelings Constructs (the result of intense unresolved feelings, at any age)
- ◆ Spiritual constructs (energies within the self that originate from “spiritual” sources}
- ◆ Tribal constructs (energy entities that come from the mass consciousness of humanity)

And, there are a few more, that I have not discovered yet.

For balancing and healing each of the above, I found one specific new essence, and set up a system of healing that the energy of the appropriate essence for each factor would be automatically applied as required, at the time of diagnosis, and for as long as needed in order to balance and heal that factor.

I also, for a few weeks, used a methodical system of going through and testing for each of the above factors, and then, as well as using the appropriate essence for each, also diagnosing and using a blend of essences for the healing of the physical/energetic aspects of the issue, and another blend for the emotional, and another blend for balancing the chakras.

However, though this healing work was working well, it was very time-consuming.

I had noticed that there was a pattern to which essences were usually coming up for similar types of issues, certain essences were almost always needed. So, it was obvious that, a method of “standardized treatment”, where the same blend of essences was always used for all similar issues, would work almost as well as for “re-inventing the wheel every time”.

So, on 4 April, 2012, I defined a method of “standardized essence treatment” for use in the healing work with this “constructs therapy”. I defined three “standard blends”, one for the emotional aspects, one for the energetic and physical body, and one for the chakras. There was another, fourth, small blend for balancing the meridians, if required.

I have now been using this since that date, and the results have been astounding.

For example, on 13 April, after using this latest method intensively for 9 days, when I got up that morning I felt incredibly well, like all my past cares had slipped away, totally at peace with everything. And, later that morning, when my renal nurse called on me and tested my blood pressure, my blood pressure had gone down from its normal reading of 140/80, to 110/70. She was quite amazed, especially when I told her why!

(More to come, including more details about each of the above-mentioned “constructs”, etc.)

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