

SPIRITUAL DEVELOPMENT • ALTERNATIVE HEALTH • REVIEWS • ASTRO GARDENING

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MIND,
BODY, SPIRIT
SHOW
SPECIAL
SEE PAGE 28

**RABIA OF
BASRA**
THE LIFE OF
THE FEMALE
SUFY MYSTIC

**EXCLUSIVE
PYRAMIDS
OF TENERIFE**
IS THE ISLAND
ANOTHER ATLANTIS?

IS YOUR FOOD
AFFECTING
YOUR AURA?
AMAZING KIRLIAN PHOTOS
REVEAL ALL

INTERVIEWS

STARHAWK

on spiritual activism

RICHARD LAWRENCE

on UFOs and the ET message

STEWART PEARCE

on the 12 Angels of Atlantis

FLOWER ESSENCES

THE KEY TO UNLOCKING
THE 4th DIMENSION



Dr Jeff Levin



How did you come to found this healing modality?

In 1962 I spent one year in extremely difficult conditions while serving in the military as a paratrooper. As a result of this experience, I developed a severe intestinal condition that kept me in pain for the next 25 years. During this time, I sought help from conventional medicine. Nothing I tried was able to relieve my pain. Having had an interest in energy healing since my childhood, I began to access my own healing potential and was inspired to offer energy healing to others, with significant results. Practicing as an architect during the day, I developed a busy healing practice in the evenings. Being quite naïve about the healing process I easily surrendered to guidance, which I came to trust deeply as I witnessed profound changes in others.

In 1983, my wife and I established a large holistic centre in Toronto and I finally gave up my double life, devoting my time and energy to healing. I began to study a wide variety of techniques, including nutrition. I decided to combine my energy work with nutrition, cleansing and detoxification and in a week long process completely healed my long standing condition. I was keen to help others through this process and so we purchased a country retreat where we offered a week cleanse, combined with energy and emotional work, to people who came from all corners of the globe. I continued to be guided in synthesizing all that I studied into a simple process and witnessed remarkable changes in a variety of physical conditions. Many begged me to teach my technique, which was very intuitive and not easily duplicated. I was also travelling to several countries offering these retreats which, together with running a large centre in the city, stretched me significantly. So, with the intention of creating something that could be done by others, I was inspired to go up to our country retreat, and in a two day deep meditation, received what was then our first module of what has come to be called Body Alignment Technique.

Seeing that it was completely different from everything I had studied before, I was anxious to return to my practice and try it out. I was astounded by the results. After applying it for several months I began to teach the many enthusiastic students who were waiting impatiently. Over the next several years, many new modules were added and since 1994, I have been travelling internationally, sharing it with many thousands of practitioners. It continues to grow and expand, encompassing many aspects of our lives, including the environment, homes, businesses and organisations.

Do you, as a healer, also need to be healed regularly? If so, which modalities do you use yourself?

With the extremely intense schedule of teaching and travelling, there is naturally the need to be treated and to maintain a balance. Part of this is done by using Life Alignment on myself, as it is a self-healing technique, applying the many healing tools we have, such as the Vortex technology. I also receive treatments from our LA practitioners, as well as from chiropractors and osteopaths, many whom I have trained and who incorporated energy techniques. I also included homeopathy and nutrition in my process.

Do you train others in your modality? How many people in the UK are now trained to offer your modality?

We have several teachers in the UK who teach the earlier modules. I then teach the student in the advanced workshops. There are around 500 students trained over the years in different modules.

Do you think there is any hierarchy between different healing modalities?

I think that each healing modality offers something different, each offering an aspect of our multiple-dimensional self.

Do you welcome mainstream regulation of healing modalities?

If it is a regulatory body that embraces complementary medicine and does not restrict or control it's activities.

Doctor of Natural Medicine and founder of the Life Alignment system of energy healing, Jeff has been a dedicated teacher and internationally acclaimed master healer for the past four decades.

www.life-alignment.com

Mind Body Spirit Festival workshop – Saturday 28th May – Align with Life – Life Alignment techniques for health, wellbeing, family, home and environment