

Raphael's Teeth and Gum Healing Technique

The following is a technique that I use to help strengthen and heal my gums and teeth. Many years back I was taught this technique during a healing modality certification class, and I have been using it ever since.

When I get sensitive teeth/gums, or when my gums and teeth feel a bit "off", I use this technique once or twice a day for a few days. After several days, my teeth/gums are feeling better and any prior symptoms have gone away.

Preparation ...

First of all, take 3 (or more) deep breaths, and, while inhaling and exhaling, visualize the healing energy from the Earth and heavens filling your entire body. By doing this, the increased oxygen being absorbed into your body amplifies and strengthens your body's energy level.

Step 1 – Outside of your teeth and gums ...

This first part is focusing on the outside of your teeth and gums. On your next inhalation, run your tongue on the outside of your upper teeth (where you teeth meet your gums) starting from top left to right. On your exhalation, run your tongue on the outside of your bottom teeth from the bottom right to left (where you teeth meet your gums). Repeat this 9 times.

As you do this, you will find that saliva will build up in your mouth. Try not to swallow until you have finished both of the above. Then as you swallow, place your intent for healing and perfect health on your teeth/gum areas that you want to be healed. I like to visualize the color of emerald green (the healing color of Archangel Raphael) also flooding the area.

Step 2 ...

Reverse Step 1 by inhaling when running your tongue across the outside of your bottom teeth (where you teeth meet your gums), this time from left to right. Then, as you exhale, run your tongue across the outside of your top teeth (where you teeth meet your gums), this time from right to left. Do this 9 times. Then as you swallow, again, place your intent for healing and perfect health on your teeth/gum areas that you want to be healed.

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Step 3 – Inside of your teeth and gums.

On your next inhalation, run your tongue on the inside of your upper teeth (where you teeth meet your gums) starting from the top left to right. On your exhalation, run your tongue on the inside of your bottom teeth (where you teeth meet your gums) from the bottom right to left. Repeat this 9 times. Again, try not to swallow until you have finished both of the above. Then as you swallow, place your intent for healing and perfect health on your teeth/gum areas that you want to be healed.

Step 4 ...

Reverse Step 3 by inhaling and running your tongue across the inside of your bottom teeth (where you teeth meet your gums), this time from left to right, and then exhaling as you run your tongue across the inside of your top teeth (where you teeth meet your gums) from right to left. Again, do this 9 times. Then as you swallow, place your intent for healing and perfect health on your teeth/gum areas that you want to be healed. As you do this technique more often, try and see if you can retain the saliva in your mouth all the way through steps 1 & 2 (then swallow), and then all the way through steps 3 & 4 (and then swallow). There is an energetic connection with the increased amount of water in your mouth and the focused intent of your energy on the area in need.

Wishing you perfect health & blessings,

Raphael
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