

Healing Crises

What is really happening

01

This guide is for you

If you are reading these lines, it is probably because you are going through a difficult moment in your healing. Perhaps the pain has intensified. Perhaps overwhelming emotions have appeared. Perhaps you are wondering whether this is normal.

The short answer: yes, it is normal. What you are experiencing has a name — a healing crisis — and it is one of the clearest signs that the angels are working in depth.

This guide is not going to minimise what you are feeling. I know it can be hard. But it will give you the keys to understand what is happening, and to move through these moments without losing yourself in them.

A healing crisis is not a relapse. It is a release — the deepest your body and soul can experience.

02

Why crises exist

Your illnesses, your suffering, your traumas did not settle in overnight. They built up layer by layer, sometimes over years or decades, taking root ever more deeply in your body and psyche.

Angelic healing works in reverse — what I call the reverse engineering of illness. The angels undo each layer in the reverse order of its formation. To clear a deep layer, they must bring it back to the surface. That is what produces the intensity.

A simple analogy

Imagine a joint that has been rusted for years. To get it moving again, you have to apply some force — it is uncomfortable, sometimes painful. But it is precisely that friction that allows the mechanism to free itself. Healing crises are exactly that friction.

What the angels never do

The angels do not create new problems. Everything you feel during a crisis already existed within you — latent, buried, sometimes so long ago you had stopped noticing it. They simply bring it to the surface so it can be permanently released.

And they constantly ensure they never exceed your true limits. Even if a crisis feels insurmountable in the moment, the angels calibrate the intensity to your capacity for resilience. Not one gram more.

03

How to recognise a healing crisis

A healing crisis can manifest on several levels simultaneously or separately.

On the physical level

Pain that intensifies or migrates through the body. Sudden, deep fatigue with no apparent cause. Muscle tension, palpitations, temporary digestive disturbances. A distinctive sign: this pain remains stable in intensity and then disappears abruptly — unlike ordinary pain, which fluctuates up and down.

On the emotional level

Emotions that surface without a logical trigger — deep sadness, sudden anger, inexplicable fear. These emotions seem disproportionate to the situation. That is because they do not come from the situation — they come from much further back, from layers buried long ago.

On the mental level

Dark or obsessive thoughts that impose themselves. A feeling of confusion or mental fog. Intense doubts about the process, about yourself, about everything. Here again, it is the healing bringing to the surface what was buried — not a sign that something is going wrong.

Through external events

Sometimes the angels use external situations to trigger a release: an unexpected conflict, a setback, a disproportionate reaction to something trivial. These events are orchestrated to bring a specific emotion to the surface. Nothing is accidental in this process.

The healing break test: if you activate the healing break (see next page) and immediately feel a decrease in intensity — it is a healing crisis. That is your confirmation.

04

How to move through a crisis

There is no magic formula to eliminate a crisis. But there are attitudes and tools that make a real difference.

1 — Name what is happening

Simply say to yourself: "This is a healing crisis. The angels are working. This will pass." It is not magical thinking — it is reality. Naming it changes the way you experience it.

2 — Use the healing break if the intensity is too strong

The healing break does not stop the healing — it tempers it for 60 seconds. That is enough to catch your breath.

Verbal method: raise your eyes, say "pause" out loud. Wait 20 to 60 seconds, then say "resume".

Online method: the-kingdom-of-angelic-healing.com/healing-break/

Use the healing break with discernment — not to escape the crisis, but to take a moment when it is truly necessary.

3 — Do not resist

Resistance amplifies. If an emotion rises, let it rise. If pain is present, do not fight it mentally. Acceptance is not resignation — it is the fastest path to release.

4 — Slow down

During a crisis, give yourself permission to do less. Cancel what can be cancelled. Rest without guilt. Your body needs resources for this deep work.

5 — Lean on the community

Sharing what you are going through in the Facebook group reminds you that others have been through this — and come out the other side. That reminder alone can be enough to hold on.

05

The false yo-yo effect and the tipping point

The false yo-yo effect

You feel an improvement. You breathe again. Then a few days later, the same symptom seems to return — sometimes with a different intensity. The impression of a relapse, of going backwards.

It is an illusion. It is not the same symptom coming back — it is a deeper layer of the same problem that is now accessible. The first stage cleared the surface. The second addresses the roots. It is progress, not regression.

The tipping point

After dozens, sometimes hundreds of stages on the same symptom, a particular moment arrives: the tipping point.

It is the moment when the last layer gives way. The symptom disappears — often abruptly, sometimes in an instant. What seemed insurmountable is suddenly absent. You feel a lightness, sometimes a joy that surfaces for no apparent reason.

This moment does not signal the end of healing — it marks the end of one chapter. Another may begin. But every tipping point is concrete proof that the work is bearing fruit.

Every difficult episode you go through is an investment. The tipping point is the return on that investment.

06

What pain means — and does not mean

Pain during a healing crisis does not carry the same meaning as in an ordinary medical context. Here is what is important to understand.

What it means

Pain signals that an area is being treated. The more intense it is, the deeper the blockage being released. It is proportional to the scope of the work — not to a danger.

What it does not mean

It does not mean the healing is failing. It does not mean your condition is getting worse. It does not mean you have done something wrong. And it will not last indefinitely.

The question of time

When you are in the heart of a crisis, the pain fills your entire field of vision. It seems permanent. It never is. Every painful episode ends — and once it is over, it almost feels unreal to have believed it would not.

Remember: the angels see the whole of your healing, not just the current stage. They know exactly where you are, and they will not abandon you along the way.

If you need help, do not hesitate to write in the community or consult the AI assistance available on the website. You are not alone.

Marc-Antoine Debrosse

The Kingdom of Angelic Healing