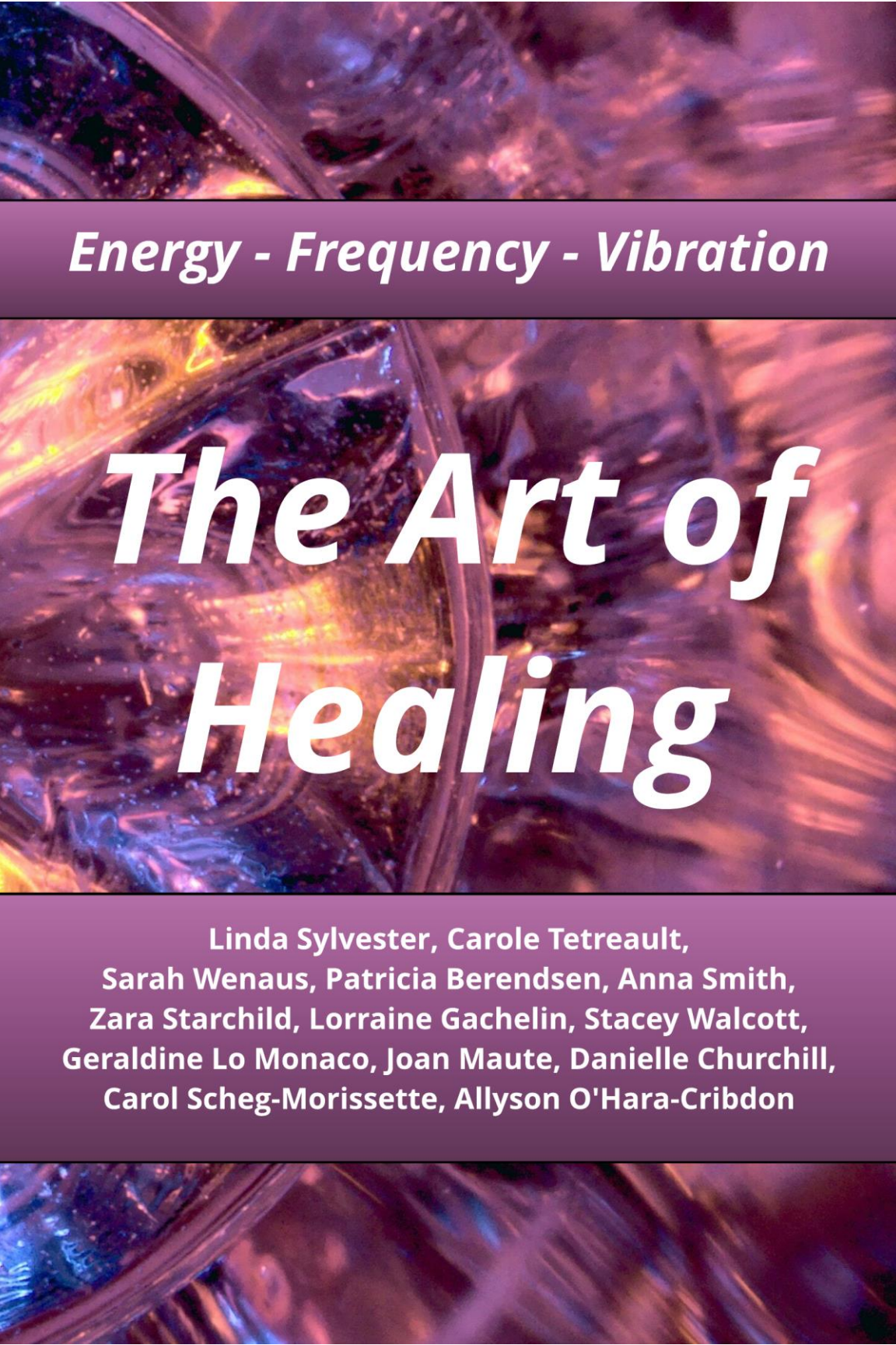

Energy - Frequency - Vibration
The Art of Healing
Linda Sylvester, Carole Tetreault,
Sarah Wenaus, Patricia Berendsen, Anna Smith,
Zara Starchild, Lorraine Gachelin, Stacey Walcott,
Geraldine Lo Monaco, Joan Maute, Danielle Churchill,
Carol Scheg-Morissette, Allyson O'Hara-Cribdon

Energy – Frequency – Vibration: The Art of Healing

A Beautiful Life Books

Energy – Frequency – Vibration: The Art of Healing
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1

No Lone Rangers: Healers are “Better Together”

Patricia Berendsen



Healing has been part of the human experience for eons. Tribal cultures had medicine men and women, shamans, witches, high priests, and priestesses who supported and facilitated healing medicine and rituals. Many ancestral communities continue these healing practices today.

In our mostly white, heterosexually dominant, and patriarchal culture, therapists and coaches seem to be filling the role of a “shaman” or a “healer” in our communities. I think of community as “co-unity”. “Doing with another” and being unified through our experiences. I also believe we have more “immunity” in “community”. We stay healthier and often much happier when we are connected to others. That being so, we, as healers, are charged with both the privilege and responsibility to carry out our restorative role with great care. The responsibility is on us to continue to nurture our calling and grow our gift, to take care of ourselves, and to mentor and guide others to follow in our footsteps.

We need a community-care model evolving from the individual to the collective, and from the independent to interdependent. Because

healing happens in community. We heal together. We are healed in relationships- in our intimate partner relationships, in our families and friendships, in our work and faith communities, and in our rural or urban centres. We heal with the support of the Divine and with nature. We also find healing with our therapist, coach, or other trusted healing professional(s).

Our work as healers brings us into the lives of people when they are most vulnerable, fearful, desperate, feeling alone in the world, and wounded. We find ourselves in direct contact with stories that illustrate various aspects of trauma. At times like these, the importance of a connected and empathic therapeutic presence is key (Hutterer & Liss, 2006). Just as some relationships have had the impact of wounding and hurting a human being, other relationships, including the therapeutic one, can nurture and heal.

Regulating Our Nervous System

When we experience something that is manageable, our nervous system moves efficiently into a charged state and then just as easily into a relaxed state. However, when we are overwhelmed, our ability to experience ease from one state to another is challenged. As healers, we need to become skilled in tracking sensations in our bodies. For example, we may think we're relaxed, but as we notice our sensations, we could realize that we are maintaining a low-level of stress and tension.

Tracking sensations will help us to pay attention to these patterns and make necessary adjustments. We may put our hand on our heart or belly to soothe sensations of anxiety. As we notice rigidity and stiffness in our neck and shoulders, we may invite them to soften. These little micro-adjustments allow our body to settle and be in a more relaxed state. In turn, these small moment-to-moment shifts allow us to be more present, tune in to our client, and have clearer access to our intuition.

We could compare our nervous systems to that of the electricity voltage system in our home. When too much electrical current is detected (power surge), the breaker switch is triggered to shut down the electrical circuit. The breaker switch then needs to be re-set. Our nervous system utilizes its own "breaker system" to help us deal with the experience of being overwhelmed. Re-setting our nervous system means that "reconnecting" needs to be done slowly and in a titrated fashion (bit by bit). Moving slowly helps us to integrate our experience

and to be even more present to what is happening in our body and in our sessions with clients.

Awareness and healing in the therapist are strongly connected with facilitating awareness and healing for the client. According to one of my mentors, Dr. Peter Levine, “Only when the therapist has learned the ins and outs of his or her own sensations and emotions and is relatively comfortable with them, can the therapist really help clients contain their own troubling sensations and emotions so that they can learn that, no matter how horrible they feel, it will not go on forever” (2010, p. 47).

Using Nature to Recalibrate

Spending time in nature reduces our stress and improves our well-being. It is one of the most immediate and potent ways to bring ourselves into a calmer state. Nature supports us to recover from the stress of being overwhelmed and from constant stimulation. Nature can also gift us with curiosity and wonder. Louie Schwartzberg, in his magnificent film, Gratitude Revealed, highlights the exquisite beauty in the natural world through time-lapse photography and cinematography. our instant response to this beauty is often OMG accompanied by awe and gratitude. And we know that gratitude is transformational.

I remember an experience I had almost twenty-five years ago. My partner and I were on a trip in France with another couple. We decided to explore the Ardèche Gorge. The roads were twisting and winding through mountainous terrain. At every turn, there was a new vista, a breathtaking view, even more, beautiful than the last. We would stop and take in the landscape, thinking that “this one is it” or “this must be the last one we will see”. But no, this happened again and again and again, for two and a half hours! Seriously, I think my eyes were experiencing an orgasm. They were saturated with so much beauty. Even now, as I write about that experience, I can picture the stunning images etched in my mind and feel my body soften and relax.

Even if we don’t have easy access to the woods or a park, we can still receive the benefits of nature. Looking out at the night sky or watching nature videos can be calming. I collect pictures from old calendars, National Geographics, and random magazines. Some of them I laminate. I will spread them out, contemplate on them, let myself be filled with wonder, and then journal. I experience myself feeling calmer and soothed, by each image.

On other occasions, we may find it helpful to play nature music. We can listen to the chirping and call of the birds, the breaching of whales, or the roaring of lions. We can also get access to the varied sounds of rain, wind, and thunder.

Doing Our Own Healing Work

As professionals, we have unique approaches to support our people. In my almost thirty years of clinical experience, the most profound tool is our intentional "use of self". How we show up for our clients. The quality of our presence. Being "in tune" with our client. Consistently connecting to our spirituality. Tending to our overall well-being. Adeptness at regulating our nervous system. Being an example for others**.** Maintaining boundaries. Being aware of power dynamics. Cultivating compassion for our "growing edges".

The combination of supervision/consultation and personal therapy make the best clinicians/coaches, hands down. I can't stress enough how imperative it is to do our own personal work. I keep being surprised by how many therapists or helping professionals do not engage in their own therapy. It should be non-negotiable.

Attending therapy regularly is as lifesaving as wearing a seatbelt when we drive our car. Why is it so important? It helps us to remember the experience of being a client. Too often we forget the courage it takes to see a therapist. It is essential that we don't lose the visceral feeling of being vulnerable. Engaging in our own healing work, supports our ability to discern more easily and precisely when our own "stuff" gets activated. Additionally, we can differentiate between what we may be picking up and what the client may be experiencing in real-time. The more we know ourselves, the more effective we can be in our work. In my experience *being a good therapist means seeing a therapist!*

Tapping into Mentorship and Colleagues

Mentors are our lifeline. One of the things I always encourage new students to do is keep in touch with their professors or fellow students, especially those who were influential in their learning. We never know when we are going to need their advice. The same goes for any colleagues that we meet over the years in our career. It's important to stay in touch. They might have information about a job opportunity that we might be interested in. We might be able to do some collaborative work together. Whether it's a quick email, a text, getting together for

coffee, or meeting for an after-work drink… maintaining connections with our colleagues is important. It’s a way of growing our clinical tribe. It also helps us to get out of the isolation that can come with our work, especially in private practice. This may sound like a cliché, but it takes a village to raise a good therapist.

Mentors can be helpful to us in the following ways:

- Give direction related to our career path.
- Sign numerous forms as we apply to be a part of different accrediting bodies or educational programs.
- Be a reference when we apply for jobs.
- Share resources.
- Invite us to participate in opportunities that we wouldn’t have without them.
- Be a sounding board when we need to blow off steam.
- Give honest feedback and wisdom regarding our self-care and burnout.
- Be a safety net and give perspective when we are overwhelmed.

The role of being a mentor is both an honour and a privilege. It is not every day that one gets to impact the inner workings of another. The influence of a mentor may resonate into infinity. Our mentors can assist us with our "strategic use of self" which is undoubtedly one of the most powerful tools we have at our disposal. Although the “use of self” is a gift to share with others, the weight of responsibility is equally as great for mentors and therapists alike, to “do no harm.”

As part of ethical practice, self-awareness, daily reflection, and receiving support from another is essential. To refrain from this practice is to make us a liability to the profession. To this end, engaging in awareness of personal issues that may intersect with our professional life and work, with the assistance and support of chosen and trusted colleagues and a personal therapist is paramount.

The most dangerous thing we can do is practice our craft without having a mentor to consult with. Being a lone ranger will eventually get us into hot water. Our clients are complex and so are the ethical dilemmas that emerge. Mentors who have more know-how than we do, can offer guidance based on their lived experience. Having our mentor hold us accountable may not always feel good but will help us to stay in

our lane. In real estate, we hear “location, location, location”. In therapy, our mantra should be “consult, consult, consult”.

Engaging in Lifelong Learning and Education

Professional development is an opportunity for reflection. It is an opportunity for us to acquire new skills or discover a fresh perspective related to our work. Regulated colleges require ongoing professional development for a reason. It is easy to get complacent or lazy in our work. For some of us, we would be content with never taking another course in our career. Engaging in ongoing education puts us in contact with other professionals. It is an opportunity to be reminded that we are part of a collegial healing tribe and that it is our obligation and commitment to continue to elevate our ability.

Trainings are a great opportunity to have a weekend or even just a day away. Sometimes we will want to do this with a colleague. It’s a great chance to catch up, talk shop, and to cut loose a little. After a training, workshop, retreat, or conference, it can be fulfilling to share collective experiences together. At other times we might just crave to be by ourselves. Or we may prefer to travel with our significant other and make it a work/play experience.

It can be helpful to have a professional development plan. Think about what skills you want to develop. What expertise is lacking in your life. Where are the gaps? What are you interested in? And then build the plan over the next five years of where you would like to be.

Developing Self-Awareness and a Reflective Practice

Self-awareness is cultivated by slowing down. The story of the turtle and the hare comes to mind. While there are times to increase our speed, our self-awareness is improved by slowing the pace of our life down. Our bodies and our nervous systems are made to react quickly and efficiently with precision and power for short-term situations. Our bodies and our nervous systems are not designed for ongoing long-term chronic stress. Yet that is seemingly what we ask of ourselves during so much of our life.

“Caring for my[our]self is not self-indulgence, it is self-preservation, and that is an act of political warfare” (Lorde 1988:132). In our culture, slowing down is a challenging and radical act. It is a radical act because we are getting off the unconscious treadmill of our busy culture and saying “enough”! Slowing down allows our body and our brain to

engage in a dialogue so that we can hear and respond to each other in-kind. If you imagine yourself trying to have a conversation with someone while you’re running a 100-yard dash it is unlikely that doing both will be successful. So, it is with us in our busy, doing world. It’s impossible for us to truly connect with someone when we’re running that fast and when we are in the zone focusing on the finish line.

Slowing down means that we engage in a pace of life that allows us to see what is happening around us. When we slow down with purpose and conscious awareness, we can take in more. Our physiology will support this. Our eyes will soften. Our ears will be available for deep listening. Our words will come more easily.

Along with slowing down is deliberately making time for rest and rejuvenation. A respite is not surfing the web, binge-watching Netflix, or checking out people we follow on Instagram. Deep relaxation can occur when we experience tech-free time. In an age where technology appears to be running our lives, taking a break from it is even more important. Deep rest happens when we schedule it into our calendars and integrate time-outs into our lifestyle.

Reflection, journaling, and retreats are wonderful ways of slowing down. A good practice is to get into the habit of taking time to reflect on our day. Ask ourselves some questions. What did we like about our work today? How might we be even more effective the next time? What is the one thing that would support our success as a therapist/coach? What is a growing edge that is calling us to even deeper growth?

Healing happens in community. Therapists and coaches today seem to be filling the tribal roles of a “shaman” or a “healer” in our communities. As such we have responsibility to “do no harm” to the people we serve. Since we are “better together”, mentors play a huge role in our development. Our ethical conduct is informed not only by theory, but by the example and wisdom of our mentors. In turn, their influence shapes the mentors that we become.

Healers are charged with growing in our self-awareness and nervous system regulation. Regulating our nervous system can help to alleviate our tension patterns and can support our quality of presence and attunement with our clients. Together, we can continue to nurture our calling and grow our craft. It is in community that we can learn to take care of ourselves, and to mentor and guide others to follow in our footsteps. What a gift and a privilege to be a modern day healer!

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Awakened Journey

"Everything has a Vibrational Frequency."

Linda Sylvester



My near-death experience was the beginning of my spiritual awakening. These days many of you already know what NDEs are. This terminology has finally made it into the mainstream. Movies like the 2014 movie *Heaven Is for Real,* about a young boy who told his parents he had visited heaven while he had surgery, planted seeds within the mainstream consciousness that NDEs are real. Forty years ago, having an NDE and trying to share my experience with someone was challenging. People thought I hallucinated from the drugs the doctor gave me during surgery. I knew my experience wasn't a hallucination. I remembered every detail of my experience, including my fear of being buried alive! Later science discovered over years of studies that when people recalled their NDEs, their memory was clear and precise.

According to Wikipedia: Near-Death Experiences or NDEs are triggered during a particular life-threatening episode when a person's

body experiences a blunt trauma, a heart attack, asphyxia, shock, and so on. About one in 10 patients with cardiac arrest in a hospital setting undergo such an episode.

I was one of those people who experienced an NDE during a routine gallbladder surgery in 1980. Long story short, my heart stopped for six minutes, and the doctors declared me dead. Thanks to an intuitive nurse sitting next to my lifeless body, the nurse telepathically heard my voice say, "I am still alive!" The nurse put a mirror up to my mouth and called code blue! The doctors came back and, this time used not only the electric paddles but a resuscitator to revive me. I began to breathe again while hearing my own words, "my work is not yet finished." They say what doesn't kill you makes you stronger.

Near-death experiences (NDEs) are complex subjective experiences. Before the doctors declared me dead, a spiritual hormone was released and activated, preparing me to cross over to the other side, but I didn't die. When this happens, the person activates a great passion and yearning to make a difference in the world. Spiritual awakening is a process of kundalini activation that starts in the base of the spine and moves intelligent energies up the spine and into the crown. Kundalini activations also expand consciousness and shift your point of view, allowing rejuvenation to take place. In addition, with each kundalini activation, you will be tested; this is called the fire test. This test is all about how you handle challenges. If you address difficulties with grace, your newfound wisdom activates new gifts of higher consciousness. My higher senses have been activated, allowing me to see-feel, hear-see, and see into different dimensions of time and space. A see-feel experience for me is seeing what another person sees and feels in a split moment. It is a higher form of empathy. It gives new meaning to the phrase, standing in someone else's shoes. A hear-see experience, for me, is being able to "see" music as colors when I hear it.

The kundalini activations have allowed me to become the master of my destiny. Mind you; not everyone's awakening will be as dramatic as mine was. Some people's spiritual hormones can activate while they sleep or meditate. There is a consensus the awakening process will become the new norm soon. Humanity has awakened a little here, and a little there, like popcorn, starts popping. Then all of a sudden, the popcorn starts popping all at once. Can you imagine what the world would be like when humanity suddenly awakens?

Once I got back on my feet after my surgery, something deep inside me needed to learn everything about energy healing. I found drinking Chicory tea helped me to absorb enormous amounts of knowledge. My first step on my journey was to become a Reiki Master Teacher. Next, I learned everything I could about sound healing, homeopathy, crystal healing, Bach Flower remedies, Inner Child work, disease patterns, Herbs. Chakras, Meridians, Color healing, and Ascension work. This quest for learning became the foundation for my life's work.

After my near-death experience, I developed issues with my hearing. No matter what I did, I couldn't block out this constant background noise. My doctor said a minor stroke caused the continuous background noise while the doctors were trying to revive me. It wasn't until I started taking on clients that I realized I was hearing the people's disease patterns. The noise patterns would change with each person who came to see me. I told myself, okay, what do I do with this information? The Universe never gave me a sound deciphering manual! The good news is I have been able to tune out the background noise until it is essential for me to tune in to people's vibrational field in a private session or in classes.

I was inspired to catalog the sound patterns. After ten years of research, I pieced together the bigger picture of disease pathways. During this time, I continued to teach Reiki classes and take clients. Things were going slow until I met my husband, Tom, in the Spring of 2001. Tom and I have a Twin Flame relationship. One of the differences between a soul mate and a twin flame is a soul mate reflects a karmic connection, and a twin flame reflects a mirrored relationship. For example, Tom and I have a brother Dan and a brother Mark.Tom has six brothers, and my father had six brothers. When we traced our ancestry, Tom, who is Polish, and I am German, found our ancestors came from the same place in Prussia. My great-grandfather was an indentured enslaved person, and Tom's great-grandfather had a similar experience, etc. You get the picture. When Twin Flames come together, their Divine Purpose for the meeting is to expand consciousness and evolve as spiritual beings.

Tom has worked alongside me in master classes in Canada and the United States. Since then, he has come into his own by becoming a New Earth Numerologist with a twist. What do I mean by with a twist? He likes to write his numerology blogs by telling stories. Along his journey, he became a Reiki Master, Sonic Reiki Master, and a Co-

Founder of Wholistic International Network. Sound healing became our primary tool when working with clients and students. In 2006 we decided to redefine our work and call it Sonic Reiki.

In 2010, Tom became very sick. His liver, kidneys, and pancreas were shutting down. He felt weak and terrified. People who recognized his condition knew that he needed help. His skin was green, the whites of his eyes were orangey-red, and his energy levels were bottoming out. I asked him, "what do you want to do, Tom?" I told him I would support him, whatever his decision was, whether he chose the allopathic, holistic path, or both. His condition was failing so fast, he felt if he had gone to the hospital; he would never return. He chose to work with a live blood practitioner in Newmarket, Ontario (now retired) and with me. In his first session with the practitioner, she took a live blood sample, smeared it on a glass screen, then uploaded it to the computer, this allowed all three of us to see what was going on with Tom's blood. She immediately advised him he should go to the hospital. His blood sample was in what she called stage 5. He told the practitioner, I believe in Sonic Reiki's approach to healing, and I believe in you and your gifts of healing to help me!

The main culprit of Tom's illness was his red blood cells; the blood cells clumped together and were miss-shaped. Parasites, along with toxins, filled his blood, as well as Tom's white blood cells were missing in action. The practitioner's approach to his illness was changing his diet, adding nutrients, and giving him herbs to cleanse; our approach to his condition was using intention and the sound of our voices and Reiki sessions. While in one of Tom's sessions with the live blood practitioner, we asked her if we could state intent and do our toning. She said, "of course, you can." At first, nothing happened. After about 10 minutes, the practitioner said excitedly, "look what just happened on the screen. A couple of red blood cells broke away from the clumped ones on the screen, and a few white blood cells came to the surface. She said using the sound healing technique made a difference." My thought was we needed to be able to replicate this experience and make sure it wasn't just a fluke.

Conveniently, we were already working on a different project with a documentary film crew from Toronto. We asked them to film Tom's next appointment to see if we could replicate any movement of the red and white blood cells while using intention and sound from our voices. During the next meeting, the film crew came along with us, and the

camera caught the repeated moment of his last appointment. It was amazing to see how fast Tom's blood cells reacted to our intention and the vibration of the sounds from our heart. Then I realized the cells remembered the neural pathway of the first few appointments. You can see this short video on the Sonic Reiki website and the Sonic Reiki YouTube channel called "Cells Respond to Human Voice."

It took six months to a year, but Tom made significant milestones in his recovery by sticking to his diet, working with sound healing, and Reiki Sessions. Tom jokes that he was Sonic Reiki's first poster boy! People would come into his Shoemaker's shop in Hamburg, N.Y., and ask if the older man who used to work there had died. Tom told the customers; he was that older man. Some of his customers told Tom that it was impossible for that older man had to have years on him. Tom will be the first to tell you he is in pretty good shape for the shape he's in. Tom is a vibrant young 75-year-old man who works five days a week at his shop, writes a successful numerology blog each month, and travels with me from place to place for work and play on the weekends.

Scientific research has shown that different parts of our bodies have their specific sonic signature. The sounds of the cells in our pancreas differ from the sound of the cells within our bones. Emotions, thoughts, experiences, trauma, etc., create flat notes in the symphony of tones within our body. The flat notes are the disease patterns within the body. All we need to do is fine-tune these flat notes with the right frequency, and the cells will respond by vibrating back to their original healthy patterning. There are many ways to reattune our bodies. There are sound baths, chants, tuning forks, singing bowls, sound machines, meditation, Reiki, and sounds from our hearts.

Our work took another turn after a few years. I read in a magazine that the Beatles created their music with 528 Hz in the background of their music. 528 Hz is the frequency of love among other things, I said to myself, if they could do that, why couldn't I do that? It didn't matter if they were one of the most successful musical groups of all time, and I didn't even know how to keep a rhythm. I searched the web and found a lot of frequencies, but not much music behind the tracks. Tracks without soothing music didn't work for me. One day I asked the recording studio engineer here in Buffalo to help me create the frequencies with intention and sounds of our voices. With the sound engineer's help, we accomplished our goal. During this period, I learned

the technical part of creating frequencies behind the music and mixing the music tracks myself allowed me to help more people faster.

My next step was gathering as much information about healing frequencies and music as possible and learning its effects on the physical, emotional, mental, and spiritual body. We did this by giving people the tracks to test for us; in exchange, they gave us feedback. We got a 95 % success rate. The other 5 % didn't believe in the process, so they didn't even try it. After my near-death experience which became very useful, one of my gifts is seeing auras. I can see firsthand if the frequencies worked or not. Today, my collection holds thousands of frequencies collected from all kinds of highly regarded sources. What makes me different from other sound healers, I have 40 years of experience cataloging disease patterns. I group my music into sequential patterns for divine health. For instance, when a person comes to me with a thyroid problem, I offer music for the thyroid, adrenal, muscle, metabolism, balancing and hormones. Although one track can work on its own, most of the time, I found the issue would flip back in time unless I created an anchor. I used a string of healing frequencies for the anchor.

During the Covid years, I physically created thousands of music tracks, and I now offer a subscription to my Sonic Apothecary Library on my website. I include valuable information describing the benefits of each track and how and when to use them. Some people like to listen to music while jogging, meditating, or sleeping. I listen to music while I am working at the computer.

The benefits of Sonic Reiki deep healing music are:

- Each track or music focuses on healing and rejuvenation and is a powerful tool for self-care.
- This music benefits those battling physical, emotional, mental, or spiritual pain without using chemicals.
- It relieves stress. Stress is the number one killer and is associated with all six number-one causes of disease.
- It can assist in your awakening process.
- It strengthens learning abilities.
- It helps with concentration.

- Boosts creativity.
- It helps lower blood pressure.
- It helps wounds to heal faster.
- It helps increase workout endurance.
- It may also help improve the recovery and cognitive function of stroke patients.

Holistic Practitioners love using deep healing music in a session with their clients. The music facilitates the client's healing process when the practitioner focuses on a specific issue, such as releasing pain, fear, and crystallized thought patterns in the client's session. Deep healing music can also stimulate your client's abuse and trauma memories. These memories play like a movie in their client's head, allowing the energy of the trauma and abuse to leave quickly and effortlessly.

A frequently asked question, since there are so many frequency tracks, where do I begin? My answer is that I use muscle testing to know which music is my primary to listen to daily. There are other ways of finding your primary, and you could learn how to use a pendulum or trust your instincts. If you are starting your Spiritual path, I recommend learning muscle testing or using a pendulum to find your yes and no answers. If you are interested, I have a free video, "How to Muscle Test," on the Sonic Reiki website and YouTube channel. Tom and I use our muscle testing for everything. We align to our higher self and ask a question. Such as: Is it for our highest potential, aligned with our highest possibility, within the divine infinite field of all possibilities to go to the movies to see _____at (what theater) this evening? Every time your intention is aligned with your highest potential, aligned with your highest possibility within the divine infinite field of all possibilities and you act on your muscle testing answer, magic happens. Life begins to flow easily and effortlessly because you trust in yourself. When you build trust within yourself, the Universe will provide you with everything you require to sustain your life mission and have fun doing it. Trusting in the Universe allows you to step out of your reality box one small step at a time. When you step out of your reality box, your perspective changes, allowing you to set yourself free from your old patterning. You take control of your destiny when you unshackle yourself from old patterning.

If you haven't already, I recommend you check if becoming a Reiki Practitioner is right for you. Reiki helped me accelerate my consciousness awareness and gave me my first set of tools to heal myself and others. Reiki is an excellent foundation for your spiritual walk because it works well with many other healing modalities.

My advice for you is to always ground yourself every day. Only when we are fully grounded can we heal. A few benefits of being fully grounded are: It strengthens the immune system, improves blood flow, and enhances electrical activity in the brain. My favorite healing technique for grounding: While standing, tone a high sound of Ra while letting the sound of your voice slide to a lower sound of Zeek within one breath. It is best to tone this exercise three times each time you ground . I tone my grounding tones three times daily. I do it first thing in the morning, then I check to see if I need grounding in the afternoon, and again just before I go to bed. I find I get a great night's sleep when I ground just before bedtime. My physical body feels safe while my soul does its traveling.

One last word of wisdom: Never commit to something you can't fulfill, and always do what you say and say what you do. This will help you to build integrity, respect for yourself, build self-worth, increase personal power, and people will trust your authenticity.

Sonic Reiki's services include private and group sessions, Reiki Certification, Classes (beginners and masters), "Awakening" Mentorship with Linda, which includes personalized music packages, Long-distance healing, Pain Management without Using Chemicals, Grief Processing Support, Medical Intuitive Assessment, New Earth Numerology Readings, Vibrational support for Addiction Recovery, Emotional, and Mental Health Issues, Post Traumatic Stress Disorder, and Subscription access to the Sonic Apothecary Music Library. To see more, go to www.sonicreiki.com .

Testimonials

Linda, I thought you might like some feedback about now. These last few weeks, there has been a palpable shift in the function and pain level of my left knee and leg. The frequency of that searing burning sensation has decreased, and the sudden sharp pain that occurs just before the leg buckles has almost disappeared! The mobility mechanics of moving forward in a walking motion has changed for the better. I am sending you a heartfelt appreciation for continuing to work on me outside our appointments. Your kind effort and attention to this issue gave me hope and melted my despair. - Susan from Hamburg, N.Y.

Thank you sincerely for the Sonic Reiki treatment you and Tom gave me on June 1st. I felt an immediate shift in my mind and body! The affirmation that you prescribed worked wonders for me! You have made me feel brand new! It was well worth the drive from Toronto to Buffalo! Thank you both sincerely! David from Toronto, Ontario.

A Strengthening and Conditioning Coach for the National Elite Sports institution said after listening to the Kidney Purification Music Video, it was a very comfortable listening experience. I look forward to gauging the long-term results.

I was skeptical at first, wondering how sound could relieve my pain. Boy, was I surprised! It is truly amazing music, and I tend to listen to it at night. It is so peaceful and calming. I had two back surgeries and have awful spasms and pain. I am usually up several times a night tossing and turning, but since I tried this, I have found that when I play it right before bed, I can fall asleep without tossing. I now sleep through the night! It is fantastic to sleep through the night, and I recommend it to all!!! Keith Sowa from Lakeview, N.Y.

If you are looking for a way to relax and take care of your mind, body, and spiritual health, consider incorporating vibrational frequency music into your daily routine. Its calming melodies and healing intentions can significantly add to any self-care practice.



You can experience Sonic Reiki Deep Healing Music on our Sonic Reiki website for free to see if you like it before you jump into a subscription plan. However, the music library is designed to heal on a much deeper level into your issues. If you have any questions or wish to make an appointment for a 15-minute free consultation, you can email me at Sonicreiki1@gmail.com.

Linda Sylvester

Linda magically weaves an array of frequencies and music to help people rejuvenate their minds, body, and spirit.

She has 40 years of experience as a Reiki Master Teacher, Master Sound Healer, Author, Music Artist, Founder of Sonic Reiki, and Co-Founder of Wholistic International Network.

www.sonicreiki.com

3

Spiritual Healing

Stacey Walcott



I have come to realize there are different types of healing in life, and many of us need to heal ourselves. But one type of healing we should all work on is spiritual healing. The art of spiritual healing comes from the soul owner's heart. I knew in my heart that the Holy Spirit was calling me to work on myself. In the past few years, I have been learning to heal myself by working on myself, eating right, doing yoga, doing more self-development, talking to My God more, reading my bible more, doing a lot self-care, and going on nature walks. It has also been very important to think more positively, change my mindset, and change the circle of people I talk to and hang out with. You can better connect with your spirituality if you raise the vibration of your own thoughts along with the vibrations around you.

Spiritual healing is a great thing. The world is a spiritual place and the kind of energy we take in to has a lot to do with the soul owner's growth. We must be open to seeking out people, places and things with high energy. Unfortunately, there are many people that do not believe in spirituality at all. I truly believe in spiritual development, and that we

all have a spiritual gift. Some people are able to tap into their gifts easier than others. The art of healing can change you, if you let it. It helped me to relax, stay calm, and it even humbled me. Working on healing spiritually changed me, and my mindset. It made me the powerful person I am today. I wish I learned this when I was in school, maybe my life would be different. I try my best to practice daily meditation and to think more positively, but changing old habits is hard. But I never give up. I keep pushing myself.

I want to heal my soul with all the pain and trauma I went through in my life from birth to now. I have come a long way, but I am still working on myself to be a better person and better mother and better wife and child of God. There are so many things that can heal a person, but everyone is different – not everyone is open to spiritual healing. I have learned that I can change no one but myself. All I can do is pray for them and leave them in God's hands - He is the one that can change people. It's important to spend time with God as much as you can. Having God in your life is a beautiful relationship to have and having faith is a gift. Even if only a few of us believe, we can change ourselves and, in turn, change the people around us with our positive auras.

We all need to limit stress in our lives, and choose the right people to be around. The more you work on personal development, the better you will be. Leaning into your spiritual side should be a daily priority. I have been through a lot with relationships, with exes, a miscarriage, and my girls being shot. I have learned I need help from all the trauma I've been through. Trauma does not go away but it must be worked on daily. Sometimes, you have to be careful with words that come out of people's mouths, as is damaging when you're trying to heal from trauma – words can set you back. I truly believe words have power, if you do not speak positive words, I don't want to hear you speak at all, and I will call you out on it to protect my aura.

I have been emotionally abused, financially abused, and physically abused - but I am on the right path by learning to heal myself with spiritual healing. I believe the whole world needs to heal – that's why a lot of things are happening right now. The spiritual warfare we are going through, too much hate in world – there's not a lot of love anymore. And it's going to get more out of control before we get better. Human beings need to change and learn to love each other, and stop

being jealous of one another. We need to support each other through this heavy time. It's sad to say that people don't support each other. I don't know when we will change and tap into our spiritualities – but we need to love each other just like God loves all of us.

The art of spiritual healing has done a lot for me and can do a lot for you - once you become open to receiving it, and believe it fully. Tapping into my spirituality and prioritizing self-care and love for those around me has changed me, and I know it can do great things for you. Trust me, you have nothing to lose – try meditating for a few minutes a day and see how it changes your life. Spirituality is the greatest gift we can have in our lives.

Stacey Walcott

Stacey is a mother, a holistic healer, life coach, published author and columnist, and child of God. staceywalcott8@gmail.com

4

Miracles are Possible

Sarah Wenaus



“God, why is everyone here so sad?”, I would ask. As a child, I would have these conversations with the Divine on a regular basis. I remember being around my family and friends, and knowing things about them without being told. I remember thinking, “they don’t see who they are or what they are capable of. They are no longer connected to love or to their essence”. I could see and feel the beauty of their soul, but could also see that they were cut off from their Higher Selves and that they were hurting. At night, I would often cry in my bed, wishing that there was something that I could do to ease their suffering. I so desperately wanted to help, but I was afraid to speak up for fear of being judged or rejected. Instead, I would focus on them and quietly send them love.

I grew up in Moose Jaw, Saskatchewan, a small city in the heart of the Canadian prairies. While the prairie provinces are known for being quite conservative, I feel like the energy of the land contains deep, spiritual wisdom that holds space for people to heal and transition.

Growing up in this paradoxical energy, I felt at home yet terribly out of place. I struggled to make friends and to find connection among my peers, so I learned to hold back my voice and to adjust to the world around me. Every once in a while, I would take a risk and discuss my perceptions with others. I remember being in high school and talking about the Universe with some friends. I began recounting how reality as we know it is based on very specific factors that make our lives and our experiences seem linear in our 3D world, but that who we are and the experiences that we accumulate span much beyond this 3-dimensional experience. I spoke about how we are made up of energy and that our thoughts and feelings are creative and resonate through all of time, space and dimensions. I also spoke about how we can co-create with the Universe and that by changing our energetic vibration, we could change our physical reality. My friends looked at me like I was insane, laughing hysterically at me and asking me if I was on drugs. I laughed along but deep down, I was embarrassed and decided that it was time to shove this part of myself down and jump into main stream society if I ever wanted to survive.

After high school, I chose to follow a fairly conventional path as far as a career is concerned. I started my studies in classical piano performance and then switched my major to business administration. My father, who is an accountant, was very proud of me and for the first time, I felt like I was on my way to being "normal". Surprisingly, I excelled in the business world as a manager and leader. By the age of 23, I was already an Operations Manager and by the age of 26, I was a Director. Everything seemed to be going well but deep down, I knew that something wasn't right. I felt like I was living a lie, like I was pretending to be someone that I was not. I would be in meetings talk with such confidence and poise, yet I felt like I was an actor in a play.

Around the age of 27, my partner at the time and I travelled to Toronto for an art show. During this time, I was struggling with horrible insomnia. I remember asking the Divine for help as I was not able to figure out what was causing my sleepless nights. One day after arriving in Toronto, my partner and I meet a woman named Dawn. I immediately connected with her and as we started to chat, she told me that she was a Reiki Master and that she could help me with my sleeping issue. Immediately, I could feel the synchronicity and that she would be able to help me. She told me that she would do a distance healing session on my that evening and that she would contact me the

next day to see how I felt. I agreed and amazingly, I slept like a baby that night.

The next day, Dawn and I spoke again. She told me about what she perceived during the session, all of which resonated with me. More specifically, she spoke about my my fifth chakra was blocked and that my thyroid wasn't well. At this point, I didn't know much about the energetic body but I was deeply intrigued. I asked Dawn if she would teach both myself and my partner Reiki to which she responded "yes".

Luckily, my partner was also someone who was interested in the healing arts and so together, we were given our Reiki attunements by Dawn. I started giving Reiki sessions on the side while I continued to work. During these sessions, I was amazed at how much information I was able to pick up on about my clients. I could see images of their lives, both past and present, and was able to related their health problems to specific emotions and belief systems that they had. For the first time ever, I felt like I was doing work that resonated with me. However, I was still very scared to talk about it with family and friends.

Shortly after starting to do Reiki, I contracted a severe strain of the influenza virus. I was sick for nearly a week and after recovering, I was not able to get my energy levels back up to normal. I would fall asleep at my desk at work and finally, I decided that it was time for me to see a doctor. After running some tests, the doctor called me to tell me that my thyroid was severely under-active and that I had Hashimoto's thyroiditis. I started taking synthetic thyroid hormone but I still felt terrible. Just as Dawn had predicted, my thyroid was not well! Thus because my journey to learn as much as I could about health, wellness and healing so that I could overcome this struggle.

Over the next several years, I learned as much as I could about healing and wellness. I learned about proper nutrition and supplementation, read countless books about varying forms of healing and spirituality, and started meeting some amazing people who shared similar interests to me. At one point, my partner bought me a book about energy medicine written my Donna Eden. I read the book and was so captivated that I decided to enroll in Innersources' 2-year Eden Energy Medicine practitioner certification course. Taking this course changed the direction of my life and of my health. All at once, the gifts that I had been so hesitant to share since childhood combined with the theoretical knowledge that I gained through Innersource merged and I found myself starting to heal on all levels.

I began working with clients in 2012 just after moving from Saskatchewan to Quebec and was flooded with joy as I saw how this powerful medicine was also helping them to heal and rebalance. I saw people who had been suffering with various illnesses and conditions improve significantly, some of whom had suffered for years and were finally able to find relief. In 2015, I began studying 5-elements acupuncture theory and medical Qigong. The knowledge that I gained helped me to deepen my practice and my understanding of how our energies impact our physical bodies.

When the pandemic hit in 2019, I had to adjust the way that I worked with my clients. I started doing distance sessions and in doing so, I realized that I was very easily able to pick up not only on their energetic body but also on other information such as their past lives, karmic issues, Akashic records, and how their present situation was related to this incredibly intricate matrices that connects us through all of time and space. I became aware of my ability to channel this information and work with not only my clients energetic body, but their soul blueprint.

During this time, I was also guided to do some deep healing work on myself surrounding forgiveness. I began meditating and communing with the divine on a daily basis, clearing the layers of my own soul that needed to be addressed and healed. More specifically, I had to forgive those who did not want to see me or hear me when I was a child. I was guided to forgive both myself and those who hurt and rejected me, gaining a deeper compassion and understanding of their own pain and suffering which caused them to mistreat me and shut down my voice.

I must tell you that forgiveness and being able to truly love and have compassion for others is deeply healing. It was at this point that I felt myself going back to the deep connection that I had with God as a child. I could feel myself reconnecting with this Divine source energy and could feel my vibration changing. I could also feel that my thyroid, 5th chakra issue was starting to heal.

I now know first hand that the vibration of true, unconditional love combined with our willingness to receive it, can create miracles and help us to heal at the deepest level. Recently, I have witnessed several clients have massive shifts which some might call “miracles”. I saw one client who had been trying to get pregnant for years successfully conceive once we dialogued with her energy and her soul. Doctors thought that it was impossible but at the moment, she is 6 months pregnant.

I currently run my practice out of Montreal, Québec but have clients across several continents that work with me via distance. My practice focuses on using a combination of Eden Energy Medicine, Reiki and 5 elements acupuncture theory, mixed with my own unique way of communing with the Divine to bring guidance to my clients. My goal is to empower those I work with to create their own miracles. I see myself as a facilitator, listening in and interpreting my client's energy system along with the story of their soul. I work with the Divine to help shift these energies, but I also communicate important information to my clients so that they have a deeper understanding of what is going on and are able to make a conscious choice to continue to shift their energies on their own. I have never been a fan of the work "healer"because I don't believe that anyone can truly heal another. I believe that my job is to empower others to heal themselves. My job is to hold love and light in my heart and to set my intention on helping others in whatever way that I can.

When working with me, clients can expect to experience a greater understanding of their energetic systems along as their soul blueprint. I aim to provide them with tools and knowledge that will help them to empower themselves to heal as they walk their path. I see myself as a coach and a facilitator, with my primary goal being to provide my clients with a deeper understanding so that they can make a conscious decision to heal.

If I could offer some advice to anyone who reads this, I would encourage you to continue to open your heart and to consciously work on letting go of anything that does not resonate at the highest vibration of love. Forgive yourself and forgive others for their imperfections. Spend time meditating and connecting to Source on a daily basis as this will keep you connected to a higher truth. Each and every living being has its purpose on this planet. We are ever evolving, ever changing, ever awakening. Know that we are more energy than we are physical matter and that this energy is interconnected with all other beings in a complex, multidimensional matrix. Understand that you have the power to change your physical reality simply by changing your perspective and your vibration. Trust that you have the power to move through the struggles that you are experiencing and know that you are deeply loved at all times, even during the darkest periods of your life.

I am not a religious person, but I believe that the poem, "Footprints in the Sand" is very powerful. In this poem, the narrator questions God as

to why there is only one set of footprints as he walks though his most difficult times in life. God responds, " My precious, precious child. I love you and would never leave you. During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you." Please remember that you are loved so deeply and that transformation and healing is available to you at all times, in every moment, if you so chose to accept it.

If you wish to learn more about my services, please visit my website at www.sarahwenaus.com or email me at swhealing514@gmail.com.

Sarah Wenaus

"Sarah Wenaus is a certified Eden Energy Medicine Practitioner, intuitive and holistic wellness facilitator. Sarah has studied a number of modalities including Eden Energy Medicine, Reiki, TCM theory and medical Qi Gong. She also has extensive knowledge in the areas of weight loss, metabolic/hormonal balancing and nutrition.

Sarah believes that love is the ultimate healer. Knowledge and wisdom are only part of the healing equation, but love takes us the rest of the way."

Website: www.sarahwenaus.com

5

Healing the Sacred Womb

Carole Tetreault



Ceremony is a way to bridge the invisible world and the visible world together; the world of Spirit and the world in which you and I live in - the physical world. Through the practice of ceremonies your availability and ability to heal is extremely powerful. In essence you are calling together in sacred space your ancestors – those that have come before you, your children – those who will come after you, your past versions of Self through your many incarnations and your present-day Self, together uniting for one cause – healing. Do not underestimate the authority of this sacred practice. But hey – don't take my word for it, come join me in a ceremony right now!

Let's begin by setting up sacred space:

- *Grab a cup of tea,*
- *Bring your journal & pen*
- *Find a quiet place*
- *Light a candle*

- *If you feel called to do a "smoke" ceremony with sage, or incense or some essential oils*
- *Set an intention to receive all the beautiful wisdom that the women have gather here in this book to share with you*
- *Open up the Four Directions with a prayer – here is one that I can share with you given to me by one of my mentors; Alberto Villoldo*

" To the winds of the South,

Great Serpent

Wrap your coils of light around us

Teach us to shed the past the way you shed your skin,

To walk softly on the Earth,

Teach us the beauty way,

Aho

To the winds of the West,

Mother Jaguar protect our medicine space,

Teach us the way of peace and to live impeccable,

Show us the way beyond death,

Aho

To the winds of North,

Hummingbird, Grand Mothers, Grand Fathers,

The ancient ones come and warm your hands by our fires,

We honor you, those who have come before us and you who will come after us

Our children's children,

Aho

To the winds of the East,

Great Eagle, Condor

From the place of the rising sun,

Keep us under your wing,

Show us the mountain we only dare to dream of,

Teach us to fly wing to wing with Great Spirit,

Aho,

Mother Earth

We've gathered here for the honoring of all of your children,

The Stone People, The Plant People,

The Two Legged, The Four Legged, The Creepy Crawlers,

The Furred, The Finned, The Winged Ones

All of our relations,

Aho,

Father Sun, GrandMother Moon,

To The Star Nations, Great Spirit,

You who are known by a thousand names and

You who are the unnamable one,

Thank you for bringing us together and allowing

Us to sing the song of life,

Aho "

- *Now place your hands in prayer at your heart space*
- *Take a deep inhale and a slow exhale,*
- *Take a second deep inhale and exhale*
- *Now take the third deep inhale as you move your hands up towards the sky above your head, with the intention of opening your sacred luminous body, on the exhale move the hands apart, palms facing up to the sky, slowly bring them down towards the Earth*

You are now in a ceremony and in sacred, brave space!

Close your eyes and imagine, sense or feel yourself sitting around a fire with a blue flame. All of your guides and ancestors are here with you.

You feel safe, secure and rooted into the Great MotherEarth. You feel supported by all of your loved ones in this special ceremony.

The air has a pulse and you can feel some excitement of the arrival of the guest of honor, her name is Blue Thunder Bird Woman also known as Carole and she comes to you as her authentic, true self. She is humbled and honored to be a part of your ceremony…her wisdom is earned, her love for you is fierce and so open your heart and witness her story…

There comes a time in our lives where we make a conscious decision to become a "Healer". The events that lead up to this persona is very individualized for each person, and it is often referred to as the epic Hero's/Heroine's Journey, a term coined by Carl Jung. I like to call the latter the "Healer's Journey".

I always joke that I spent the first 25 years of my life getting all "f*ck3d up", having difficult experiences then spending the next 27 years trying to heal my pain.

In my story when I stepped into the "Healer's Journey", I discovered that I had an incredible ability to heal and I truly loved exploring all the tools that would get me to a mind, body and spirit state of balance, something we would refer to as "healed". Many painful experiences contribute to my dark past from the ages of 5 to 25. As I reflect now, I must have been on some sort of fast track to get as many of these undesirable experiences under my belt so I could leap into the "Healer's Journey".

At the young age of five I was a victim of molestation and again at the age of 14. In elementary school from the ages of 9 to 12 I was bullied. Those years I spent many nights crying in my pillow pleading for the cruelty to stop. In my teenage years I must have subconsciously realized that I was extremely sensitive. In order to alleviate the pain I was easily seduced by mind altering drugs, lending me to use different kinds of narcotics; marijuana, cocaine, acid and copious amounts of alcohol. Alcohol was my pain numbing substance of choice. I witnessed, and grew up in a house with an alcoholic. I guess you can say that this seemed like an acceptable way to reduce pain and numb reality out. I made the decision at the age of 17 that I no longer wanted to be part of the living. I'd convinced myself that I would much rather be dead. The suffering of all I felt, the desperation of feeling so alone and unloved led me down a dark rabbit hole of depression to find myself waking up

with a bottle of prescription pills empty at my bedside. Yes suicide was certainly my one way ticket out of this thing we called human life.

Imagine my dismay to wake up having failed at my attempt to an early death. My mother noticed that I cried myself to sleep every night. She gently suggested that I seek help from a doctor. Of course, conventional medicine prescribed antidepressants without ever investigating the root cause of the pain to begin with. Under the influence of these prescribed drugs, I became a very lethargic, sleepy, foggy minded 17-year-old who was incapable of engaging in life. That doctor cursed me that day by telling me that I would remain on antidepressants for the rest of my life. Little did he know, from that day forward an imprint of distrust had made its way into my psyche. The antidepressants helped me sleep, which in turn apparently helped my serotonin levels but at what cost? I lived like a zombie. So there is nothing more motivating than having some sort of authority tell you one thing and you are bent on proving it wrong. As soon as I could I weaned myself from those antidepressants within a period of 6 months, those drugs were out of my body.

In my early twenties I moved to a new city with promises of a better time. I was ambitious now working hard at four jobs in order to make ends meet to get myself through university. I had goals to become an elementary teacher. One of those jobs was as a salesclerk at the old Eaton's in Winnipeg. Unbeknownst to me, I was being stalked by a very charming, good-looking man who often came to speak to me in the workplace and made it a habit to earn my trust. You know this is not going to end well, right? The next thing I knew we were going to have a date and somehow that date was an invitation to a private dinner, and it did not end in a fairy tale of love but ended in rape. There is a term for it and it is called date rape. That was a horrific night and a very big part of my soul left me that night.

As I share my story I can see so clearly now how each and every one of these experiences have led me to such a wonderful life. However, who are we kidding, you can not see this when you are living it! That rape had so much guilt and shame attached to it. I spent hours in the shower trying to wash off this man's imprint. My thoughts had always been that I must have asked for it. I must have been responsible for the rape in some way. I was so ashamed and kept this secret to myself for many, many years.

Unfortunately, this was not the worst of my experiences. My self-esteem had diminished, and I fully engaged in the fated victim role. I

desperately wanted to be rescued by a knight with shining armor. My prayers were answered but my knight was not so shiny. I spent the next year in a common law relationship that was riddled with mental abuse. I was under so much stress that I lost most of my hair. These were very dark days and the longest year of my life. The mental abuse turned into physical abuse and at the first blow to my head I knew that if I did not escape this relationship, I would not see the rest of my life. At 17 I wanted to end my life and here I am now at 21 fighting for my life!

Well, those are some of my highlights of the first 25 years of getting f*cked up. I share them with you, because I think it's important for you to witness the pain and suffering, I experienced from that younger version of me. Stepping into the "Healer's Journey" was not only a question of survival for me, but a deep knowing that I was meant to thrive! When we come upon the threshold of being asked if you want to take the path of a healer you need to ask yourself the question: what is the risk of not taking that step forward?

There is a pivotal point where we muster up the courage to move forward in our journey. It really is a do or die kind of situation. Many refer to this as the "dark night of the soul". In this darkest hour there is a shimmer of hope, a small band of light that comes through and touches our hearts. This light calls us, and we take a deep breath and leap forward into the abyss not knowing what awaits us.

I remember like it was yesterday, my first step. I was introduced to a combination of herbs to help digestion. You may think that is not a big deal, but it was for me. I had been suffering from indigestion from the young age of 6. Let's face it the molestation left many emotions that were difficult to process, nevermind digest. I had developed a weak digestive system and suffered. I later understood that this inability to digest at a physical level was a representation of what I could not tolerate and digest in my outer world. Taking digestive enzymes created an incredible shift to my physical health which propelled me further on my journey.

My second step was yoga. I learned to breathe. I learned for the first time that there was more to me than my physical body. My yoga teacher also offered us classes in a system of healing called Reiki. This was the third important step. These two holistic systems of energy (yoga & Reiki) helped me to understand that there was so much more to my physical body that was broken. I had an emotional body that was hijacked and a spiritual body that had been abused. I developed a much

deeper understanding of the Journey of the path that lay ahead of me if I was to experience wholeness in a healed state.

When I became a Healer, it wasn't because one day I woke up thinking oh my gosh that's what I want to do when I grow up! It is because I had an opportunity to heal myself and, in that process, I uncovered my purpose in life with the desire to help those who ask for help. My desire to become a Healer comes from a calling deep within. The deeper the knowing, the more tools and teachers came my way. There is that saying, *"When the student is ready the teacher will appear"*.

I learned and practiced many different energetic techniques: meditation, reflexology, massage, essential oils, crystals, herb medicines and Integrated Energy Therapy (IET). In fact I mastered both Reiki and IET, studied over 300 hours of yoga and even earned my brown belt in Shotokan Karate. I was on a great mission to re-member all my knowledge from all my past lives. My thirst for knowledge was insatiable.

But there was one system of knowledge that really stood out for me. It helps me reach unlimited depths within myself I never knew existed and when I opened this door all of the memories of some of the great historical archetypes like Merlin, Isis, Yogigi, numerous Spirit Animals and the 13 GrandMother Moons came to me. That system is Shamanism.

The Art of Healing is not for the faint of heart. You truly will need to dig your hands in the dirt and get them dirty. There is absolutely no one who can do this work for you. This is a solo journey that is **supported**. You are never alone, guides are always ready and willing to assist, but the catch is you have to ask for help.

Two of the ways in which Shamanism assists us is through "ceremony" which I explained at the beginning of this chapter, and something called a "journey". Journeys are similar to a guided meditation with a destination and a single-minded intention and to exit the same way in which you were guided to go in. Your destination is one of three levels; the lower world is your subconscious mind; the middle world is your conscious mind and the higher world is your super conscious mind. Either way we are taken to different depths of our mind. Our answers are always within, not outside of us.

One day I had a profound experience in my yoga training that changed the trajectory of my offerings as a healer. A fellow yogi took us on a

“journey” to our womb space, our pelvic bowl. I discovered through this short, simple journey that all of my pains and suffering were hiding here. Unbeknownst to me I had placed many of my scars, many of my traumas, many of my broken pieces in my womb space. In this sacred space I also discovered that so many pieces of my soul were missing. It was like walking on a pebbled beach looking for my specific color pebble that belonged to me. That day I acknowledge that my womb is a safe place, it's a dark place and no one, even myself, would think to look there for all my past traumas, not only mine, but my mothers, grandmothers and all those who came before me.

Our sacred womb is a place that is meant for creation and for life. If it's cluttered with all of this debris, you are unable to fully create. I was shocked to realize how much I had not processed in my healer’s journey. So much of my past had been sitting buried in my womb. Much like an onion, I had done a tremendous amount of healing and several layers of the onion had been peeled away. However, there were so many layers left to peel. Just like you store your onions in a dark place, so had I stored my deepest layers of hurt in my sacred womb space.

That one guided meditation ignited a spark within my womb space, bringing light to crucks and crannies I’d never dare to look at. I spent the next 5 years lifting every boulder leaving no stone unturned. As I was doing this work a new set of guides came to me in dreams and in my womb space. They are known as the 13 GrandMother Moons. I spent time with each, learning their sacred wisdom and embodying their knowledge to bring me to this very moment, sharing in ceremony with you.

Once the debris was removed from my sacred womb space new vital energy started to flow and new seeds of my becoming were planted. A most magical creation was gifted to me in the form of an offering to all women who seek a map on their healer’s journey. All of my knowledge and embodied wisdom from my ancestors and the 13 GrandMother Moons came together in a masterclass called “Wild Feminine - Healing Your Sacred Womb”. I feel blessed to share this creation with the world.

Soul sisters from all over our MotherEarth have transformed their lives through this map. All types of wounding can be healed through this container provided you are willing to get your hands dirty. Here are

some stories for you to witness. Their names have been changed to respect their privacy.

Barb suffered from bouts of immobilization where she could not muster the energy or will to get out of bed. Life was too hard, and she simply wanted to sleep it away. Her past traumas were many, but the ones that most affected her were losing her father at a young age and subsequently losing her mother to her grief. Later her experiences with her stepfather destroyed her trust with all men and the patriarchal system. Through this shamanic container, Barb was able to process some very deep-seated anger and received the benefits of feeling so much lighter. She no longer feels intimidated by men, and this was through her work healing the patriarch. She has more self confidence today and looks forward to each and every day.

Olive had been on her spiritual path for a long time already. She dove into this masterclass to deepen her knowledge of spirit. She was pleasantly surprised to uncover some "old" trauma that was not dealt with. Her body had suffered from physical dis-ease like scoliosis and breast cancer. The Wild Feminine showed her how to listen to her body. She learned how to truly love her body from the inside out. Olive found working with Eagle medicine brought her the messages she needed to hear and in turn she soared with this medicine. She embodied the wisdom that her body was her temple.

Julia had recently left a very abusive relationship. She'd been working through a shamanic container for a year before she committed to the maps laid out in front of her through the Wild Feminine. Surviving toxic relationships is one thing, but being able to come out on the other side thriving is on a whole other level. Julia's parting words are: *"Working through the Wild Feminine has been profoundly healing and I have never felt more at peace".*

Cherisse for the first time was able to witness and hear her soul pieces that had escaped to somewhere safe during some of her horrendous childhood traumas. She had such a beautiful reunion with her younger, innocent self. Her mini-me, which she likes to call it, was brought back gently into her body making her whole again. She shares with you the following: *"I am the shift and it is beautiful, even the hard things. I feel the love in everything. This journey makes me both laugh and cry at the same time!".*

Women from all walks of life can use this map *(The Wild Feminine - Healing The Sacred Womb).* Women come with all kinds of pain, wounding, and suffering: cancer, hysterectomies, abortions, depression, miscarriages, abandonment, rape, abuse, sickness, anger, etc. The Wild Feminine takes you deep into your womb, uncovering little by little what is surfacing and revealing itself to you. The process is gentle and moves at your own pace. There is no rush to get anything done in a specific time frame. Let's face it, it took me 30 years to heal in my journey. Why would we expect for you to get it done in a short amount of time! This journey is supported; by other soul sisters within the context of a sacred circle, spirit guides that you are introduced to along the way and me…I'm here for you my beautiful sister.

There are countless other stories that I could share with you. But I would truly need to write a whole book instead of a chapter…someday.

It's almost time to bring your ceremony to a close. But before we go with your permission, I'd love to take you on a simple, short journey to your sacred womb space. It is my parting gift to you. ***If you want, you can record the following and play it back to yourself to journey into this sacred womb space.***

Lie down,

Close your eyes,

Let's take a few deep breaths,

Inhale through the nose,

Exhale through the mouth,

And again,

Inhale through the nose,

Exhale through the mouth with a sigh

One more time,

Inhale through the nose,

Exhale through the mouth

Now take your awareness to your tailbone,

Feel, sense, imagine the space below it,

Above it,

To the right,

To the left,

In front and behind it,

Imagine sense or feel some sort of energy connection from your tailbone down through your legs through the soles of your feet,

Reach further out into the Great Mother Earth,

Connect yourself to your Earth Soul Star Chakra

(perhaps you see an anchor, a root of a tree or a beam of light)

Anchor yourself, breathe in MotherEarth's nurturing energy, feel for her stability and security,

Now invite a guide to join you, (perhaps a GrandMother, Mother, Sister, Angel, Spirit Animal) see yourselves very little the size of a pea standing at the entrance of your vagina,

Your guide will lead you down the dark path ahead of you for there is no light, only darkness,

You are both safe,

Get familiar with the path, feel the walls, smell the aroma, this is your sacred road,

Your guide will take you to an opening, a cavern of sorts and you are standing on the edge (lip) of your pelvic bowl. You are still in darkness, but there is just a soft hint of light,

It is time for you to get familiar with your landscape,

You will now turn to your left and walk the edge of your bowl,

Feel, sense and imagine what this landscape looks and feels like,

Perhaps it is smoothe, rough, jagged like cut glass, whatever it is do not judge it, simply witness it,

Make your way completely around the whole circumference. The landscape can change along the way,

When you come back to your starting point, take a few full deep breaths,

Now imagine, sense or feel yourself walking down a few inches towards the center of the bowl,

And turn to the left and walk around, notice the texture of the landscape here,

No need to do anything if you see anything, just walk around it, step over it whatever you need to do to make your way around to your starting point again,

Take a few deep breaths,

Now step further into the pelvic bowl,

Turn to the left and walk the circumference again, taking your time to imagine, feel and sense the landscape,

And make your way back to the starting point, and make your way back up to the rim of your bowl,

Now speak out loud to your sacred womb and state:

I call on the Spirit of Water to fill my Sacred Bowl,

I ask for this Water Spirit to cleanse what no longer serves me,

I surrender my woundings, my traumas, and my pains to the Great Water Spirit

Down to the Great Ocean where she will cleanse, and recycle these stagnant energies

Take a deep breath

Now witness your pelvic bowl filling with water,

The water starts to move in a clockwise rotation, picking up any unbalanced energies and debris,

Dislodging all that is stuck,

Imagine sense or feel the plug at the basin of your bowl being opened and the water starting to drain out,

All the debris has now been washed away!

Now speak out loud to your sacred womb and state:

I call on the Spirit of the Wind to swirl around my Sacred Bowl,

I ask for the Wind Spirit to sweep away all dust and debris of what no longer serves me,

I surrender my woundings, my traumas, and my pains to the Great Wind Spirit

Into the air that flows around the great Earth as it will bring in new energy and change,

Take a deep breath

All of the dust has now been swept away,

Now take a look around,
See what you see, feel what you feel, sense what you sense,

Now call on the Spirit of Light,
Ask the Spirit of Light to shine brightly and illuminate this sacred space,
Ask for the Spirit of Light to plant the seeds of your Creations and your own Light,
And witness the miracles of growth!

Take one more gaze into your sacred womb space,
Thank it for holding safe what was dark,
Thank it for releasing what no longer serves you,
Thank it for opening itself to new Life, new Creations,

Let it know you will come back to regularly check up on things,
Close the drain plug,
Sprinkle a little magic dust,
Put a smile on your face,

Follow your guide back out through the long dark tunnel (vagina)
Until you come back into your full Self,
Take a deep breath,

Feel your breath,
Feel your toes,
Feel your fingers,
Take your awareness to your tailbone,
Take another deep breath,

Bring your awareness back into your space, back into your heart

Come back to seated,

Take a sip of tea,

And journal your thoughts,

…

Take the palms of your hands to your sides facing down towards the Earth,

Inhale them up above the head palm facing palm in prayer hands,

Exhale them both down to your heart,

Thank all those who came and joined you in ceremony today,

Thank your guides,

Thank Blue Thunder Bird Woman

Thank yourself for taking the first step

Aho!

Carole Tetreault

To meet Carole is to have an encounter on a soul-to-soul level. Her training ground was life experience. It naturally directed her to spiritual coaching. “Be in the right relationship with yourself, with the world you perceive outside of yourself and the world within yourself.” Carole offers HEART—Honesty, Empowerment, Authenticity, Relatability, Transparency—in a sacred space, a brave space to have these life-transforming conversations. https://www.shineyourlight.ca/

6

Become One with Spirit to Heal Beyond Belief

Danielle Churchill



Spirit is within you. Healing myself started with creating balance between my mind, body, and spirit, clearing my energy, believing there was more I needed for healing on all levels and accepting myself as spiritual. Everyone is spiritual, but many live completely oblivious to this fact. Spirit is always there ready to help you heal. When you love yourself, clear your stuck energy, understand the language of your body, embrace your spirituality and reconnect to spirit, you open the door to healing beyond belief.

I'm here to help others accept and embrace their spirituality. I am here to help others let go of their pain. I'm here to help others heal themselves naturally for complete transformation and limitless goal-achieving potential. I'm here to help others understand their emotions, dance with their shadows, create emotional awareness and clear their stuck energy. I'm here to help others open their hearts to spirituality and every amazing opportunity that brings.

I wasn't always one with spirit. My life wasn't always one of love and light. My emotions weren't always so positive. It took many years of healing on all levels to get me to the confident, vibrant, emotionally in control woman I am now. You wouldn't recognize me if you saw me four years ago. I was over 200 lbs, ill-tempered, depressed, unhappy and in so much pain, physically, emotionally and spiritually, that it spilled into every other aspect of my life.

Healing myself wasn't easy. My spiritual difficulties, awareness challenges, negative habits, unhealthy mindset and ultimate success have always had a purpose. I believe I was always meant to help others awaken their spirituality through reconnection of self. There's not a doubt in my mind that my healing happened the way it did solely because I am meant to lead the way forward in natural, energy and spiritual healing. Your pain will end when you clear your stuck energy, naturally heal your body, and become one with spirit.

Losing Spirit

You see, my struggles with spirituality started when I was a child. I never truly lost my spirituality, but rather became disconnected when I lost connection to myself. I didn't become myself again until I found out why I became disconnected in the first place. That didn't happen until my spiritual pain was beyond tolerable and at its peak in adulthood.

My disconnect happened from my emotional overwhelm and empathic ability. The gift of knowing the emotions of others is not a gift when you can't control it. I didn't understand that I was feeling the emotions of others at such a young age, let alone how to manage them. Feeling the emotional energy around you can be quite overwhelming, especially as a child. When you're the only one who senses the emotions of others and are influenced by them, there's no one you can go to and ask for help. No one believed me. I became the black sheep of my family. I was alone, confused and overwhelmed.

This constant emotional overwhelm resulted in seemingly endless, deeply entangled emotional programming that still haunts me to this day. Eventually, my gift faded from my conscious mind, though not from my life. I continued to collect the emotional energy from others, unaware that they weren't my emotions. My pain had no identity. The pain I felt was not entirely my own. I grew up living in emotional overwhelm all day every day.

My life is an example of where so many people lose their spiritual connection through no fault of their own. Ignorance is not bliss, let me tell you. If I knew then what I know now, I'd have saved myself a lot of unnecessary hardships, misunderstandings, emotional overwhelm and pain. But then I wouldn't be here to help so many others avoid similar pain and disconnect, nor be able to share insight on the knowledge needed for understanding emotional overwhelm, conscious emotional control, spiritual reconnection and healing on all levels.

Being human, especially an empathic human is a never-ending struggle of self-awareness, emotional ups and downs and understanding the power your emotions have over you and your life. I'm still detangling, scrutinizing, healing from and determining where my emotions end and where others begin. The more I learn about healing with spirit, the greater my understanding and the better I can help heal the spiritual disconnect of this world.

Opening To Spirit



My journey continued long into adulthood where the emotions of others never ceased to unknowingly cause me pain. This emotional pain eventually morphed into physical pain that plagued me every day. Food, especially junk food, became my comfort, only making matters worse. The more pain I felt, the more junk I consumed and the bigger I got. All this of course resulted in even more pain, though I didn't know it at the time. I was in a never-ending cycle of making my pain worse. Eating is not the way to end pain unless of course, you're eating healthy foods, which I wasn't.

This ignorance toward my pain cycle continued until one day I woke up. I decided I didn't want to be in pain anymore and took charge of my

life. I found out what needed to be done and just did it. My inspiration took the form of natural and holistic healing. I dived right in and learned everything I could on how to naturally end my pain, both on a physical and emotional level. As it turns out, on a spiritual level too. I completely transformed myself in 9 months, losing over 90 lbs and doing an emotional 180-degree turn! What's my secret, you ask? I believe love is how I did it. I began to tell myself all day, every day how much I loved me and backed up those words with loving actions. Healing my heart through self-love was the second-best thing I ever did, my spiritual awakening being the first.

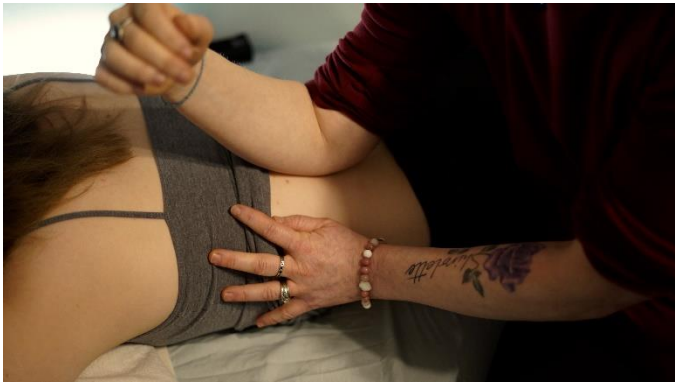
While I was healing my mind and body, little did I know I was also healing my spirit. I was detoxing my entire being from all the years of junk I'd eaten, the negativity I'd drowned myself in and emotions from others I'd collected. The more action I took, the better I felt. I was encouraged by all the positive results I was getting and continued to give it my all. My energy felt better than it ever had before. My determination to become the best version of myself kept me moving forward at an unbelievable rate. I learned to love myself and by doing so, I opened the door to spirit.

Reawakening Spirit

My healing never stopped. I was addicted to improving my health and letting go of my pain. My spirit became stronger every day. I learned my pain was largely due to emotional overwhelm that I'd trapped and piled up inside my body. My body was literally full of trapped emotions, though at the time, I still didn't realize how many of those emotions weren't even mine. I'd trapped them rather than dealt with them and my physical pain worsened every time my emotions flared up the energy trapped. Over time, as I learned how to release what I'd spent my lifetime avoiding, my pain began to ease, and my energy began to clear.

It was around this time I became interested in learning how to heal myself with energy. Learning energy healing transformed my life more than anything I'd done previously. It awakened my energy awareness, helped silence my busy mind, while also opening me up to several spiritual gifts - one of which was my empathic ability that I'd suppressed as a child. I learned I could detect energy within myself that didn't belong and how to remove it. Additionally, I could move all kinds of energy trapped within my body using my awareness and also balance my chakras. I learned how to use these gifts

to end my pain with results I can't even begin to describe. All I know for certain is my spirituality had something to do with it, though not exactly how.



Clearing my energy and balancing my chakras rewarded me in more ways than just one. I began to experiment with my family and learned I was able to touch their energy too. I could clear their energy to heal their energy for amazing results. I learned that stuck energy was behind pain. Healing the energy behind pain became my new passion. I was inspired to open my business, *Beyond Belief Mind and Body Healing* and to create my own energy healing therapy, *Rose Energy Deep Tissue Release*. My true love for healing was born when I used my energy to clear the energy of others. I learned to listen to my client's energy with my empathic ability to better help them understand the emotions behind their pain while I was releasing it. The more I used my healing gifts, the stronger they became. I kept seeing better and better pain-ending results and my clients were thrilled. The more I healed the energy behind my own blocks and those of my clients, the more I learned and could offer through my business.

Becoming one with spirit was paying off, and in more ways than one. When your energy flows without hindrance and your spirit is free, amazing synchronicities begin to line up for you. Several almost magical opportunities appeared in my life at this time. One such example was getting an unbelievable deal on a brand-new mattress because the used one we were going to buy never should have been an option to buy. These unexpected and surprising opportunities, experiences and benefits kept happening more and more. Coincidence? I don't believe so.

I needed only to embrace my spirituality consciously and knowingly to heal on all levels. It took me quite a while to fully accept my gifts for what they were, believe in them and accept myself as spiritual. Most of my family and friends didn't understand me or the changes I was making. There was lots of negativity about my spirituality and healing. It took me some time to stop caring what others thought of me and fully accept my spirituality for all it was - a gift.

My awakening of spirit changed my entire life. My unbelievable transformation - physically, emotionally, mentally and spiritually - became my inspiration to use my journey to help others. It inspired me to lead the way forward for others who wanted to heal but didn't know the way. I'd found my true passion and purpose - helping others reconnect on all levels through spiritual awareness, emotional maturity, body awareness and connecting to spirit.

Free Your Spirit, End Your Pain

Your spirit is an integral part of maintaining balance and harmony within you. Your spirit will help you heal and maintain balance when your energy remains free. Connect your body and spirit to help free your energy. You reconnect when you love yourself well, understand what your body is telling you and follow through with loving action. Your mind becomes connected when you release your limiting beliefs about spirituality, healing and yourself.

I can't begin to tell you how many blocks I had from limited thinking, negative emotions and not listening to the messages my body was giving me. The overwhelming emotions I had regarding my early years, myself, my relationships and my spirituality disconnected all parts of me from each other. This emotional overwhelm became trapped within my body, eventually resulting in physical pain.

The pain you feel is not just physical. Pain is stuck and entangled emotional, mental and/or spiritual energy within your body. Your emotions become trapped within your tissues, joints and organs when they're too overwhelming and/or difficult to process. The more you avoid, deny, suppress and run from your emotions, the more that energy will become stuck within your body and the more pain you will feel.

While stuck energy is the main reason you experience pain, there are other factors such as activity level, body movement, age, water intake, diet, mindset, weight, level of self care and/or amount of rest that also

need to be considered. Your pain becomes worse the more stuck energy you have, the more negative your mindset and the worse you take care of yourself. Ending your pain won't happen until you free your energy and stop trapping it to begin with. Once the stuck energy is gone, your spirit, mind and body can heal, and you'll start to feel better.

The trick is, how can you remove your stuck energy? There are several different ways to accomplish this, many of which you already know and are doing already. The more you take care of yourself and love yourself well, the less stuck energy you will have. There are also many options you probably don't know about and aren't doing. You should be aware these options may not bring the results you want as fast as you'd like to see them. This is largely due to the stuck energy also behind your pain. Additionally, these options work best together and may take years to produce your desired results, depending on how much time and effort you dedicate to them.

There is another way for those who don't want to wait years, who have a hard time processing their emotions and/or who don't want to put in the time commitment needed. This way is ideal for those who feel like they're doing everything right, but are still not getting their desired results and/or are having difficulty in moving their energy themselves. This way is also perfect for those who want a helping hand in ending their pain.

Release your emotional, mental, physical and spiritual blocks to end your pain with *Rose Energy Healing* or *Rose Energy Deep Tissue Release*. Your pain doesn't stand a chance! I use my own energy to clear yours - *entirely*. I do what I *love* for your highest benefit. In-person or over the phone, I will effectively remove all your stuck energy and/or energy entanglements and balance your chakras for guaranteed pain-ending results! This also includes foreign emotional energy for you empaths out there, resulting in more focus, less anxiety and better energy.

You didn't create all your energy blocks in one day, and it will take time to remove them. No two people are the same, and the same goes for stuck and entangled energy. How many sessions are needed to remove your painful energy blocks will vary depending on their size, volume and location within your body. How well you take care of yourself, your emotional awareness, your current state of health and how ready you are to let go of your emotional pain will also impact your results.

Understanding your emotions will go a long way to getting you the pain ending results you want. Your emotional energy will release much easier when you're not constantly feeding it. Your energy will heal much faster when you learn how to love yourself well and give your body what it needs. Your results will be unbelievable when you heal yourself naturally from all that you learn during your *Mind Body Spirit Reconnection Session*. This is a great addition to Rose Energy Healing and includes everything from my own healing journey together in an amazing transformational package that won't disappoint. Whatever your health ambitions, the knowledge, strategies, tools, emotional coaching, energy healing tips, inner child work and countless support from these sessions will get you there.

Rose Energy Healing or *Rose Energy Deep Tissue Release* is like nothing you've ever tried before! Everything is energy, including you. You are a spiritual being and are made up of energy. Emotions are also energy. It makes complete sense that energy is behind your pain.

Freeing your energy and loving yourself is how you reconnect your mind, body and spirit. Reconnecting on all levels and healing your body becomes easier when you free your energy. To free your energy, end your pain and create unbelievable transformation within yourself, trust your care with me. *Beyond Belief Mind and Body Healing* is your one-stop shop for all your natural, holistic, spiritual and energy healing needs! Embracing your road to healing on all levels will open the door to healing beyond belief.

Ways to Connect to Spirit

Connecting to yourself is how you awaken your spirituality. Disconnection to self has become an epidemic due to misinformation, untruths, limited thinking and misconceptions on health. Aside from freeing your energy, there are many ways you can reconnect with yourself and awaken the spirit within. I'll go over a few here, but you can learn all kinds of additional tips, tricks, tools and strategies within your *Mind Body Spirit Reconnection Session*. The more positive action you take, the faster your reconnection will be.

Open Your Mind. This is where you release all limiting beliefs and doubts. These include your negative emotions about yourself and everything you're capable of. By doing so, you release what's holding you back and accept your true limitlessness. Let go of limiting, outdated beliefs and create some new ones. Spirituality can be hard to accept and

even harder to embrace. Believe in yourself, believe in your spirituality, believe you can achieve anything you put your mind to and anything is possible. You are capable of achieving anything you can imagine, so dream big. Believe it and you *can* achieve it!

Focus Your Emotional Energy. Your emotions have the power to create and they have the power to destroy. Where your mind goes, your energy flows and the emotions you choose to focus on, along with their intensity, will determine what you bring into existence or take away. When you FEEL your positive emotions, you can actually direct that emotional energy toward whatever outcome you are hoping to create. The same goes with FEELING negative emotions and focusing on negative outcomes. When you focus on the negative, the energy produced will actually work against you and bring about negative results. Your emotions power everything about you, including your healing and your spirituality. Your energy is your choice, so choose to focus on the positive and energize your potential for positive outcomes. The more positive your focus, the clearer your energy will be.

Meditation. Creating mindfulness through meditation and deep breathing allows you to silence your mind, relax your body and heal. Meditation is the ultimate way to connect with your spirit, your body and your heart. There is no wrong way to meditate. It doesn't have to be a long drawn-out process. Spending as little 3-5 minutes several times throughout the course of your day is all you need to clear your mind and recharge your energy. Shorter meditations are actually more beneficial to your mindfulness, energy and focus than longer ones, especially when you're first starting out. You need to train your mind to stop thinking and that's much easier in short bursts than longer ones. Quieting your mind will actually save you on energy because thinking is a major energy drainer. The next time you feel tired or unfocused, rather than reaching for coffee, try meditating first to get the energy boost you're looking for. Make this a part of your daily routine and you may be amazed by your increased energy and focus.

Loving Yourself and Your Spirit. Love will set you free. Loving yourself well every day is crucial when it comes to healing your body and awakening your spirituality. Love is powerful. The more you love, especially yourself, the healthier you'll be. Your body needs loving care to keep you healthy. Give yourself patience as you learn to love yourself and your spirituality. The more you love the spirit within you,

the more connected in mind and body you'll be. The more connected you are, the clearer your energy is. Freeing your energy will set you free, and that starts with love. Your spirituality is like a seed. Water it every day with love and experience the magic spirituality brings into your life.

Understanding my emotions, learning the language of my body and listening to it, reconnecting to self and embracing my spirituality dramatically changed my life. I am the happiest I've ever been since losing my emotional and physical pain, unhealthy weight, stuck energy, limited thinking mindset, negativity and disconnection from self. Out of it all, I found my passion and purpose for helping heal the pain, emotional overwhelm and spiritual disconnect of others. I want nothing more than to share with everyone who will listen the amazing benefits of clear energy, reconnection to spirit and natural, holistic healing. I want to help the empaths of this world control their gift and not be consumed by it. Your energy is the key to living a pain-free, healthy life. I'm continually healing my energy and that of my clients, becoming more connected to myself and spirit every day. I am happy, hopeful and in love with life. The moral of my story is love yourself well, reconnect your mind and body, free your energy and renew your spiritual connection and anything is possible.

Danielle Churchill

Danielle Churchill is an intuitive, empath, natural holistic energy healer. Her spiritual journey has guided her to help lead the way forward so others may benefit from her struggles, missteps, and hardships to totally transform themselves on all levels. Her unique methods for spiritual healing will end your pain beyond belief!
https://beyondbeliefmindbodyhealing.com/

7

Awakening to a Path in Sound Healing

Lorraine Gachelin



JUMPING OFF THE WHEEL

Witnessing the synchronicity of life events can be mind-blowing. When we pay attention to "coincidental" moments that seem to happen at the right time or the right place, we know that magical information is crossing through our field to get our attention. The key is to trust that opportunities present themselves when the timing is right. We must then have the awareness to recognize it and trust the universe will take action. I have found that when I open myself up to acknowledging these messages and really pay attention, my path begins to announce itself and the puzzle pieces find their proper placement. Things just match up.

I begin my story by sharing some difficult experiences. Please know that I do not consider myself a victim. I am simply sharing a story of hardship from my recent past. We all have our own version of challenges in life. The importance is how we view them and eventually resolve them. As Divine beings, we come into this world with the

purpose of evolving. On a soul level, we all want to learn to open our hearts and graduate into higher versions of ourselves. These hardships are instrumental in the process. You must hit the floor before you can have the momentum and strength to push yourself into a higher realm.

It really isn't so far away; yet so much has happened since 2011. At the time I was a teacher and administrator in a private school. I had already worked there for most of my adult life and had dedicated myself to this beautiful community. Over the years and until the time I retired in 2020, I worked my way up into bigger and greater responsibilities and eventually became an executive director. I was very loyal and emotionally attached to my career in education as my mother had founded the school 30 years earlier. She had since retired and her name was a legacy within the community.

At about this time things began to shift. My mother had become physically fragile after a traumatic fall that broke several bones. However, she kept a positive attitude with regards to her healing process and became an inspiration to many. She had been an avid student of the martial arts and a few years after her fall, her body recovered and she became a teacher of Tai Chi back in her native country, France. She gave classes to local women seeking to expand on their wellbeing. She also expanded her own knowledge in energy healing, delving into Reiki, aromatherapy and the Tarot.

My father was also aging and having his own health problems, including an onset of memory loss. One night he fell and fractured his leg. After multiple surgeries, it was clear he would not fully recover and was constrained to a wheelchair for the rest of his life. Although this was devastating, it was an unexpected blessing. He wanted to remain independent and kept asking for the keys to his car. His memory loss was soon diagnosed as Alzheimer's, making his wheelchair a saving grace.

During this time of medical challenges with my parents, my sister had the opportunity to move to Mumbai, India with her husband and children for the next four years and I certainly didn't want her to second guess leaving town with concern for our father. I had previously lived overseas and understood the wonderful adventure that she and her family were offered.

So much was going on and over time it began to weigh on me. I transitioned into a routine that was no longer bringing joy into my life. I

was a divorced, single mom of two teens working overtime and feeling alone. As much as I loved my family and my job and wanted to exceed all expectations, this cycle was becoming a burden. This routine had become the proverbial hamster wheel that never seemed to end. Taking time for myself had become impossible. When I did escape, it was to catch up with friends over a bottle of wine. We would talk about our hardships, listen to each other and, without fail, kept the energy of these difficult times alive. It was a never-ending cycle. No wonder I felt drained and numb to my emotions. And through this time, it's amazing that I never really got sick other than the common cold or flu. But then, I just couldn't allow myself to get sick because there was always too much to do and too many people to take care of. On top of that, I couldn't allow myself a loving partnership with someone because my energy was tethered to my responsibilities.

In 2014, my mom passed away on a significant day in our family history. This was completely unexpected as she was diagnosed with stage four colorectal cancer and left us very quickly. Seven months later, my dad left us on the day of my parents' wedding anniversary, though they had been divorced for many years. To me, this timing was a sign of his everlasting love for her, and possibly why he never remarried. Moreover, my best friend with whom I shared trials and tribulations with was diagnosed with lung cancer. She had never smoked a day in her life. She passed in 2018.

As you can imagine, this heaviness, this sadness, was a lot to handle. When deep in despair, it's hard to see past the veil and feel hopeful. So, I kept on until I couldn't anymore.



THE POWER OF CHOICE

I finally realized and accepted that "I" needed to make a change in my life. It's all about our free will. We all have choices as human beings, whether it be circumstantial or emotional. A change needed to be made and it was time to live life with passion and find my purpose. I began to meditate each day and quit escaping with the wine bottle as it prevented me from facing my inner truth. I started small, with five or ten minutes of guided meditations each morning. Gradually, that time expanded to 20, 30 minutes or even longer. I began to hear, see and think beyond the veil. The veil of truth that had been blinding me from accessing my soul's voice. My heart was struggling to open as a wall had been shielding it from pain for so long.

Eventually, I began to realize that it was time to make a significant change in my career. I had been in the same environment for over twenty years. It was my familiar place, although I was changing inside. My energy and frequency were no longer aligned with the people I was working with. One evening before bed, I entered a meditative state and earnestly asked for guidance about my path. What am I to do that would give my life more meaning? How can I contribute to making our world a better place? What role am I supposed to play in this lifetime that will make a positive difference?

That same night, I experienced a lucid dream that would open a new direction for me. I was given the vision of opening a business for alternative healing. Here, people could reduce their levels of stress in a graceful, non-intrusive way. I was even given the business name of "My Chakra Center" with an iconic design that represented its mission.

I was astounded and in awe at the clarity of this message. It was not to be ignored but I really didn't know what to do with it. As I was a director at my current job, I assumed that I was to start a business and recruit practitioners to work for me. I was still seeking guidance, so I decided to reach out to a reputable intuitive at a holistic fair event in my area.

My dream was validated; however, I was then made to understand that I was to be not only the director and founder of My Chakra Center but also its first energy healing practitioner. I was now a student on a new path with a lot of work to do.

Having grown up in a very holistic and creative household, I was exposed to such things as homeopathy, aromatherapy, Tarot card readings, Aura photos, dowsing, color therapy, Crystal Reiki and breathing practices. Until then, I just didn't realize that I would turn alternative methods of healing into my own purpose in life.

INSPIRED TO PURSUE ENERGY HEALING

My love for metaphysical healing arts came from my family's bicultural upbringing in Dallas and in Paris. Imagine having a French "grandmère" who created her concoctions made of herbs to ward against illness. Her home sprinkled with crystals and shells collected from her travels. Personally designed Aztec and Mayan-inspired needlepoints adorned her walls. Handwritten notes on Carl Jung's philosophy filled her shelves.

My mother didn't fall far from her maternal tree, as her nomadic pulse took her from Paris to Germany, Mexico and then Texas, where she met my father – a wanderer himself, having travelled the world with the Merchant Marines as a young man while saving money for art school, and ultimately as a prominent syndicated cartoonist. My parents were both strong believers in following their passions and instilled this same belief in my sister and me.

It took me a long time to understand the importance of balancing work and life. I have a tendency to dive into what's in front of me with such passion that I risk losing my equilibrium. I finally found that with daily meditation and maintaining a feeling of gratitude towards all of life's experiences, the balance I needed gradually appeared to me. This clarity appeared as a lifting veil that had unknowingly clouded my vision for many, many years. Balance is always available – you simply have to learn how to recognize it. As a wise man once told me:

"If you have the attitude that life happens to you, you become the victim. When life happens for you, you benefit from life's lessons to grow and blossom."



WHY VIBRATIONAL SOUND THERAPY?

After receiving my Reiki Master level certificate, I felt driven to take my interest in energy healing further. I wasn't sure what that looked like although I knew I was curious and there was so much more to learn. My son was living in Colorado at the time with his own early life challenges, so I sought out a nearby workshop. A Vibrational Sound Therapy certification course happened to be available at the right time in the right place. As it turns out, I entered the world of sound healing and soon realized the impact it would have on my journey and eventually the creation of My Chakra Center. This synchronicity put me on an incredible new path that opened my eyes to a powerful ancient form of healing.

In 2018, I arrived in Evergreen, Colorado excited to meet other students and learn about the secrets of sound healing. The classroom was filled with hundreds of bowls in all sizes waiting to be explored. Some were very small and fit on the palm of your hand. Others were so large you could sit in them for a massive sound experience. During the training, students became familiar with the bowls, their sounds and frequencies. I remember a special moment when all students struck the bowls simultaneously and the frequencies sounded like angels singing. It was incredible and I was so grateful to be a part of the magic. Energy emanating from the bowls is alive and works with the practitioner to provide the entrainment of frequencies necessary for healing. It is quite reverent and humbling.

The bowls used for sound healing are therapeutically designed to carry higher vibrations than the normal singing bowl found in gift shops. When placed on the body – which consists of an average of 66% water

– the vibrations ripple as it does when a pebble is thrown into a pond. These ripples continue for about 72 hours, keeping the healing process active.

This dynamic is called Cymatics – or the visual representation of sound – which can be demonstrated by the movement of sand on a platter when activated by frequency. I urge you to search for "vibrations and sacred geometry" and watch videos that show this phenomenon. When a certain vibrational frequency is reached, the sand automatically forms a geometrical design. As the frequency rises, the design adapts to it and a new geometrical form is created. These forms are referred to as sacred geometric patterns and can be found around the world at ancient civilization sites, including Egypt's pyramids. Over the course of history, they've appeared as crop circle images or been discovered by archeologists seeking for clues to better understand our planet and its inhabitants. It has also been suggested that the pyramids of ancient Egypt were used as vibrational sound chambers for healing. This notion helps to bridge the idea that we energetically respond to vibrational energy.

My Chakra Center, My Purpose

My Chakra Center is all about energetic healing on the physical, emotional and spiritual levels. I believe that these aspects interweave and affect each other. I offer Vibrational Sound Therapy, Reiki, Chakra Balancing, The Emotion Code, The Body Code and Siwa Murti, a Balinese energy healing modality, to boost the body's innate healing mechanisms, which reintroduce equilibrium to the system. I also offer intuitive drawings, which I call my "SoulArt" drawings for clients. They are channeled information represented in the form symbols, colors and sometimes words that are meant to provide clarity and validation to a situation or intention for the client.

Through my services, I really want to empower my clients to better understand themselves and their energy levels. The chakra system acts as a messenger, communicating the status of our energy - whether we are in a good space or a space that needs clearing and balance. Knowledge is power, so if a person can understand their energy centers, they are better equipped to manage them.

I officially opened my business in 2020 during the COVID pandemic. Prior to that, I was working a full-time job so on days off or weekends, I would meet with My Chakra Center's clients at my home office. Once I

moved on from educational administration, I focused all my time building My Chakra Center's healing business and moved into a commercial space in Dallas, establishing my LLC in 2020. Yet I had already begun the process of creating and developing my practice years earlier.



A VERY SIMPLIFIED EXPLANATION OF HOW ENERGY WORKS

We are all made up of energy. 99% of us is just that – energy. We are less than 1% matter. Can you imagine that? As our energy is not static, it moves or bounces around. It also has the ability to adapt to different vibrational frequencies. Higher frequencies are activated by positive emotions, such as love, gratitude and joy. Lower frequencies are activated by negative emotions, or those that don't feel good, such as fear, anxiety, depression and sadness. Following this logic, it could be understood that when our negative emotions are not processed and released, they lower the frequencies in our body until they become stagnant, get dense, and eventually manifest as dis-ease. I would imagine that this could be seen in the form of tumors, cysts, illnesses, lowered immune system and so on. Louise Hay, among many other spiritual teachers, explain that the body manifests what the mind creates what our emotions resonate with.

Now, let's get back to the idea of Cymatics and imagine that every cell in our body is represented as a grain of sand. By placing the vibrational bowls directly on the body, striking them and letting the vibrations flow, the water in the body begins to ripple and those cells align to that frequency's sacred geometry. They are entrained into the highest frequency – for their best and highest good.

"Our body is a perfect transmitter of vibration…. Nerve bundles in our spine transmit vibrational sensory data to brain stem and limbic system (our emotional processing center). Placing the bowls directly on the body significantly increases their effectiveness. The bowls vibrate at the frequency of perfection… their sound entrains us into health by entraining our energetic system to resonate with them in their perfection." ~ an excerpt from Diane Mandle's article, published in "Unlocking the Ancient Secret to Healing" by Gail Lynn

Spreading the Healing

Does the vibrational frequency break up the stagnant or dis-eased energy and therefore entrain it to a higher resonance, aligning with the healthy cells in the body?

In line with what the above quote indicates, I've seen signs that this can be the case, keeping in mind that there is a difference between "Healing", which means becoming whole, and "Curing", which is the elimination of all evidence of disease. Sometimes these can both happen for a client although I believe that we don't always understand the bigger picture and the journey our soul is supposed to experience during this lifetime. What I do know is that my clients improve their health and state of well-being when they receive on-body Vibrational Sound sessions. One client was declared cancer-free by their doctor after working through a combination of conventional medicine and Vibrational Sound Healing. Another is living a full and vibrant life beyond what the doctors had originally anticipated. Many clients experience lessened stress levels in their body and achieve emotional healing. Some use these sessions to tap into an inner awareness and spiritual growth. Regardless of the personal experience, healing is the connecting factor in all instances.

Tommy's Story

One of early clients was a young nine-year-old boy named Tommy.

Tommy is the son of a very close friend, Isabelle. She reached out to me one day in 2018 to share some devastating news. Tommy was diagnosed with cancer in the brain and the vertebrae. As is the typical process, he spent the next two years in and out of the hospital being treated with chemotherapy and radiation. His parents and sisters were incredible and kept the warrior spirit high. A big group of friends rallied for Tommy's recovery, wearing red "Team Tommy" bracelets, visiting

him, showing love, sharing amusing stories and applauding him for his grit as he worked towards his healing. Finally, after a couple years, he was in remission. He could go back to school and re-integrate into his friend group.

Months later, Isabelle took Tommy for his routine check-up looking for another thumbs up from the medical team. What was said at this MRI session awakened everybody's worse fear. The cancer had returned and the prognosis did not look good.

Isabelle reached out to me in full despair. I suggested that she bring him in for weekly Vibrational Sound sessions. Let's see if that can make a dent in this ugly disease. Let's see if we can break up the incoherent energy. Tommy had an MRI planned in three weeks to prepare for radiation during this stage of palliative care. As planned, I saw my young client weekly and gave him a combination of Vibrational Sound healing and Reiki. He then went to his MRI and the doctors appeared baffled when his images showed a decrease in his tumor by 50%. His session was then rescheduled for three weeks later. Isabelle continued to bring Tommy in for his energy healing session each week until the next MRI. The news that followed was astounding. The doctors said that they must have misread the tumor for scar tissue. There was nothing there.

I truly believe that the vibrational sound frequency sessions helped to break up the stagnant energy; although there was another component that was a big part of the equation. Love. Tommy's family and friends had showered him with love, laughs and a warrior mentality. He would conquer. Tommy believed them all. There was no doubt that he was to heal.

It's now been over three years since Tommy was proclaimed cancer-free by his doctors. He is a 9th grade student living a life of schoolwork, family travel and Tai Chi classes. He is thriving. I can only imagine that this experience and the support system he had around him will serve him well in his adult life. I am sure that this young man has a greater purpose and will share that with the world in his own way.

LOVE ENERGY HEALS

Studies show that the horse's "heart field" is dominant when interacting with a human they know. In most cases, the heart rate variation between the two becomes coherent or matched over time, with the

horse's heart leading a person's heart rate. Hence, horses support a harmonious state of being. When humans and horses interact, stress and anxiety levels lower.

If a horse's heart can be so powerful, can we follow their example and consciously be healers of the heart? This certainly played a strong part in Tommy's healing.

Can our feelings of love, compassion, joy, and gratitude entrain those around us? As these feelings resonate at a higher frequency, they naturally lift feelings of fear, pain, sadness and anger. There is no secret as to why Global Meditation groups are so significant to healing for our planet.

In Closing

It is an honor to work with individuals who accompany their health and wellness routines with energy medicine. Gentle, compassionate and loving energy allows for positive outcomes. When your body feels rested as a result of a sound healing session, it can focus on what it is naturally designed to do: organically heal on a physical, emotional and spiritual level.

I am passionate about what I do. I love my clients and I love my community. Nothing brings me greater joy than to know that someone has benefited from the knowledge they've gained while visiting me for a session. I have conversations with my clients and offer them a free consultation during their first visit so that we can get to know each other a bit. I'm always available to answer questions because I sincerely want them to progress in the right direction - all for their best and highest good. Also, as an additional support to My Chakra Center's community, I have a MicroMeditation series on my YouTube channel, offering short daily chakra meditation practices. After all, devoting a few minutes each day to your own wellbeing is an act of kindness to your soul!

Lorraine Gachelin

mychakracenter.com

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The Many Paths to the Light

Geraldine Lo Monaco



The beginning of it all

I could not imagine that my Dad's sudden passing of a brain aneurysm in front of my eyes would have shaped me into the woman I am today. I was just 27 years old.

I could not imagine that the strong hunch - an unrelenting pull- that I had within to fly back home two weeks before would have been the catalyst for my spiritual journey.

I could not imagine then what I know now to be true.

Coincidence? Maybe, some would say. But, back then, I sensed it was not the case.

When I was about three years old, despite her knee pain, my Nonna used to sit me on her lap. I remember the first time I put my hands on her knees, instinctively knowing what to do.

I knew that if I moved my hands in a certain way, the inflammation and the pain would dissipate. I was right.

I simply followed a hologram in my mind of the healing pattern.

This process was very natural to me and, in time, I learned how to grab information from it.

A sense of incompleteness pervaded my existence in the first part of my life. And it was a very uncomfortable feeling. I constantly traveled, looking for the missing piece.

My Buddhist practice helped me realize that I couldn't find that missing piece around me since it resided not without but within my own self – the truth is, we don't even need to look for it, as the revelation will come under the right circumstances. Every moment is potentially the right one.

In my case, the revelation arrived in the second part of my life. The missing piece was recognizing myself as the healer I was born to be.

I never imagined I could do this for a living since I had not been trained in energy work, and my rational mind could not pinpoint how I could do it and how people could benefit from it.

It took me a long time to introduce myself as a healer, and despite being told by my spiritual guides through a medium that I was a natural-born healer, I still couldn't entirely make sense of this gift. I started to train in the hope that it would bring me clarity and insight into this new and fascinating world.

With a child-like curiosity, I slowly started to perceive the interconnectedness between all living beings and the realization that human beings are part of a larger fabric of coexistence, not isolated entities.

According to the Buddhist concept of dependent origination, the nature of individuals or events can be understood correctly only in connection with all others, "because this exists, so does that; because that exists, so does this."

When we do not feel connected to the larger fabric of life, a sense of hostility and apathy pervades our being, creating separation and disbelief in ourselves.

My practice

In my practice, I run more than fifteen hundred healing sessions annually, and all my clients have a common denominator - they all want to find or maintain health and happiness.

About half of my clients come to me to correct an imbalance – primarily related to their emotional body – that causes the manifestation of illness in their physical or mental bodies. Traumas or unprocessed negative emotions, in time, can cause imbalance, misalignment, and disconnection in the body, severely reducing life quality.

The other half of my clients come to me to prevent illness, maintain a satisfactory quality of life, and open their minds to a more subtle reality where all humans are connected to each other and the Light Source.

True healing begins when you start to let go of expectations of what should be and embrace what it is. It comes from a place of awareness that the Now moment is all that matters as it contains millions of possibilities of transformation.

Disease in the physical body or misalignment in the emotional and mental field is constantly shown on my mind screen as "clouds" of various natures, densities, colors, and shapes. With time, I have learned to decode their message and the deeper meaning of their appearance.

All the elements out of alignment in the physical, emotional and mental place are first formed at the energetic field level and - if not addressed- become manifested into a physical reality.

Following my intuition

One day in the mid of April 2022, I woke up with the same hunch that propelled me back to Italy right before my dad passed away. I knew something would happen on May 1st.

Again, I followed my instinct and flew back to Italy. That hunch graced me with the immense gift of being with my mom when she passed away from a massive heart attack a couple of days later. But this time, thanks to my path as a healer, I had the tool to reject the common concept of death that caused me two years of emotional numbness after my father's passing.

I knew that death is a process of transmutation and regeneration. So, I have been working on myself to release those protections that froze my

emotions to raise my vibrational frequency and elevate my soul. That was my way of connecting with my mom.

One day, right after her function, I woke up with a potent yet elegant feeling of joy that permeated my entire being. And the firm belief that the connection with my mom I was looking for was just complete.

The two experiences with my parents' passing taught me one of the most important lessons we can learn: it's never the event that determines our emotional reaction but our perspective.

I'm still growing and understanding the matrix of life and why things happen, knowing that everything happens for a reason. When we are ready, the reason will be revealed.

What I have learned down the road

Ways to "tune in"



For most of us, life isn't designed to help us hear our inner voice easily. Not only are we inundated with messages from our devices and the media, but many of us are also taught from a young age that what we think and feel is wrong. We are taught to temper our natural ways in order to fit into our social systems. We are taught to follow rules, and in doing so, we too often sacrifice our connection to our inner voice.

Returning to your intuition is simply returning to your natural senses before you were taught to be "normal". It is connecting to the primal, wild part of you.

- Meditate or simply be silent. Focus your attention back inward.
- Pay attention to your body. It's through the body that we can feel our intuition.
- Practice saying no. If you're unaccustomed to saying no, it may be difficult to notice.
- Be willing to surrender. The truth is, sometimes your intuition will tell you to do things you don't necessarily want to do

Intuition vs Imagination

According to the dictionary, Intuition is "an ability to understand or know something immediately based on your feelings rather than facts".

It is the ability to harvest information that is presented to us in a non-physical form but it also shows up in a physical form as well. It is "the state of being aware or knowing something without having to discover or perceive it".

Intuition makes contact through the sensory mind and not the thinking mind. It is through the right side of the brain that comes forward.

Intuition will always seem and feel like your imagination.

Imagination is the voice and wavelength of non-physical information. Imagination, from the dictionary, actually means "the ability to form images and ideas in the mind, especially of things never seen or experienced directly".

Albert Einstein had an observation about imagination *"The true sign of intelligence is not knowledge but imagination".*

Ways to develop your own spiritual connection

All of us have the capacity to connect with higher realms. In fact, our psychic senses such as our intuitions and gut feelings are a birthright that we bring into this life.

Many of us can tune into the energies of people, places, objects or situations that have already happened or are about to happen even if the future is never set in stone because we always have free will.

In order to Tune In, we have to Tune Out the outside world and begin to notice the subtle feelings and the sensations deep inside that we might not have noticed were there.

Each of us may have a combination of these spirit guides watching over us and protecting us. All we have to do is ask for their help, and to look for the signs of their presence, which can manifest in so many different ways: dreams, feeling warmth, actual visions or voices etc.

Meditation and prayer can be hugely influential for connecting with our innate psychic abilities and calling high vibrational spiritual guides into our space. Always remember though to expect the Unexpected in how your prayers might be answered.

Three simple ways to connect with your spiritual guides



Ask clearly

Our spirit guides can guide us with anything from finding a car park to healing a broken heart, from experiencing more joy to finding the right job. No request is too big or too small, too specific or too broad. But because we live in a world of free will, in order for them to step in, first we must ask.

Ask for a sign

Pick a particular object that you want to receive as a way of communicating with your guides. It could be anything from a symbol like a star or a red rose. Or just for an equivocal sign of their presence.

Be unattached to the outcome

The moment we let go of what we think the experience should look like (e.g. should I see them or hear them, should I receive their guidance in my mind's eye or through another person?), the more our relationship with the guides deepens. Let go of how or whom your mind thinks they should be and open yourself up to receiving their guidance in ways beyond your expectations.

The foundation of abundance is gratitude for what we already have

Nikola Tesla (1856-1943), the Serbian-American inventor, engineer, physicist, and futurist who understood that everything is energy, once said *"If you wish to understand the Universe, think in terms of energy, frequency, and vibration."*

When our mind opens to a completely different way of perceiving the world, we start seeing it as energy, frequency, and vibration.

Tesla understood that we must match the frequency of what we desire to manifest it into our existence. For instance, if we concentrate on thoughts and emotions of love, we increase our vibrational frequency and attract more love into our lives.

You might have noticed that the saying 'Ask, and it is given" does not always work.

Unfortunately, asking is not enough because our voice vibration cannot reach the frequency needed to be heard.

So, what can we do? We need enlightenment and alignment to higher frequencies to be heard.

Love and gratitude are the highest vibrations we can experience. Love is more connected to our spiritual body; therefore, we have little control over it. Gratitude instead stems from our mental body, so we can train to generate that specific frequency that will allow us to reach the level of alignment and enlightenment we need for our desires to be heard.

It's good to feel gratitude for the love of your kids, friends, or partner but be it known that the smaller you go, the higher and quicker your enlightenment. In other words, feel gratitude for any small thing that is already part of your life or an aspect of yourself or your life you like.

Be persistent in this training, and rest assured that magic is just around the corner.

Practical Vademecum

1. Never think you can't do it. You can and you will.
2. Your physical, emotional, and mental body vibrates according to how you feel, think, believe, and act. If you don't believe it you can do it, then "fake it until you make it", as you build up your energetic frequency to match your desire.
3. Don't be discouraged if things don't work out.
4. Many times you will fall, but you will rise back up. It is the nature of things. Not giving up is winning over yourself, so sit back and enjoy the ride.
5. You are responsible for your own life; nobody else is.
6. Change yourself first, and your environment will change. Everything starts with you. When your inner determination changes, everything transforms around you.
7. In truth there is life.
8. Be true to yourself and have the courage to step out of your comfort zone, even if it might be difficult.
9. In the end, you will thank yourself for being able to take that leap of faith into something greater than expected.
10. Be grateful for the things you have and the ones you don't have.
11. Sometimes in the greater scheme of things, what you don't have might be a hidden blessing.
12. The destination is not the joy. Joy is the destination.
13. The soul is embedded in the human being to experience joy.
14. We are here on earth to create and to find joy in the creation.
15. Make no assumption, no judgment, no expectations.
16. Live one day at the time with an eye on the horizon. Miracles happen when you're open to the unexpected.
17. Don't take yourself too seriously, have a sense of humor, and laugh it off.
18. Laughter strengthens the immune system, stimulates your heart, lungs, and muscles, increases endorphins, boosts your mood, and relieves you from stress and anxiety. And it is contagious too!
19. Just let go.

20. Let go of your ideas on how your life should be and embrace the life that is unfolding in front of you.
21. Love yourself above everything.
22. Accept where and who you are now as perfect in your imperfections. It is in your own inner hearth that healing begins as love is the most healing agent of all.

It is in that love that you will find your true Self.

The one Self which is omnipresent and all-pervading, which will raise your consciousness and transform your life.

There are as many paths to the Light as humans on Mother Earth.

Find your path, and follow it to the joy and abundance that is here for you.

Geraldine Monaco

Geraldine is a gifted award-winning energy healer, medical intuitive, spiritual counselor, and momma.

Her strength is assisting her clients in raising their frequencies to align with their true desires and life path harmoniously.

Her individualized services empower people to bring back their physical, emotional, mental, and spiritual health — all in a state of joyful creation. https://biofieldmedical.com/

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Bridging Your Higher Self Connection

Zara Starchild



In Bridging with the light of our higher consciousness, one of the foundational truths to embrace, is that, you are already in the oneness of your connection with your light and higher consciousness. So, when we speak of connecting with your higher self we are only referencing your awareness, to be placed upon the Higher Self-connection, that you already possess. Do you see how this slight shift of perception already increases your awareness of your connection? Your next steps are then, to relax into this ever-present connection of your oneness with your soul, your higher self and your holy divine presence.

This journey is not about striving to get somewhere or to accomplish something. This journey is about relaxing into the connection that already exists.

Join us now in a quick mind play if you will.

Imagine yourself floating in a calm lake on a beautiful warm day. The water is the perfect temperature. Your ears are underwater so all the

sound is muffled. Imagine this for yourself now, see if you can bring forth the sense memory of this experience.

Remaining floating on the lake surface, close your eyes here and allow your awareness to drift into the water that surrounds you and holds you like a buoy on its surface. Allow yourself to feel fully relaxed and absolutely safe here. The deeper you go with this mind play the richer your experience of it will be.

Scanning with your awareness the water all around you holding you, embracing you. Next, bring the sky itself into your awareness. Do not imagine the sky as something up there and far away, but as a presence, a field of space which is all about you, extending all the way down to kiss the surface of the lake and wind itself through the trees. Spend time moving your awareness into the water behind and below you and then through sky above you and around you.

Holding your awareness within the water, sense your body floating.

Holding your awareness within the air and sky, sense your body floating and the surface of your skin pressed against the sky.

It is not often that we imagine ourselves included within the landscape. We are not separate from the space around us but moving through or encompassed within, the space that contains us. Most of us move through this world imagining that we are separate. The Sky is up there, the ground is down there, all of the things I see are over there. When we train our mind to focus on the space between the object, on the space between ourselves and the other, we begin to have the very subtle experience of this field of energy that surrounds, encompasses and contains all things. We start to feel that we are part of that space, that field, and that oneness. The more we play with this idea, the more our consciousness will begin to shift into realizing our inherent connection with everything through this field.

We invite you to take time to move through the above journey with your mind now. Spend as much time as you like playing with moving your conscious awareness in the space all around you, imagining water and air. Come back to this practice when you are out in the world doing your thing, weave your mind through the space around you and your connection to all the objects through this space.

In this practice, you are beginning to bridge your awareness to the fundamental truth of your oneness and your physical body's connection to your environment. Your physical body always has a physical connection to its environment. When you bring your awareness into that connection that already exists, you bridge a conscious connection to your physical environment. From this level you can interpret the data within the physical environment, you can feel the temperature, taste the food, hear the faintest of sounds off in the distance. It is through placing your awareness on the connection that you already have with your environment that you process the information within that environment.

There is a similar process with connecting to your higher self. The light of your higher self illuminates your consciousness with new ideas, new perceptions, new ways of thinking so that you can learn, grow and make different choices that would lead you on a more graceful and fulfilling life path. How do we make this, create this bridge to the connection we already have? There are many methods.

An easy one is to call the connection forth in your mind with your voice. Simply state out loud, "I call on my Higher Self to bridge with me now." Speak it 3 times. Now just as you have done with the floating in the lake exercise, place your awareness into your field. Close your eyes. Move your awareness into the space behind your body and below your body, in front and around your body. Start with a mere 3 inches. Then scan the room or space you are in with your awareness, relax into it, it helps to close your eyes imagine feeling into the space as if it were totally dark. Listen with all your senses into this space around your body.

When you are ready, come back and write a question in your journal to your higher self and allow whatever words wish to flow through you to be written on the page. A great question to ask your higher self is "What is it I need to know now?" Or "What is it I need to know about….. now." Then follow with "What is the highest for me to do now?" Or "What is the highest thing for me to do about……?"

Greetings, Beloved Reader. My name is Zara Starchild and the above was written through connection with my Sirian higher self. As, I Am ever expanding into living in the current of this higher self state of awareness, I still struggled to write these pages. For several weeks, the due date for the pages loomed over my head as I tried to think of what I wanted to say, what you might want to read. I have studied and mastered so much along this spiraling spiritual path. Still, the younger

parts of my being believe that we must do it all ourselves and then lament “I don’t know how!!!” This happens whenever we are approaching the next learning, the next stretch, the next growth. I am grateful for the impulse within that asserts, “Do it anyway!”

Many attempts to write this text were digitally crumpled and tossed with precision into the recycle bin. Through a force of will, I made myself sit tonight, establish connection with my higher self, and ask… “What wishes to come through me?” Suddenly the daunting task was easy.

Energy. Vibration. Frequency. The Art of Healing. It is all one.

What wishes to come through me now is a bridge of light from my heart to yours. A nod, a bow, a Namaste as an acknowledgement of the divinity within you. As I know from my own experience that we are all already inherently connected to our higher selves, I know too, that you and I are already connected. Through this thread of energy, this thought pulse that is vibration, written in word on a screen of light, transmitted through space by electrical impulses, received and translated back to words, and then sent out into the world like a message in a bottle to be picked up by you, and received into your mind like an illumined kiss, right on your beautiful third eye. Hi, buddy.

The Art of Healing is the Art of Awakening. Awakening is a form of remembering who you truly are as powerful being of light and consciousness but that my friend, is only the beginning.

Consider the idea that in order to come to the earth plane a soul must agree to pass through the veil of forgetting. Within this veil, we are identified with our physical body.

Most of the world holds some variation of the common misbelief that when you’re born your soul enters your body and when you die, your soul leaves the body. This is a dramatic oversimplification of our spiritual embodiment here on Earth.

What I’ve discovered through my own experience is that our soul and our spirit is so big, so vast, so powerful that it couldn’t possibly all fit within our physical bodies. What is closer to the truth rather, is that our physical body actually exists within the lightbody of our soul and spirit.

Our souls have a point of awareness within our physical body for the purpose of experiencing physical reality and the physical senses. But that's not all. Our soul and spirit have unlimited points of awareness outside of our physical body and outside of our physical senses. By placing our personal awareness outside of our physical body and moving our consciousness into the field of our soul and spiritual body, we begin to tap into this unlimited resource of knowledge that our own soul has access to. Our brains often interpret this "soul's knowing" as guidance and intuition as this data is received from our non-physical senses.

Take a moment with me, right now if you will, and contemplate. Feel into each of these two belief systems. Spend a few moments with each one.

One: Your soul lives inside your physical body. Feel into the soul energy within your physical body.

Two: Your physical body lives inside your soul's body. Feel into the soul energy far beyond your physical body.

Which of these feels more expansive to you? More liberating? More powerful?

Can you see how when you put the soul "inside the physical body" it creates your mind to feel small, separate and limited in its containment by the physical body?

When you place your physical body inside your soul body, you immediately begin to see yourself differently. There is greater power here, greater freedom, greater connection, the ability to expand and travel. Perhaps, there is some excitement in regards to what you might do with this soul body, no longer limited by the imagined confines of matter.

I'm certain that there is an even greater expansion of this concept than my own experience has led me to understand. This one tiny shift in our thinking, however, unlocks an entirely new universe within our being.

Energy, frequency, vibration and the art of healing, these are all stepping stones upon our path of enlightenment. So many of us believe that we will never reach enlightenment in this lifetime. We have been told that enlightenment is a goal to attain after many lifetimes of dedicated study, aestheticism and reaching. This is another false belief

in our human collective's consciousness. Enlightenment is merely the act of bringing the light of consciousness to that which is unconscious within us. It is a journey, an evolution of our consciousness, not a destination. Simply understanding enlightenment differently allows each of us to achieve enlightenment over and over again in our present lives.

I opened True Light Academy and Healing Center in December of 2012 and we held our opening ceremony with the local lightworkers of our area in January 2013, grounding a pillar of light through the meditation space and community. After decades of study, practice and personal healing and growth, I was finally ready to sign a lease and put up a placard.

From this beautiful temple healing space we taught classes on healing, chakras, meditation and higher self-connection. Yearly we ran our favorite 9-month course in Awakening Your Lightbody. Awakening Your Lightbody was the foundational course that led to the opening of all of my gifts today. You see, I wasn't born with psychic or healing abilities. I had a strong sense of guidance and a deep calling that I couldn't articulate but no conscious connection to my higher self or extra sensory perceptions. This course brought me very safely and systematically through the opening of higher vibrational energy centers in my energy field. Once these centers opened, my awareness was led to higher and higher levels of understanding of myself, in this body on earth, and of my soul and spiritual bodies. Our spiritual lightbodies have a LOT more information to share with us about our lives than our physical senses could ever pick up.

Because this course had such a profound influence on my own awakening journey, there is a great calling from within me to share it with others. It is a path I have taken. I know it to be safe and effective processes toward spiritual self-mastery. Each year, I am so deeply honored to guide and hold each new group of students through their own experience of awakening their light bodies and gaining greater self-mastery in their lives.

So, what is it like, to live in your lightbody, in connection with your higher self? Imagine a great sense of vitality, well-being and optimism in your body. Imagine being able to discern that the emotions you may be feeling are not actually coming from you, but from those around you. Imagine not trying to change anyone, allowing them to be free, to be themselves, because you know how to create the change inside of

yourself to create your own happiness. Imagine a minor crisis situation and right before waking in the morning, the answer for the issue just drops into your mind as if spoken by a future you. Imagine acting on that information and experiencing for yourself the dramatic positive shifts in your situation. Living with an Awakened Lightbody is like trading in your beat up old Ford Escort for a brand new Mercedes Benz – Life is a smoother ride.

What does it take to build this bridge to your higher self? I invite you to imagine a small child learning to walk. Realize how much concentration that toddler has to hold, just to get their feet to step out in front of them, balance and hold their weight. There is a great deal of practice, in standing up, and falling down. Much of that serves to build the muscles in the legs to hold its own weight. It is like this whenever we are learning new things. It takes many attempts, much practice, to build a new neuropathway in our brain for the new activity to become automated. Once the pathway is made though, the child can walk without thinking about it. If you wish to move from the living room to the kitchen now, you merely hold the intention to go to the kitchen in your mind. Your body stands on autopilot and simply walks to the kitchen without any thought of placing your feet and maintaining your balance.

The same goes for building the bridge with your Higher Self. As you practice moving your consciousness into your soul-body and coming back again, you are building this neuropathway in your brain to begin to translate the energy of your Soul and Higher Self into an expression of word, feeling or knowing that will assist to guide your journey here. It becomes easier and easier, eventually your Higher Self connection is on autopilot. It's not occult or metaphysical, it's quantum. Our Soul's exist beyond time and space.

It isn't rocket science, there are simple techniques anyone can use to build a greater connection to your Higher Self states of consciousness. All it takes is an interest, and some dedication to creating this greater relationship to your own spirit in your life.

Your Higher Self is aware of your soul's plan for your life. In a way, it holds a map of your highest life path potentials in experiencing more joy, more love, more peace, more fulfillment, greater prosperity friendships and health. Even when you are not consciously connecting to your Higher Self, it nudges you towards who are supposed to meet, your next area of growth and evolution, this text, your next teacher, job

offer or insight for healing. It is only when we don't listen, don't heed this guidance, think we know better, don't feel like it, allow fear to get in the way that we block our Higher Self connection, experience a contraction in our energy field, resulting with a stuck feeling in our lives.

In my private practice, I help those who feel stuck and those who are longing to go to the next level. People find me when they are ready to move through their present learning, get unstuck, and get back into the flow of their own soul's orchestrated evolution, towards their heart's fulfillment. Knowing that your evolution and growth is a spiral journey helps with the mind's impatience that it should all be happening, changing and manifesting – NOW. That is why we mentioned in the beginning of this text that there is no destination to get to. This journey of your own enlightenment is ever unfolding. It never ends. There is no destination. Once you've achieved that thing that you want, let's say a greater sense of inner peace, for example, now you have it. You've been living it for a while, and everything is great. Then, because you've mastered inner peace within yourself, within your own energy field, the game board changes and suddenly there is the next challenge for your expansion, which could be maintaining your inner peace in a relationship with your beloved while living with your in laws.

The Universe doesn't switch it up just to make life hard, your Higher Self, knows how amazing you are, how powerful you are, and these challenges are created to continue trying to stretch us beyond what we think our limitations are. Think of that baby taking its first steps, it masters two or four steps on its own, then the teacher extends the distance from the landing pad to the outstretched hands creating the baby to maintain its balance for further and further distances. This is how our spiritual journey of growth works. Once you've achieved your first destination, the next one appears on the horizon of your life. If you are waiting for all those destinations, achievements or possessions for your happiness, your happiness will be placed on hold for a very very long time. We must cultivate our happiness within the journey of our lives, within our imperfection, within our incompleteness.

When we come together for a Violet Alchemy Healing® session, we would ask you, what it the most important thing that you are working on shifting right now. My job as a healer is to listen. To listen with all the fiber of my being. To listen to what is not being said. To listen to what is. To listen with not only my ears but also with my body. To

listen and to get out of the way. I work in attunement with my Higher Self as well as with a team of Ascended Masters, Mothers, guides, and angels. It's endlessly fascinating to me how the guides drive the healing session. It's almost as if I'm a passenger and I'm watching the orchestration of what energies need to be cleared, what highlighted memories are running in the background of the consciousness, how simply returning to events in our past now as an adult can shift our whole understanding of what has happened, and instant healing can occur.

Based upon your intentions in a session we would look to clear the energy of your past lives, traumas, vows, promises, and belief systems that were made based upon those past experiences. We invite in, your Higher Self Connection and receive from it, technologies of light, energy packages of illumination that will open for you in divine timing, bringing the most precise wisdom to allow you to see your life differently, and to empower you to create new actions based upon this new knowledge. This journey of healing, expansion and growth is often a gentle and steady shifting of the great ship of your life, in the direction of your highest good.

As a healing facilitator, I have had the privilege and honor of witnessing the growth and amazing accounts of how people's lives changed after a Violet Alchemy Healing® Session. Some of the stories, I'll share in brevity with you now.

Towards the end of one healing session, the guides shared through me, that this woman would go through a significant detox period over the next 30-90 days. They mentioned some things to do and avoid, to support the process. A year later she came back for another session. She had lost 90 pounds, started regular exercising and was in love with her life again.

Another client shared about the difficulty she was experiencing connecting with her teenage son after her husband, his father, had passed away. She wrote to tell me the next day that the son was waiting for her when she got home from the session with the intention to have a heart-to-heart with her and much was resolved between them.

A woman, I met at a healing clinic I volunteer at, shared about her financial troubles, fearing she would be homeless in the next few months if something didn't change. Inside the session, we found the energy of a covenant she had made in a past life. In this past life, she

had created a covenant with God to endure a life of poverty in order to be accepted into heaven. She emailed me the next week to let me know that her landlord had come to speak with her that weekend and offered her 6 months' rent-free living to help her get back on her feet. I was speechless.

A mother of 3 was working as a lunch lady in the school system. Her husband was pushing her to get a better job to help contribute to their family's expenses. She spoke about how she had to get a job but didn't want to. To her, getting a job meant that she wouldn't be able to be home for the kids when they came back from school. A job would take up all her free time. There wasn't anything available in her location that would pay decent for her time. We did the energy work of the healing session but also the consciousness work around these beliefs. She had created a lot of limited ideas about what it meant to get a job. Her beliefs were acting as a wall of protection around her, this created her experience of job hunting to be frustrating, and unfulfilling for many months. She was focused on what she didn't want in a job. Once we reframed, and began focusing on what kind of work, pay and flexibility she required in a job to be satisfied her energy field was open to attracting "that kind of job" and she became optimistic. We had her speak her intentions out loud to the universe. Within two weeks she wrote to tell me that she had landed a job as a virtual assistant to a natural health coach, getting paid way more than her work at the school in less hours than she was currently working now.

I still love working in one-on-one sessions, I always feel honored to get to know people on this level. I have received so much benefit and transformation myself through healing and energy work. For the longest time, I couldn't understand why more people weren't interested in receiving the benefits of energy healing. One day, in the True Light Healing office, suddenly I was aware of just how vulnerable it is for people to open up, to share, to be seen, to hope for something better, to trust they won't be judged or disappointed. Now, I'm in awe of those courageous souls who step out on a limb, take a chance, choose to trust, choose to hope, dare to be brave and tackle those faceless fear-monsters in the unconscious parts of their being.

We work in layers to unveil all that is unconscious within us, that may be holding back our potential. Oftentimes, if someone has done a lot of the work on themselves already and it could be just the simplest switch,

just one tiny insight that unlocks the gifts that the divine has been waiting to deliver.

It happened that way for me. After decades of casual effort to manifest a lake house, I determined in 2021 to put all my focus into it and really test out the manifestation skills I have been learning all my life. Within just a couple of weeks of this focused attention and daily manifestation practice, I was walking through my home and the thought program, "I really need to make more money so that I can buy a lake house," ran though my mind. This seemingly benign thought had run so often in my mind that it had become natural, familiar, and unnoticed. Thousands of times that thought had crossed my mind and I hadn't given it any attention. This day however, the thought scrolled across my consciousness and my Higher Self said, "Ah-hem…. That's a limited belief." The message was so clear and precise within my own mind that it woke me from the old pattern of thought to really look at it. I agreed. It *was* a limiting belief that I needed to make more money before I could have a lake house. I shifted to the knowing that the Universe is unlimited and miraculous. In that moment, I opened to the miracle of owning a lake house - NOW. I began walking around stating out loud "I can have a lake house now."

After decades of dreaming, a few vision boards, and some miscellaneous meditations, it took only two weeks for this lake house to come into my field from the moment my Higher Self illuminated this limited belief. It was the last piece holding back the blessing. Several months later I purchased the water front property with a personal loan and 10K in savings. It needed a lot of work, which has demanded many weekends in a labor of love. At the time of this writing we are almost complete in its renovations, and though we got some kayaking in late last summer, this year we will truly get to enjoy it!

It is my heart's greatest fulfillment to share what I know, to guide souls into their experience with their own divinity, their Higher Self connection, and this multi-dimensional universe that we all have our being in. It took me so much effort to align myself to begin writing to you and now that we have come to end of our assigned chapter, we find it difficult to stop the writing, stop the flow of higher conscious connection. If my words have touched you in any way, have lit the flame of curiosity or hope, I'd love to share more with you. You can discover more about how I work through many of the platforms listed within this text. I look forward to our growing connection through our

common interest of energy, frequency, vibration, and the art of healing. May you be blessed, always.

Zara Starchild

www.zarastarchild.com

https://www.youtube.com/@zarastarchild

https://www.instagram.com/zarastarchild/

10

Reiki – A Healing Energy for Everyone

Joan Maute



So What is Reiki and How Does It Work?

By now many people have heard of Reiki, and a lot have even experienced it's benefits directly but still aren't quite sure what it really is or how it actually works. Reiki comes from the infinite field of energy that we call the Universe and is a gentle, yet powerful, energy healing technique that can be used with anyone or anything. There are many forms of Reiki and the most commonly used form of modern Reiki, Usui Reiki, originated in Japan in 1922. But the basic energy itself has been around for eons.

The word Reiki means Universal Life Force Energy, or Spiritually Guided Life Force Energy. Rei is universal or spiritual wisdom, and Ki is life force energy, the non-physical energy that animates all living things. While Reiki energy is considered to be self-intelligent and spiritual in nature, it is not affiliated with any religion, spiritual path, or belief system. Therefore it truly is Universal in another sense because it can fit into any belief system and can be used by anyone.

Because Reiki is based on science, not beliefs, a person receiving it doesn't have to believe in it for it to work. All they have to do is be willing to receive it. Reiki works because of the interactions of energy fields and has nothing to do with belief systems. Many scientific studies have been conducted in hospitals proving Reiki's positive and reproducible effects. These include, but are not limited to; reduction of pain and inflammation, need for less medication, lower blood pressure, lower levels of anxiety and stress, ability to go home sooner. For more info about this, please read an excellent new book called 'Reiki in Clinical Practice, A Science Based Guide' by physiologist and researcher Ann Baldwin, PhD. As a scientist Ann didn't believe in Reiki at first, but the evidence was very clear. She's now a Reiki Master and is the editor-in-chief for the Center for Reiki Research.



Being connected, or attuned, to the specific frequency of Reiki energy allows the practitioner to tap into the unlimited energy of the Universe and use it to promote healing. The energy passes through the practitioner to wherever it's being directed, whether it's a person, place, circumstance, etc., but the practitioner is not using any of their own energy and is simply acting as a conduit. A Reiki practitioner is not a "healer" or fixer. They are just shifting energy fields with Reiki, focus, and positive intent for better outcomes. What those better outcomes actually are isn't always known in the moment. Because we can't really see the "bigger picture" and have a limited view of what's possible based on our knowledge and beliefs, it's important for practitioners to release attachment to any particular outcome and let the Universe figure it out because the Universe is unlimited. In this way, even better outcomes we couldn't have thought of are allowed to manifest.

Reiki energy helps us heal by supporting and accelerating our own natural healing process and revitalizing our Ki or Chi, our life force energy. It clears blocks in our inner energy flow, and restores a healthy balance in the Ki, our energy field. By creating more balance and harmony within and restoring vitality, it enables our natural healing process to function better. Because everything is made of the same basic energy, Reiki can be used to help people, animals, plants and all living things, and can even be used on inanimate objects like computers, cars, appliances, etc. It can also be used in situations to facilitate better outcomes or smooth out difficulties and create more peace and harmony. Because Reiki energy transcends time and space, a really handy feature is that it can be sent to the past or future to heal issues affecting us in the present moment!

One of the most important ways Reiki facilitates healing is by promoting deep states of relaxation and inner peace. When someone is really sick, injured, traumatized, or overwhelmed, they're very stressed. The stress causes the body and mind to automatically go into the "fight or flight" mode. In that state our natural healing process is greatly slowed down, digestion doesn't function well, the mind has difficulty focusing and making good choices and decisions, and the body generally can't do what it's hardwired to do, which is to heal itself. Stress also contributes to inflammation that can cause all kinds of health issues. When the body and mind are deeply relaxed, our self-healing process and functions are restored and we can do what we're naturally programmed to do, which is to heal. Sometimes all it takes is relieving the stress and promoting deep relaxation to see amazing, even miraculous results.

One of the greatest things about Reiki is that it *feels* so good because the gentle energy is so relaxing. We talk about it in various ways, and what it does and how it works, but it's actually a *feeling*. It reconnects us with our own true nature, our true state of being which is peace, balance, and harmony. This is a very powerful factor in the healing process.

But it's important to remember that, while Reiki can be a very effective form of therapy and hugely beneficial in many situations, it's never considered a substitute for proper medical care when someone needs that. Reiki works very well with other kinds of treatments and if someone is receiving medical treatment the Reiki can enhance the positive effects and also minimize any undesirable side effects. It works

synergistically with any type of therapy – medical or holistic, physical or energetic.

From Hawaiian Surfer Girl to International Reiki Teacher/Practitioner



Aloha Pumehana! (Warmest Aloha!) My home is Hawaii and I've been practicing Reiki for over 30 years now. I'm a full time Reiki teacher/practitioner and a Licensed Reiki Master Teacher with the International Center for Reiki Training, with students and clients all over the US and in several other countries. But when I started on my Reiki journey, not only had I never heard of it I'd never even heard of energy healing! So in the beginning it was all new and weird and strange and I really didn't believe in any of it - actually thought it was total BS! If you'd told me then what I'd be doing now I would have thought you were crazy! But it turned out that Reiki was my life path. I just didn't know it until much later….

Life is an interesting evolution of one thing leading into another that often takes us in unexpected directions. As a surfer girl from Hawaii, I never could have guessed that my background as a fitness professional would lead me to becoming a massage therapist, which would then lead me to Reiki and becoming a Reiki Master Practitioner, and then a Licensed Reiki Master Teacher with one of the largest Reiki organizations in the world. Nor did I ever imagine that I'd end up traveling to different parts of the US, and other countries, teaching Reiki and awakening in others the natural healing power that we all have within us.

I truly love teaching Reiki classes. Give someone a fish or teach them to fish, right? Because I really didn't believe in Reiki at first, I feel like if I

can learn it, anybody can. It's not necessary to have been born with a natural gift for healing, or any other kind of special abilities. I certainly wasn't! Because of my background my classes are taught in a relaxed "Hawaiian style", infused with humor, love, compassion, and the warmth and sacredness of the Aloha Spirit. But in spite of the relaxed style, students leave their trainings feeling confident with their new skills, empowered and excited, ready to go out and share their new knowledge to help their loved ones, animals, friends, communities, environment, and in turn, the world.

The Reiki trainings are taught online and in-person throughout the year so there's usually a class to suit most schedules. The classes I offer are official International Center for Reiki Training professional trainings. There are five levels of training: Usui/Holy Fire® III Reiki I&II, Usui/Holy Fire® III World Peace Reiki Master, Holy Fire® III World Peace Karuna Reiki® Master, Animal Reiki I&II and Animal Reiki Master. Even though these are professional trainings, most students use Reiki at home and for personal healing. But it can also open the door to a wonderful profession, part-time or full time. In addition to the official trainings, I offer various workshops and support my students with mentoring programs, email access, and Reiki shares.

I also enjoy seeing clients in Reiki sessions and helping people to heal their deepest issues so they can feel better and thrive, rather than just survive. It's been amazing and deeply satisfying to witness so many miraculous transformations over the years. Healing sessions can be conducted hands-on or hands-off, in-person or from a distance. The effects are the same because the energy transcends time and space and travels instantly to wherever it's being sent. Many clients prefer online sessions because they can relax at home rather than having to go somewhere. Also, it enables me to reach anyone, anywhere who has connectivity.

Specific Ways Reiki Can Help You

Reiki facilitates deep levels of healing and transformation, better health, well-being, clarity, focus, a greater sense of joy, peace, and happiness, more ease in achieving goals, and a more positive outlook on life.

Physical Healing

- Reduces physical pain
- Increases energy and general wellness

- Accelerates the healing of injuries, surgeries, illness
- Supports recovery from addictions/substance abuse
- Reduces the side effects of drugs and medical treatments
- Increases the effectiveness of natural and traditional medical treatments

Emotional Healing

- Relieves anxiety, stress, depression
- Identifies and removes spirit attachments
- Neutralizes emotional trauma and triggers
- Helps us enjoy life and have more positive experiences
- Clears negative thoughts and negative energy patterns
- Releases unwanted habits and installs new positive habits
- Identifies and releases hidden blocks that are holding you back
- Heals relationship issues and improves communication with others
- Identifies, addresses, and heals emotional patterns behind chronic health issues

Spiritual Healing

- Reconnects you with your Source of Being
- Heals the Ego and reveals your Authentic Self
- Helps you discover and live your true life purpose
- Experience a deeper sense of peace and contentment
- Balances and harmonizes your energy meridians and chakras
- Identifies and releases early life, past life, and ancestral patterns negatively affecting you

Some of the Benefits of Learning Reiki

May people who've experienced Reiki sessions eventually feel a desire to learn it for themselves. Others who are interested in training sometimes just feel called to it, or have an intuitive sense that learning it can improve their life. The great thing is anybody can learn Reiki! There's no need for any kind of previous experience or natural gifts. Students who do have a natural gift, but don't know what to do with it or how to use it, find that learning Reiki can enhance it and also give them a legitimate way to use their gift in addition to the Reiki.

- Help your loved ones, family and friends
- Live a more fulfilling, joyful, stress free life
- Support for hospice end of life transitions
- Send healing to the past and future events
- Supplement your income or start a new career
- Support your animals whenever they need help
- Receive self-healing sessions whenever you want
- Send distance healing from anywhere to anywhere
- Help children with their difficulties in school or at home
- Clear negative energy from buildings, rooms, land, and create sacred space
- Remove obstacles while traveling and create more problem free experiences
- Support a healthy environment, gardens, plants, forest, rivers, ocean, Mother Earth

True Reiki Miracle Stories

Arterial Blockage Mysteriously Opens

A story about how Reiki can have miraculous physical effects, even when the practitioner is brand new and the receiver is skeptical.

Just a couple of days ago, a new Reiki student who'd just taken my Level I&II class a month prior emailed to say something truly amazing had just happened. One of her reasons for wanting to learn Reiki was that her husband had a massive heart attack last year and had two more partially blocked arteries that were concerning. One in particular had continued to become more blocked and was over 70% now. He went in for a checkup last week and the way things had been going, the doctors were expecting to be scheduling surgery right away for a stent to be put in.

Initially the husband had been very skeptical about any possible benefits from Reiki sessions, but they made him feel more relaxed and helped him sleep better, so was he willing to try it. His wife had been giving him Reiki every day for a month since her class with me and he'd begun to look forward to his daily dose of Reiki. When they went in for his checkup, everyone was shocked to learn that the 70+% block in his artery was inexplicably down to 50% and there was no need for a stent now. The doctors had no medical explanation for it, as nothing in the man's life had really changed in the last month, except for the daily Reiki sessions. Needless to say, the man was thrilled and is now a firm believer in the benefits of Reiki. He asks his wife every day to be sure to make time for his daily dose of Reiki!

What Did You Do to That Chicken?!

An example of how animals can respond to even just a little Reiki.

I was visiting a friend who had a big garden with a chicken coop next to it. I love chickens and was watching them happily scratching away on the ground looking for bugs, but noticed one close by lying listlessly against the fence. I asked my friend about her and she said the chicken had been like that all day and she didn't expect it to make it through the night. I got as close as I could and asked the sick chicken if she would like some Reiki. She moved her head slightly towards me and seemed to be asking for help.

My friend went off to do something, so I stood there and beamed the chicken some Reiki. My hands got burning hot right away and after about five minutes all of a sudden the chicken started shaking violently so I stopped sending the Reiki. I hadn't ever seen this before, so wasn't quite sure what was happening. After a few moments she suddenly hopped up, shook herself off, then ran over to the other chickens, eating and behaving perfectly normally.

Apparently my friend had been watching and couldn't believe her eyes. She came over and said, "What in the world did you do to that chicken?? I can't believe what I just saw!". I explained about Reiki and how it works, but she just kept shaking her head muttering, "I can't believe it, just can't believe it." The last report I heard was that the chicken was fine and laying plenty of big brown eggs!

The Spiritual Transformation of a Very Angry Man

This story is an example of how underlying emotional patterns can contribute to, or even cause, serious physical issues.

A woman I knew made an appointment for her 70 year old husband who had advanced pancreatic cancer and had been diagnosed a year earlier. He was resistant to the idea of Reiki but she told him, "What have you got to lose?" He arrived for his first appointment skeptical, emotionally shut down, and very angry. All of these feelings were understandable. But after a couple of sessions I realized that his anger was self-directed and not so much about his disease. There was a huge amount of self-loathing and unforgiveness for the mistakes he'd made in life.

We met twice a week for a month and then once a week after that. He started enjoying his sessions because he felt more relaxed and even started feeling better physically. After a few sessions I explained that unhealed emotions eventually out-picture in physical symptoms and that cancer can be a literal out-picturing of something that has been eating away at someone for a long time. He got very quiet for several minutes and then said, "I know exactly where this cancer came from."

Suddenly he burst into tears and started sobbing uncontrollably, all the stuffed emotion from a lifetime just pouring out like the dam had burst open. He apologized through the tears saying that he never cried. I told him that crying was a good thing, the emotions had to come out and to just let it flow. Finally, it was all released and he felt so much better, so relieved.

From that point on he was a different person. He transformed from an angry, shut down old man, to the happiest guy on the planet. He felt younger and looked younger, even started exercising again and meditating regularly. He said he felt better than he had in a very long time. His relationships with his family and friends improved dramatically and even his cancer markers had improved a lot.

In spite of the disease, life was better than ever. One day he came in and said that for the first time in his life he felt happy and truly at peace. He was so grateful for the Reiki because it had supported his spiritual transformation, given him so much more time than expected, and helped him feel so good during the time he had left, however long that was. He also felt that he'd manifested the disease in order to heal his lifelong emotional issues.

I saw this client for 2 ½ more years, far longer than doctors had given him any hope of living. He felt great until the last 6 months or so, and then something changed. The cancer came back and his health deteriorated. In the beginning, I would have loved to wave a magic wand and make the cancer disappear. But if that happened, I would have robbed him of the best thing that ever happened to him – his transformation and newfound feelings of true joy and peace.

But in spite of the shift in his health, he wasn't angry and still felt a deep sense of peace. He made it until after Christmas that year and told me he and his family had the best Thanksgiving and Christmas they'd ever had, so filled with love and joy. I felt very sad that he didn't have much time left, but he said it was OK, he was at peace and ready to go. He passed quietly surrounded by his family between Christmas and New Year while I was away for the holidays.

I never expect Reiki to heal serious issues like cancer, but sometimes it does. What can also happen is something like this person's incredible spiritual transformation. I felt honored and blessed to have played a small part in his process, changing from such a miserable person into someone so joyful and totally at peace.

Broken Down Truck Miracle

An example of how Reiki can improve difficult situations.

During the Covid shutdown in 2020 I was driving to town and my truck overheated because a radiator hose broke. I got over to the side of the road and called the insurance company for a tow service. They said it was coming from the other side of the island and I realized it would take at least an hour, so just tried to get comfortable and wait. I Reiki'd the whole situation for the best possible outcome, including relatively inexpensive repairs, and released it all to the Universe to figure out.

In less than 5 minutes the tow truck called and asked me if I was in a blue truck at a certain location. I said yes I was. He had just passed me (how was that possible??) and was going to turn around and pick me up. There was an auto shop in my neighborhood, so he took the truck there and then said he could drop me off at my home on the way to the next job. Somehow the shop was able to get parts and it was fixed the next day and didn't cost a huge amount. Now what are the chances of all those miracles just randomly lining up like that??

The Lady with the Bad Knees

This is an example of how Reiki self-intelligence just knows what to do.

A woman came in for help with serious communication/relationship issues she was having with her teenage son. But she never mentioned that she was having any physical issues in her body. Since she didn't mention anything I didn't ask when she arrived, even though I could see that she walked with a limp.

During the session I ask the client to visualized a bright white/golden healing light flowing into the top of her head and down through her body, filling it up with light and continuing to flow down through her legs and out her feet into the Earth. Afterwards the client said she felt great, the stress and anxiety were gone and she knew how to communicate now with her son. She left the office looking very happy and relaxed, and also with no noticeable limp.

The next day I received an email from her saying that things were already improving with her son and thanked me very much. She also revealed something unexpected. She had chronic knee pain for years, and her hips, ankles and feet were always sore too. She said she didn't mention it because that wasn't the reason for the session. But when she walked out of the office she was completely pain free! She said during the session when she felt the light flowing down through her body, she felt it going through her hips and knees, and then her ankles and feet taking out the pain. Then the next morning she woke up and felt like she had two brand new knees!

A Horse's Hoof and Heart Heals



A beautiful example of emotional healing for a person and their beloved animal.

My beloved horse, Kiholo, was born here in Hawaii at a riding school where I've worked for almost 50 years as an equestrian coach and horse trainer. He was a magnificent horse but retired early due to arthritis. I took him home to my small farm where he comfortably lived out his life.

Sadly, about eight years after he came home with me, my husband and I split up suddenly and unexpectedly. I was extremely traumatized by the experience, plus had to leave my home and all the animals, including Kiholo. So even though I loved him deeply I didn't go back to see him often because it was just too painful. It was after I left that he started developing hoof problems. One hoof had a painful abscess that just never seemed to resolve, in spite of the Reiki and multiple vet treatments.

During an animal communication class I took during that time, I asked him why his hoof wouldn't heal. He said, "The only time you come to see me is when I'm sick." I started sobbing, realizing that it was absolutely true because I couldn't bear the pain of going back there and had avoided it. After being together from the day of his birth he couldn't understand why I had left, and I felt so terribly sad that my beloved friend thought I'd abandoned him.

So the next time I went to see him, I explained to him what had happened and that I still loved him with all my heart, and promised to come see him more often. Then he put his huge head in my arms and comforted me while I cried. When I calmed down I Reiki'd both our broken hearts and then his infected hoof. I felt like a great weight had been lifted off my heart. After I left I sent distance Reiki continuously for his hoof. As promised, I went back to see him every week. His hoof healed and never had a problem again. The rest of his long life was free of health issues and he passed peacefully in his pasture at the ripe old age of 32.

My Own Miraculous Healing Experience

An example of the power of Reiki to heal serious injuries.

The night before Thanksgiving in 2015 I was in a horrible car wreck just a mile from where I was staying in Virginia while working there. On a small back country road, out of nowhere a car going way too fast

lost control as it came over a rise and slammed into me head on. The horrific crash sounded like an explosion. Miraculously I had no upper body injuries, not even a scratch, in spite of the front end being crushed in and broken glass everywhere. But my legs were another story. They were badly broken and the pain was like nothing I had ever experienced. After what seemed like an eternity, an ambulance finally came and took me to the hospital.

My knees, ankles, and feet were broken, with lots of torn cartilage in the ankles, but amazingly my lower leg bones were intact. The injuries were bad enough that I was told I could walk again, but might not be able to run or jump again. When I finally got home from the hospital, I was bedridden for a couple of weeks so had lots of free time to give myself Reiki. I also sent out a Reiki SOS to everyone I knew who had it and received tons of healing energy from all over the country. A few Reiki people locally also stopped by regularly to give me hands on Reiki and just keep me company.

In the end, I was able to avoid surgery and healed naturally with Reiki supporting the whole process. After a year I was completely healed. It was a little longer before I felt totally comfortable running and jumping again, but that came back fairly quickly, too. I had excellent medical care and rehab, but I attribute the full and total recovery to all the Reiki that flowed constantly during the whole healing process. Yay Reiki!!

Conclusion

Anyone who's interested in receiving Reiki can benefit from the energy. It's been a powerful healing force in my life in so many ways, and I've witnessed it helping hundreds of others in many ways, as well. Over the years Reiki has become far more than just another healing technique for me; it's become a comforting, healing force in my life that I couldn't live without. I continue to feel more and more awe and gratitude for this beautiful and powerful energy that we all have access to – Reiki, the Spiritually Guided Life Force Energy of the Universe.

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My Healing Journey: A Holistic Path to Healing Trauma

Anna Smith



I am the product of generational trauma, childhood trauma and domestic violence. I was diagnosed with Fibromyalgia, Complex PTSD, and had chronic pain from physical injuries sustained to my neck, shoulder and lower back. My only focus when I attended a reiki level 1 class was to be rid of my physical pain. I didn't know what to expect. I wasn't hopeful at all, but didn't want to take the painkillers I was prescribed. My family is full of addictive personalities, so as a single mom, I was afraid of becoming addicted to them. That fear drove me to research holistic options. And when I walked into the class I quickly realized no one was going to magically take away that pain. Students spoke about seeing auras and I felt like they could see the dark cloud that perpetually hung over me. I had always been an optimistic, compassionate person. At the same time, I was born an intuitive empath with the ability to sense impending death, and so even though my heart was always full of love, I felt growing up like darkness was all around me.

During that class, I felt out of place, barely able to sit comfortably, and had to stand up throughout the class. But, what I was learning was resonating with something deep inside me. And, when I was attuned, I recall sitting, eyes closed, and as the instructors moved in front and behind me, tears slid down my face and one of the instructors put her hand on mine and the tears flowed from somewhere so deep, an untouched place. When I left that class I was still in the same tremendous physical pain, but I felt something new. I felt hope, this feeling that things would eventually get better. And that little seed of hope was a life-changing seed.

Growing up my homelife was abusive, and my dad an alcoholic. I was hardwired to be hyper-vigilant, to always be reading and gauging the moods of others and decide if they meant danger. My whole life until I started my healing journey, I had never once gauged my own emotions to see why I felt the way I did, why I reacted the way I did. So I never addressed them, never sought to heal them. When you are so deeply entrenched in genuine pain of every kind, and you have children and responsibilities, you just take life as it comes and don't practice self-care, it just isn't salient in your world. And that was me. After a lifetime of abuse, I was for the first time being relieved of my physical pain, I was giving myself reiki every night and I began to sleep through the night, my night terrors eased, and soon my physical pain started to subside. I slept so much I reported to my instructor that I couldn't stay awake and I was worried. She simply stated that I was catching up on a lifetime of much-needed rest. And I was.

As the physical pain resided and I was better rested, I began to face my trauma. Not with intention at first, just with this calm openness to it. The beauty of it is I was working through it from a place of safety and connectedness, which is what reiki helps empower you to do. So my coping mechanism of defensive self-protection dropped enough for me to ease into allowing thoughts to come to me naturally and address them from this safe space. Growing up in an environment of chaos, allowing my mind to know peace long enough to deal with my feelings in a healthy way was a foreign concept. I had learned very young that my feelings did not matter, and so I learned not to speak on them. Looking back I think I only expressed my hurt feelings twice during childhood. Once got me knocked out, and the other- which in some way was more painful- resulted in me being told that I wasn’t loved. Today I have found my voice and feel it is an honor to speak about how reiki has helped me heal in such profound life-changing ways.

As I continued through the levels, this calling became just that. I felt called to become a Master Teacher so that I can let other people know who may have had any trauma in their lives, past or present, that there is a holistic alternative to healing, an option that lends itself naturally to the concept that trauma lives in the body, that cognitive therapy is wonderful, and at times very needed to find resolution, but that we understand that it does not live only in the mind. We all naturally travel toward the desire for self-actualization, the feeling of being at peace with every part of ourselves. And feeling safe is required before we can get there, it is in fact a basic need. When we are receiving reiki, we are allowing ourselves to be open to positive energy, and our practitioner has made us feel safe in this space. And in this way, we are coming to safety and connectedness, mind, body and soul. In my belief system and culture, I believe we are all connected to not only one another but to the earth, plants and animals and the heavens. If we allow others to feel that connection in a place where they are supported and cared for, they will begin to address things as they come from that safe place, and not from the places of coping, anxiousness or sadness. This has been my experience, and I love that I can hold this space for others.

My neck was badly damaged during a physical assault in which I was choked violently. I have bone spurs, osteoarthritis, and suffered a fracture. It is now what I would call crunchy. And it has been the warehouse for my pain. The constant reminder that I was hurt, powerless, and that my life, not for the first time, was in the hands of another. The pain has never completely left and although on occasion it begins to ache and stiffen, I am almost completely pain-free. The significance of my throat is that that chakra represents our voice in this world, and our inner narrative as well. The empowerment of taking over that warehouse, healing that pain, and finding my voice, my true voice, has been the single most amazing gift. I have a tattoo on my throat. I cried all the way there but as I lay there, I allowed myself to go to this empowered place of self-love and strength. I take my throat back, spiritually, emotionally and energetically as it is decorated with the wildflowers of the prairies my mom's ashes dance across.

The generational trauma I mention is deeply rooted and my greatest healing. Reiki, along with sound healing and meditation has been my source of strength and openness. Impatience and "ADHD-type symptoms" associated with Complex PTSD never really made me capable of breathwork. I would not even allow myself to comfortably slow down enough to just BE. And as I embraced meditation and

simply breathing, I felt calm, and felt like I could turn my focus inward. Reiki has me shifted so far into this peaceful place where I am not just willing but feel safe to address my mom. When she was young she witnessed her mom being murdered. She hid her sister behind her under a bed. They were sent to live in a residential school on her reservation. She grew up there and everywhere, never feeling safe, never feeling at home. She suffered much. My dad was a military man and married her and took her away. I was the last of 6 children, the last 4 of which were my father's. My dad was a violent, hateful man and he physically, mentally and emotionally abused me and three of my four brothers.

I was a very introspective kid and always knew in my heart I would never be like him. My mother could not stand up for us. I knew I didn't want to be like that either. I ended up in relationships that were abusive in those same ways. And it wasn't until I found reiki that I began to unravel what that meant to my spirit. How my hypervigilance meant I scanned my surroundings for danger instead of looking for the good, how my reaction to stress was to get overly stressed, but shut down emotionally, trying to piece together in my head the best path forward, feeling the only way to handle things was from a solitary place. I didn't let people in, I didn't need them. I knew I could trust myself, didn't like to burden others with my pain and to be honest, it was the only way I knew.

Remember, I had been taught that I didn't matter, but that everyone else did. During this new spiritual awakening, I learned to love all of me, to accept that the parts I didn't particularly care for, my coping mechanisms, were something I needed to accept and love. I began to understand that I had needed them at one point to survive. And I needed to show them gratitude. But coping isn't a resolution, and so I came to face these things with intention, understanding that although I love and honor them, they no longer were needed in a healthy life, and they no longer served my highest good. And so I began to let them go. I want to heal me, my ancestors, and live to awaken in others this self-love. The day in class that tears were streaming, as I was attuned. That deep untouched place was worthiness. I felt in those moments of attunement that my core feeling of being unworthy was pouring forth and sliding from my eyes and I was being filled with love and light. And the seed of hope came as the light-filled me and I knew in my heart I was worthy. I was light.

My mom passed away last year. She is now free and belongs only to her. She is out there swirling and dancing in the wind on the prairie, a sweet little girl again, holding her sister's hand. And they are laughing and there is no more pain.

I use my voice to teach now, and my reiki school is trauma-informed, as I understand that although reiki itself is universal, people's experiences are not, where they are in their journey is individual and unique. By adapting the delivery of educating students to meet each of them where they are, means they can in turn practice in this good way for their clients.

Reiki has taught me to universally love. It is possible to want good things for everyone. I think in "working in the light" you'd think it would be natural and easy. But that wouldn't be fair to me as a human being. We are supposed to experience all of the emotions as part of the human condition. I think having always been very understanding in how people came to be who they are, and being able to accept them, my work as a practitioner has taught me that it is safe and good for every single client to feel that, to know they are not judged. It reinforces in me that our personal opinions have no place in the client's need for care and healing. Reiki is unconditional love, and the way I practice it has been to come to a place of understanding that that doesn't mean unconditional acceptance, that you don't need to accept poor behavior or for healthy boundaries to be crossed. But you can and I do love.

This ability to sit in a client's safe sacred space and fully support them has transferred into my personal life a peace in the letting go of unhealthy coping mechanisms, establishing my own boundaries and still sending love from a safe place to those whose place in my life is not in my highest good. Reiki has made me stronger in my resolve to stay loving and nurturing without depleting me, and in not accepting less than I deserve. The difference has been that I can still care without sacrificing myself.

I have come to embrace the intuitive empathic abilities and have learned a great deal about myself. I am currently also a Death Doula. As I grew up with a deep connection to the dying and their loved ones. I could sense death before it happened, feeling a deep sadness for them or for a loved one. I sat at the bedside during the final days and hours of loved ones and they would say I knew where they were going and that I was coming with them. When I was younger I felt guilt, as though I were somehow causing these things. But as an adult, I have come to

understand that the connection I have to others is simply deep, and I felt their pain and loss before it happened. My sudden feelings of sorrow for loved ones was me anticipating the loss they would soon endure. I was afraid of myself as a child, but now honor that deep connection to others and desire to walk alongside others on their journeys through all the stages of life.

As a Reiki Master practitioner and teacher, I've found that the peace and support Reiki provides my clients as they move to a place of personal empowerment marries seamlessly with being a Death Doula, as the dying deserve the dignity of empowerment. And in the times where all that is needed is pain management and to quiet the symptoms of terminal illness, there is a place of gentle easing. It was a Reiki client who was dying that motivated me to pursue this calling. She didn't feel the ever-present leg pain after her sessions - pain that had made it impossible to even be touched. And after her sessions she would embrace her mom and we'd all smile and cry, but mostly smile.

She passed, and her mom is still a beautiful presence in my life. My time with her daughter was life-changing and humbling. To assist in ensuring a good life is to assist in ensuring a good death. I spread my mom's ashes on the prairie last summer, and again I was humbled by the beauty of watching my mother's ashes swirl with her sister's in the wind and fly off toward the winding river. Death does not end our journey, we walk on. I think of a beautiful quote by a spiritual author when I think of this time of transition.

In the Lakota/Sioux tradition, a person who is grieving is considered most Wakan, most holy. There's a sense that when someone is struck by the sudden lightning of loss, he or she stands on the threshold of the spirit world. The prayers of those who grieve are considered especially strong, and it is proper to ask them for their help.

You might recall what it's like to be with someone who has grieved deeply. The person has no layer of protection, nothing left to defend. The mystery is looking out through that person's eyes. For the time being, he or she has accepted the reality of loss and has stopped clinging to the past or grasping at the future. In the groundless openness of sorrow, there is a wholeness of presence and a deep natural wisdom.

- Tara Brach.

I am grateful and blessed to be able to support others on their journeys.

I am so glad I walked into that class. I am so glad I felt hope. And I am so proud to say that I now have a successful practice with wonderful clients and am the holistic wellness coordinator for a collective of holistic and clinical practitioners, The Willows Collective, bridging the gap for people to find what resonates with them as they seek healing and growth. I am a member of Pittsburgh Community Deathcare as a Death Doula. I am a sexual assault counselor and work on a crisis hotline as a volunteer. I am a speaker, facilitator, Reiki Master Practitioner and Teacher, and owner of GreenWitchVillage, a box company with astrology, chakra, grief, and divine masculine and feminine box lines that include items you need to create and support a personal ritual or ceremony for unique healing, self-care needs, and for becoming connected.

And my motivation behind it all is to help. To honor my mother I'm healing for her and her mother, as well as for my daughters. And doing my part to see others heal for their own beautiful reasons. Had I not sought out a holistic modality to help with my pain, I truly don't know where I would be right now. I am a walking testimony to what I do and to what Reiki has done for me. I tell my clients that we are our houses. And when we start to heal and take care of ourselves, we begin to pull the sheets off the windows and the furniture, and light pours in! And we begin to love our house and we love the light illuminating it. But when you pull down sheets to expose that light, there is always some dust and debris on the floor. There is always a little cleanup to do. And that is the work that is possible when we allow reiki and other holistic modalities to pour into us light and love.

If you would like to know more, you can visit www.annasmithreiki.com, www.pghdeathcare.com, www.thewilloscollective.com. Thank you so very much and I wish you every good thing on your journey.

Anna Smith

Anna Smith, RMP, RMT, Death Doula, Owner of GreenWitch Village, Holistic Wellness Coordinator for The Willows Collective.

Anna discovered Reiki while searching for a holistic alternative to deal with her chronic pain from past trauma, finding it also eased emotional wounds. Reiki improved every part of her life. Her hope is to help others in their healing journeys.

www.annasmithreiki.com

www.pghdeathcare.com

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The Quest for Empowerment: Engaging with Magic, the Moon, the Angels of the Zodiac, and Crystals

Allyson O'Hara-Cribdon



The Invitation

Dear Reader, you may wonder how Empowerment, Magic, the Moon, the Angels of the Zodiac[1], and Crystals are connected and how their relationship can assist you on your wondrous Life Path as you fulfill your Life and Soul Purposes. Allow me, Dear Reader, the honour of guiding you on a journey of discovery peppered with practical, inspired steps you can take to enrich your life and whet your curiosity to unveil more avenues of adventure, manifestation, and empowerment.

With an open mind, join me, Dear Reader, as we embark on a learning excursion together. Come, now, hear my words leap from the page and listen as they enter your Creative Imagination where infinite possibilities exist.

And so, the Journey begins.

Energy, Frequency, Vibration

The ingenious inventor, Nikola Tesla observed that, "If you want to find the secrets of the Universe, think in terms of energy, frequency, and vibration."[2] Every mage, healer, practitioner, mentor, teacher, student, sage – regardless of modality or label – knows this truth because they have played with, listened to, and witnessed the magnificent power of that which is invisible to the human eye.

Emotions, the invisible feelings that influence our thoughts and behaviour, are energetic forms, waves of light vibrating at unique frequencies. While we are all souls enjoying a human adventure, we are essentially human, traveling along a spectrum of emotional frequencies daily. Our emotions are neither good nor bad: they simply vibrate at different frequencies, resulting in the release of related hormones within the body to effect responses that vibrate at the same frequency. Our rainbow of emotions adds the flavour to our sensory learning journey, seasoning us with essential information on both what will enrich our lives and what will not align with our highest good.

For the most part, we wish to experience uplifting emotions so that we can express our authenticity confidently and share our unique gifts with others. However, as aforementioned, we are human, continuously journeying through a myriad of emotions. Thus, we sometimes require support to strengthen our energy and raise our vibrations to a level where we gain a renewed sense of control, of personal power, of empowerment. This is where Magic – Applied Wisdom – enters. All our tools, techniques, and expertise in our Magical Satchel – including an understanding of the Moon, the Angels of the Zodiac, and Crystals – assist us in elevating our emotional vibration so that we can be our best selves.

We will explore our Magic Satchel and Magic as Applied Wisdom in a moment, Dear Reader, for we have only just begun our Journey.

Empowerment

Empowerment, a potent and transformational emotion, vibrates at a high frequency. When we feel empowered, we naturally lift the vibration of everyone and everything that becomes entrained in this irresistible toroidal energy field[3], healing, restoring, and revitalizing in the process. Empowerment stems from our heart centre with its

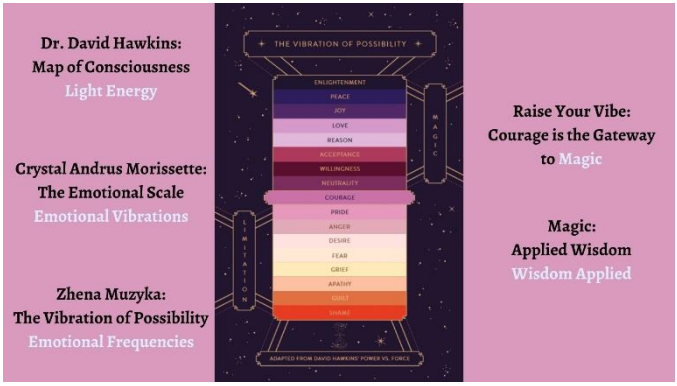
approximately forty-thousand neurons; the electro-magnetic field that the heart creates affects those in our environment whether we are aware of this or not[4]. With awareness, though, we gain a greater sense of control, resulting in greater confidence. We all thus strive to feel empowered as, when we feel empowered, we experience a sense of control in our environment and we view life optimistically, noticing the amazing opportunities that appear in our perceived challenges. Life appears bright, and we are motivated to pursue our passionate Life and Soul purposes.

Now, many definitions of *Empowerment* exist. *The Oxford English Dictionary* defines Empowerment as "*the process of becoming* stronger and more confident, especially in controlling one's life and claiming one's rights"[5] or authenticity. Empowerment is also "*the act of giving* someone more control over their own life or the situation they are in."[6] Please note, Dear Reader, that I have high-lighted *process of becoming* and *act of giving*. I truly believe that being empowered is an active state, a process, rather than a frozen state where we complete something then raise our hands up and say, "I'm empowered! Woo hoo! Now, what's next?" As aforementioned, I believe that, daily, we travel along a spectrum of emotional vibration, moving from various degrees or frequencies of Empowerment.

During my personal adventure to fill my Magical Satchel with modalities from which I can select the best to assist not only myself but also my clients on their journeys, I have trained with such luminaries as Colette Baron-Reid – studying her InVision Process, engaging in Personal Mastery and Shared Wisdom, and mentoring for her Oracle School where I witnessed others becoming empowered through their awakening to and awareness of their unfolding stories – and Crystal Andrus Morissette in her SWAT Institute – studying to become a Master Empowerment Coach. As an aside, Dear Reader, SWAT stands for "Simply Women Accredited Training" rather than the popular "Special Weapons and Tactical Team," though one could attest that our Spiritual Wisdom provides us with the best tactical tools – Magic, Applied Wisdom – with which to navigate life.

Through my SWAT studies, I was introduced to Dr. David Hawkins' "Map of Consciousness" from *Power vs Force*, which outlines each emotion as a level of Consciousness or Light Energy. He calibrates each emotion with a numerical value with *Shame* at the lowest frequency at 20, *Enlightenment* at the highest at 1000, and with *Love* in between at

500[7]. The idea of emotions as waves of Light Energy fueled my curiosity to research this more. This concept makes perfect sense: when we have more energy, we feel more empowered – we are Empowered.



In her teachings, Crystal uses Hawkins' "Map of Consciousness" as a guideline for her "Emotional Scale" and "The Empowerment Spectrum"[8] that employ focused questions that we can use to recognize where we stand emotionally and what emotions we must travel through in order to reconnect with our authentic, mature selves and practise empowered communication. This idea immediately raises our energy level as we appreciate that we innately possess the ability to manage our emotions and their vibrational energy by traversing through the levels of Consciousness to reclaim our power and become truly expansive. On Crystal's scale as on Hawkins' map, *Courage* is the point of Empowerment, where the authentic self is revealed for the first time; when we connect with our authentic self, we also connect to the Divine spark within us. That we can have some measure of control over our emotional frequency, in addition to the fluidity of continuously journeying through various emotional vibrational states, truly landed with me.

Synchronicity played a role in revealing another energetic layer to these concepts when I discovered author Zhena Muzyka's variation of Hawkins' and Crystal's charts called "The Vibration of Possibility," which she shares through her company, Magic Tea Hour[9]. I strongly resonated with her categorizing the lower vibrational energies as *Limitations* and the higher frequencies as *Magic* with *Courage* as the Gateway.

This perspective once again makes perfect sense: when we indulge in lower frequency emotions and beliefs about ourselves, we limit

ourselves and our ability to recognize the magnificent opportunities and the limitless abundance surrounding us. It is not that these emotions are negative: they are solely limiting. In comparison, when we embrace higher frequency emotions and beliefs, we expand our energy; we sit up and stand taller. Our heart's toroidal field increases, thus strengthening our ability to witness and attract the abundance present all around us. We are, in fact, empowered.

Zhena's use of *Magic* for the expansive vibrations, the higher frequency emotions, literally touched my heart. *Raise your Vibe: Courage is the Gateway to Magic.* I strongly believe this to be true. Magic, along with Humour which instantly lifts our vibrations, has always been a vital part of my life as I define Magic as Applied Wisdom, wisdom such as the spiritually based tools, techniques, gifts, skills, and expertise we keep in our Magical Satchel. Magic is more than entertaining illusions and the utterance of "abracadabra," which, interestingly enough, Dear Reader, emits powerful manifestation sound waves – "I will create what I speak."[10] Magic is active co-creating with the Divine, employing and practising the knowledge and wisdom that we have acquired and brought into this lifetime. Magic is an essential ingredient in the scrumptious M-and-M's of Life – the Magic and Miracles of Life. Magic is potent, high frequency vibrational energy. Magic embodies empowerment.

The Magic Satchel: The Moon, Angels of the Zodiac, and Crystals

A decade or so ago, Dear Reader, while open to the idea, I would never have expected that I would be conversing directly with angelic messengers, archetypal celestial energies, a collective of Light Beings[11], and crystals to name a few. However, while training as an Advanced Angel Empowerment Practitioner with Cindy Smith, I became aware of how much Archangel Metatron has played a part in my life, not only guiding me with my passion for sacred geometry, especially the Merkabah within the Flower of Life but also encouraging my voracious appetite for learning and for discovering connections amongst all cultures, traditions, and philosophies. My conversations with these higher vibration beings have yielded a cornucopia of wisdom to fill my Magic Satchel.

During our early channeling sessions, Metatron emphasized the importance of lunar living, the connection between the Angels of the Zodiac and the phases of the Moon, and the relationship between the Angels of the Zodiac and an individual's Personal Sacred Geometry –

their energic blueprint and navigational map with which they entered this lifetime. The more I immersed myself in researching this fascinating and magical area in ancient and modern texts[12] and with luminaries as Jennifer Racioppi and Leslie Tagorda, the more enthusiastic I became to share my discoveries with others to guide and empower them on their precious life paths with the assistance of these frequencies.

The Moon

So, Dear Reader, why the Moon, why Luna?

The Ancients tuned into the rhythm of Luna's monthly cycles as a sacred map to navigate all aspects of life, discovering that travelling through her eight phases and taking inspired action steps based on her vibrations provide a potent way to ground, set intentions, follow their intuition, and tap into dynamic possibilities to manifest joy and abundance. The same holds true for us today!

We are all deeply connected to the Moon and her rhythms whether we realize it or not; scientists in many fields, including chronobiology, have been studying this phenomenon.[13] Essentially, each lunar cycle reflects a process of transformation with a beginning, middle, and end. Our recapturing the Moon's daily rhythms is significant as a Magical tool to enrich our lives by our understanding not only the rhythms of Nature and the Celestial Realms but also the rhythms and cyclical shifts within our own bodies; these rhythms include our emotional vibrations. By learning the rhythms of our bodies and their connections with the cycles of the Universe, we naturally see the Abundance that the Universe offers; we naturally become Empowered.[14] We can also then readily notice the energy and tools available to us – like crystals – in the natural world.

Luna travels through four main periods[15] and eight main phases[16] during her 28/29-day cycle. She also travels through all twelve Zodiac Signs[17] during her cycle, spending approximately two-and-a-half days in each: in comparison, the Sun takes 365 days to travel through these zodiac vibrations, visiting each for approximately thirty days. Each Zodiac Sign vibrates at a unique frequency, creating a distinctive energy. Thus, the Moon's monthly voyage across the heavens presents a unique energetic field with which we can navigate our lives and creates one variable that affects not only our response to our environment but also our sense of empowerment and well-being.

Dear Reader, when we know the lunar phase through which we are traveling, when we know the qualities and characteristics of the phase, we can prepare for our responses – especially our emotional responses – under the lunar influences. We acquire a sense of readiness, of control over our emotions along "The Vibration of Possibility." We thereby feel more empowered.

We feel more empowered because we have a magical device to reveal the landscape through which we are journeying and a mystical compass to guide us through the environment safely. With this knowledge, we can become better attuned to our bodies, perceiving their subtle rhythms and shifts. We therefore gain a sense of control, and we can make decisions accordingly for our highest good. Knowing the vibrations of each lunar phase is similar to being invited to a party. When we know the type of party it is, we can choose the appropriate attire for the event. For example, if you, Dear Reader, were invited to a game-night party at a friend's house, you would probably wear something comfortable and causal rather than the little black dress that you wore at your employer's annual fundraising gala. Thus, with the awareness of the qualities of the party, you can make informed decisions and feel empowered with your choices.

Angels of the Zodiac

So, Dear Reader, why the Angels of the Zodiac?

Every Zodiac Sign is composed of thirty degrees, and every degree of the Zodiac not only holds a unique frequency but also vibrates with a particular angelic presence. In addition, a specific archangel ruler governs every Lunar Period. In addition to the four archangels – Gabriel, Raphael, Michael, and Uriel – who influence the four main lunar periods, 72 angelic vibrations[18] with their own unique qualities affect each Zodiac phase[19] and every Zodiac degree.

Three main angelic vibrations, higher octave Messengers of Light and Sacred Wisdom, are present during the peak, or crest point, of every phase of the lunar cycle to support us and provide guidance in our navigating the phase: the Period Ruler, the Zodiac Phase Ruler, and the Zodiac Degree Ruler. They may guide us to use some tools and techniques to release what does not support our authenticity, to raise our vibrations, and to replace any limitations with Magic. I like to compare the intensity and clarity of these angelic vibrations to music and the radio. The Period Ruler represents the overall music, for example,

music from the 80s, while the Zodiac Phase Ruler represents the radio station on which we would hear 80s music, for example, 96.9 Jack FM. Lastly, the Zodiac Degree Ruler is the DJ who plays the tracks that we personally enjoy. Distinguishing these qualities from other music, radio stations, and DJs, we can be confident that our selection will result in our enjoying our preferred music, raising our vibrations, and evoking our personal joy and, through entrainment, happiness in those within our realm of influence.

We gain a sense of control from this empowerment, for we can both ask for guidance from specific angelic energies to assist us in traveling through the emotions on "The Vibration of Possibility" and harmonizing with these vibrations to strengthen and support our emotional well-being. We can be comforted knowing that any lower limiting emotions are temporary, that we can employ our resources in our Magic Satchel to tune into the expansive higher octave frequencies in which we can become entrained, and that we can rise through these lower amplitude emotions by asking the angelic vibrations to assist us in course-correcting or realigning so that we can feel and become the best versions of ourselves – and, the best versions of ourselves are our authentic, empowered selves.

Similar to our awareness with the Moon, Dear Reader, when we know the angelic energies present during a lunar phase, when we know the qualities of these angelic vibrations, we can tune into these frequencies, and we can better navigate the environment of our everyday lives. We thus feel more empowered.

Crystals

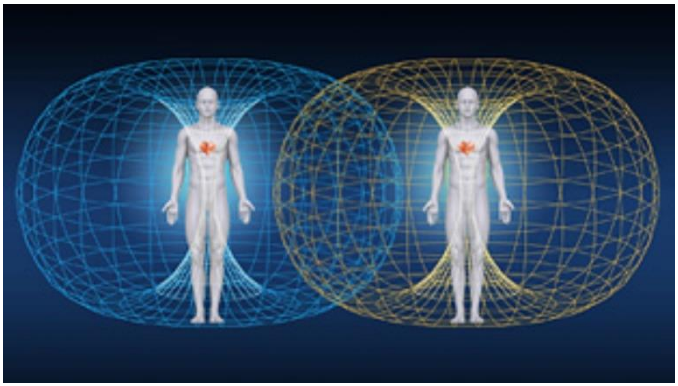


So, Dear Reader, why crystals?

Crystals provide a tangible connection to the waves of Light Energy that the human eye cannot see, including the multi-dimensional etheric crystal network, celestial bodies, and angelic energies. Cosmologist Walter Russell observes that "Matter registers its energy through temperature dimension of heat and cold in solids of light which man calls *crystals*. Crystals are but apparent solids of light sustained in that illusion of appearance by motion."[20] How exciting and empowering it is, Dear Reader, to believe that we are holding Light Energy when we hold a crystal! It is even more exciting, Dear Reader, that this Light Energy resonates with higher octaves of the same vibration.

While crystals have always fascinated me, my appreciation of their power in healing and of their connection with other vibrational frequencies expanded as I studied with luminaries who harmoniously blend Science and Spirituality – Stephanie Stipkovich, to become an Advanced Crystal Master in her Hibiscus Moon Academy, and Simone Matthews, to become a Lightrition and an Angel Essence Practitioner and an Aetheric Healing Master.

During my studies, being reminded of the Principles of Resonance, where similar vibrations synchronize and transfer energy, and Entrainment, where energy of higher amplitude and/or frequency will dominate similar frequencies of lower amplitude, I noted how the higher amplitude emotions such as *Joy* – the Magic in "The Vibration of Possibility" – can entrain the lower amplitude emotions – the Limitation – and subsequently transform and raise these emotions. This observation echoes my previous studies to become a HeartMath Practitioner with the Institute of HeartMath, recalling the measurable electro-magnetic toroidal field that the heart generates[21] and the importance of heart-mind coherence, heart-mind entrainment, in affecting our emotions and our feelings of empowerment. While we possess the innate ability to alter our emotions by connecting into our heart centre and its creating coherence with our mind, and I would add our gut/intuitive centre, a tangible expression on which we can focus our intentions often expedites the process: even though, as Antoine de Saint-Exupéry observes, "what is essential is invisible to the eye"[22], we are enjoying a human adventure in a sensory world afterall. Crystals satisfy this role magnificently.



Since crystals have a low entropy and high amplitude due to their mathematically precisely ordered crystalline lattice structure, they easily maintain their dominant oscillatory rate, making them stable receivers and transmitters. If we view crystals as Light Energy and if we connect this to the ability of the cells in the body to detect a single photon of light,[23] our relationship with these crystalline treasures and their power to transform our lives becomes very intriguing. If we regard these crystals, Dear Reader, as physical links to higher octaves of their same frequencies of light, colour, and sound, we can employ crystals to connect with higher frequencies as we become entrained in their energy field, effectively transforming our emotional vibration and raising our amplitude, and, by association, the frequency of others.

Similar to our awareness with the Moon and the Angels of the Zodiac, Dear Reader, when we know the lunar phase and the angelic energies present during a lunar phase, we can discover the crystals that are associated with these vibrations so that we have a physical representation of that which is invisible to the human eye. With the crystals, we can layer the energies to increase the potency of our connection with other frequencies and variables that assist us in shifting and in strengthening our own vibrational frequency, providing us again with a sense of control over co-creating our reality and navigating our environment, empowering us in the process.

We can employ these crystals in numerous ways during each lunar phase to empower us. For example, we can create a crystal grid with one or more crystals associated with the Moon, the Zodiac sign through which she is travelling, the three Angels of the Zodiac, and/or their specific qualities. Grids “blend the energies of multiple crystals together to manifest a powerful synergetic effect.” They are “based upon

principles of sacred geometry in conjunction with crystal and human energy dynamics." As the crystals are placed in harmonic patterns, the crystals' "frequencies interact with each other like the multiple circular waves that emanate from several pebbles dropped simultaneously into a pond."[24] The "subtle yet influential electromagnetic… communication system" that "operates just below our conscious level of awareness"[25] receives these transmissions and influences our responses according to the vibrational qualities. Thereupon, creating crystal grids is a tremendously powerful technique in our Magic Satchel. However, with an immense number of crystals and grid layouts from which to choose haunting various reference pages on the Internet and books in the library, we might feel as though we have fallen down the rabbit hole along with Alice, finding only a clever Cheshire Cat to provide direction.[26] Creating a crystal grid using the Angels of the Zodiac method to attune to lunar energies provides a simple, effectual solution to alleviate any sense of overwhelm.

In addition, we can carry these stones both to strengthen our connection with the celestial energies and to act as touchstones for when we need a boost of Magic to raise any limiting low amplitude emotion or discomfort to an expansive high amplitude emotion or wellness. As healers are aware, when we place a crystal on or near an area on the body that is vibrating at a low frequency, our body's vibrations in all energetic fields rise to synchronize with the crystal's higher frequency. We are then able to move past any physical, mental, emotional, or spiritual blockages and reach an optimistic, empowered state where we feel motivated and focused.

We can also choose to hold the stones in meditation to entrain ourselves in the crystals' vibrational field and tune into the higher octave frequencies to converse with and appreciate the unique lunar and angelic energies. As Dr. Richard Gerber observes, in meditation, when we hold a "crystal in our left hand, incoming crystalline energies have direct input into the subtle-energy circuitry linked with the right brain," which is "attuned to the higher dimensional fields of the consciousness of the Higher Self because the right brain has unique crystalline connections to the pineal gland,"[27] or rather "more specifically, the pineal calcification: a crystal that lies in the center of the brain." Being "influenced by the light cycles of night and day,"[28] the pineal gland connects us not only to Light Energy but also to the rhythmic cycles in Nature, like that of the Moon. That we have access to a bio-crystal within us to harmonize with the physical crystal that we externally hold

and to connect with higher vibrational frequencies strengthens our trust that a Universal energy always supports us and that everything is intricately connected.

Dear Reader, as you begin your journey of filling your Magic Satchel with crystals with which you resonate and of practising employing and playing with them regularly, your intuition, your connection to your higher self and to our co-creative Divine partner, will guide you toward the perfect way to interact with your crystals.

A Practical Example: Full Moon, January 2023

Now, Dear Reader, I offer you a practical example of how you can become empowered by integrating the information which you have gathered on our Journey so far together.

As 2023 began with a Full Moon, these energies continue to cascade over us throughout the calendar year, making this lunar phase the perfect example.

At 100% to 85% Waning Illumination, the Full Moon is generally a time to celebrate, receive, and release; this reflects the basic umbrella vibrational influence. The Full Moon is a nourishing time to celebrate our travels so far in the lunar cycle, express gratitude for all that we have achieved, reconnect with the essence of our intentions and higher purpose, receive the fruits of our efforts, release anything that no longer serves us or that no longer aligns with our higher purpose, and course-correct or make changes where needed to realign with our intentions. The Moon, the archetypal feminine, receives the light from the Sun, the archetypal masculine, and reflects this brilliance back to us on Earth, evoking potent creative energy (the masculine) as well as remarkable intuitive insights (the feminine).

During the Full Moon, we can make significant strides toward completing what we have intended at the beginning of the month. In taking inspired action steps in harmony with the lunar phase, such as those already mentioned, we shift and transform our vibrational field and our emotional frequency by channeling the potent manifestation possibilities to create feelings of empowerment and success.

Full Moon at Cancer 16º 21' (6 January 2023 at 15:07 PST / 18:07 EST)



January's emotionally intense Full Moon is comfortably stationed in the mid-degrees of Cancer, a Cardinal sign that the Moon rules, inviting us to slow down, listen to our inner emotions, and observe our environment. Independent of other astrological aspects, when Luna dons her watery blue, emotional, and nurturing Cancer gown, she invites us to get in touch with our emotions, especially concerning areas of life regarding self-care, nurturing, our family, and our home. She thus encourages us to honour our emotions; to practise extreme self-care physically, emotionally, mentally, and spiritually; and to release anything that no longer serves us. Being at the beginning of the year, this Full Moon also inspires us to pause; to breathe; to bring our mind, heart, and gut (intuition) into coherence; and to co-create our magical path in 2023 from this heart-centered vibration.

The Angels of the Zodiac for this Full Moon

Now, Dear Reader, knowing the lunar phase and Luna's Zodiac degree, we can call upon and tune into angelic frequencies to assist us in navigating this time and in maintaining our sense of empowerment.

The Angels of the Zodiac[29] associated with January's Full Moon are

Period Ruler: Archangel Michael

Cancer 16º - 20º Phase Ruler: Yeiayel

Cancer 17º Degree Ruler[30]: Chavakiah

While Archangel Michael and the Angels of the Zodiac have various qualities, for ease here, we will focus on the qualities associated with

this Full Moon. Thus, as we are celebrating our journey so far, expressing gratitude for what we have received, and releasing the emotions that no longer support our authentic empowered self, Archangel Michael's energy inspires us to reflect upon and express our truth and authenticity. As we navigate this phase, we can connect to Michael's frequency to clarify what being our authentic self signifies for us and draw upon the courage to express this in an empowered way.

Yieayel vibrates at a frequency that encourages generosity, caring, kindness, fortune, and abundance. We can therefore tap into Yeiayel's energy to discover ways both to be kind with ourselves as we release limiting emotions and to be generous and understanding with others as they release theirs, resulting in abundance and empowerment for all concerned. Similarly, we can tune into Chavakiah's energetic field which amplifies harmony, tranquility in relationships, and serenity so that we may unveil harmonious ways to practise self-care while caring for others and to nourish those relationships that are dear to us while releasing any unsupportive relationships, once again resulting in empowerment for all concerned.

These Messengers of Light and Sacred Wisdom are associated with certain crystals within our three-dimensional physical realm. Since we know the degree of the Full Moon's peak time, Cancer 16º 21' (Cancer 17º), we can discover both the angelic vibrations associated the with the degree and the crystals associated with these Messengers from which we can select our stones to act as our physical representations of the energies that are invisible to the human eye.

Crystals Associated with the Angels of the Zodiac

While certain stones are associated with the Angels of the Zodiac, when choosing the crystals whose energies with which we wish to employ, we must consider the qualities of not only the angelic energies that we are evoking with the crystals but also the crystals in relation to our intention during the Full Moon and our sense of empowerment in navigating the spectrum of emotional vibrations. Some of the crystals that resonate as lower octaves of the angelic vibrations are listed here.

Archangel Michael:

Amber, Clear Quartz, Golden Topaz, Lapis Lazuli, Obsidian, Sodalite, Sugilite

Yeiayel:

Chrysoprase, Citrine, Jasper, Pearl, Pyrite

Chavakiah:

Aquamarine, Beryl, Black Tourmaline, Carnelian, Coral, Jasper, Malachite, Opal, Rhodonite

Now that we narrowed our selection of crystals to those associated with the Angels of the Zodiac present at the peak of the Full Moon, Dear Reader, we can use our Intuition as well as information on each crystal's vibrational matches to decide stones will best enhance and amplify the qualities and intentions on which we wish to focus. This decision-making process provides us with a sense of control and empowerment as we, not some external forces, are the ones choosing the vibrational frequencies to enrich our lives during this period.

We also can decide how we will employ the crystals, such as meditating with them as a physical representation of the celestial vibrations or creating a Full Moon in Cancer Grid to align with the celestial energies and strengthen our sparkling intentions moving forward into 2023.

A Simple Grid with Crystals Associated with the Angels of the Zodiac

Now, Dear Reader, we will create a simple Full Moon grid so that you will have a practical process you can replicate, if you are so guided. That said, even if you refrain from creating your own physical grid, the vibrational frequencies of the grid are just as potent when you focus on the image shown here.

As aforementioned, selecting the crystals and layout for a crystal grid can be confusing. However, if we look at the Angels of the Zodiac who are present at the peak of the Full Moon and choose stones from the crystals associated with these angelic vibrations, we not only simplify the process but also layer a complementary vibrational frequency on our grid, naturally amplifying it.

Four main steps are involved in forming our grid:

1. Create Intention
2. Choose Grid Formation
3. Select Main Grid Components
4. Add Optional Grid Components

1. Create Clear Intention

Creating a clear Intention is an important step that we must refrain from skipping, for a general grid can send muddled energetic messages up to

the Universe. Energy will go where the intention, the emotional essence, is directed; if the message is unclear, the results will reflect this lack of clarity.

In forming an Intention, we may consider which lunar energies we wish to garner to co-create our reality and which personal energies we desire to strengthen or release. As this Full Moon favours self-care, we may set the Intention that we desire calm and compassion for ourselves and others. This Intention will amplify the higher frequency emotions and thus strengthen our sense of empowerment.

2. Choose Grid Formation

Many options exist for grid formations; however, a tried and true, universal grid formation is the hexagonal shape as realized in the sacred geometry of the Flower of Life. The Flower of Life grid formation is perfect for any Intention, and it automatically resonates with the creation of the Universe, complementing our desire to create a grid to support and strengthen our Intention.

3. Select Main Grid Components

Here comes the real enjoyment of this process, Dear Reader, where we interact with and select the stones for our grid. While we have narrowed our selection of stones to those associated with the Angels of the Zodiac, our Intuition is an insightful and valuable resource when choosing the crystals for our grid.

The three main components of the grid include

1. The Centre Stone
2. The Surrounding Stones
3. The Activation Wand

1. The Centre Stone

This is the largest piece of the grid, which transforms our Intention into frequencies and broadcasts our Intention to the expansive Universe where energy can be put into motion to manifest our clear desires for our highest good.

With our Intention for greater self-care through calm and compassion, we can select Clear Quartz. Associated with Archangel Michael, Clear Quartz works on multidimensional levels of being as a powerful healing stone that focuses energy where needed.

2. The Surrounding Stones

Now, Dear Reader, we use our creativity and intuition in developing a pattern around the Centre Stone. For simplicity, especially if you have not created a grid before, Dear Reader, we try to use no more than three crystal types so that they can communicate easily together to transmit a clear message. That said, if our Intuition guides us to add a complementary stone, we can try it out to see if it feels right on the grid.

An optional but potent step before we select our crystals is consciously grounding into the Crystal Realm of Mother Earth and connecting to the Crystal Realm of the Celestial Spheres as richer success arrives when we ground into the Crystalline Realm of the Earth as the Energy rising through our Energy Centres creates a Circuit of Vibrations that directly connects with the Crystalline Frequency of the Celestial Bodies.[31] This is easily accomplished by imagining a translucent silvery cord coiled at the base of our spine that unravels until it naturally reaches the Crystal Realm in Mother Earth. After drawing this crystalline energy up through the cord and up through our spinal column, lighting up our energy centres and generators (chakras), we can imagine this cord of energy continuing up past our Crown Chakra into the Heavens until it naturally arrives at the Crystal Realm in the heavens where it gathers the energy from here, bringing it back down through our Crown Chakra to mingle with the crystalline energy from Mother Earth within us. We effectively become an energy conduit between the physical and metaphysical realms, complementing our reality as soul having a human adventure.

Now, looking at the crystals on our Angels of the Zodiac list and using our Intuition as a guide for our Intention, we might select Lapis Lazuli (Archangel Michael), Pyrite (Yeiayel), and Aquamarine (Chavakiah).

Lapis Lazuli was a stone prized in Ancient Egypt for opening up the heart, inspiring compassion. Possessing tremendous serenity, it assists in harmonizing our body, mind, emotions, and spirit while also evoking deep inner self-knowledge.

All that glitters is not gold, and glittering Pyrite follows suit. Pyrite creates a positive outlook, dispelling negative energy and pollutants on all levels and deflecting harm while attracting positive energy and evoking deeper inner strength, love, and success.

Filtering information travelling to the mind, assisting in comprehending our emotions and the reasons why we feel the way we do, Aquamarine

clarifies our perception and assists in eliminating negative self-talk, leading thus to positive change. It promotes a sense of calm, lessening feelings of overwhelm.

3. The Activation Wand

After we have arranged our stones on our Flower of Life template, we can use a Clear Quartz Wand or Lemurian Wand as an extension of our energy to activate our grid, linking the crystals energetically. With the Wand in our right hand – our transmitting hand – we can state our intention and/or affirmation (see below) while connecting the crystals. Also, as we have used stones that are associated with the lunar angelic energies, we call in Archangel Michael and the Angels of the Zodiac to imbue their higher amplitude vibrations into our grid. Activating a crystal grid is often an overlooked, but important step as it focuses our intentions and sends them out into the Universe so that higher frequencies can assist in our manifestation process.

4. Add Optional Grid Components

In addition to our crystals, before activating our grid, we can add other components to our grid to layer up the vibrational frequencies, creating a higher amplitude for the grid. Some examples of other components include adding laser Quartz wands and placing a hand-written affirmation reflecting our intention underneath the Centre Stone, which we can read while activating our grid, bringing in sound wave energy to strengthen the grid. As Archangel Michael and the Angels of the Zodiac have scents, flowers, and colours associated with them, these too can be added to the grid to increase its amplitude further.

Our Full Moon in Cancer Grid

Having created our Full Moon in Cancer Grid with the Intention of self-care through calm and compassion for self and others, we can place it someplace where it will not be disturbed, allowing its energy to invite the wishes we desire. While a Full Moon Grid in association with the Angels of the Zodiac is strongest during the three days before and after the Full Moon, it still holds potency regardless as this particular moon began 2023. We can maintain this grid until we experience the desired energetic shifts, or until the next Lunar Phase or Period when we may be guided to create another grid. Our Intuition will guide us toward what is best for our highest good and for the highest good of all.

The Conclusion of this Journey but the Beginning of Another

And so, Dear Reader, we come to the end of our present Journey together, traversing an energetically spiral path, offering avenues for future exploration.

As we saunter over the last few steps in this medium, we can reminisce over your Journey and any pearls you may have uncovered. You have briefly tasted the significance of tuning into the rhythms of the Lunar Cycles as a method of grounding and empowering yourself. You have been introduced to the Angels of the Zodiac and to how aligning with their energies can support your sense of empowerment as you navigate your Life Path during each lunar phase. You have also touched the surface regarding the power of crystals as a potent tool to lift your vibrational frequency and to empower yourself in association with the Angels of the Zodiac and the Moon as you travel the spectrum of emotions on “The Vibration of Possibility."

Hopefully, you have observed the truth of Tesla’s observation that everything in the Universe is composed of energy and that this energy matrix is composed of varying and interconnected vibrations and frequencies. I hope that you have also discovered one, even minute, piece of magical information that has whetted your curiosity enough to evoke you to explore the material deeper and that you have filled your Magic Satchel with a few magnificent treasures upon which you can call to raise your vibration and to support your sense of empowerment.

While this marks the conclusion of this Journey, Dear Reader, as the alchemical ouroboros reminds us, consuming its tail in an eternal tale of time, a circular unity of death, birth, and rebirth, this also marks the beginning of another Journey.

My invitation to you, Dear Reader, arrives swiftly, shining brightly under the moonlight like a sparkling crystal.

If you are guided to join me and others on a group excursion, amongst many collaborative travels, I hold monthly **New and Full Moon Lucid Meditation** gatherings at which I:

- explain the astrological influences of the phase
- offer practical, inspired action steps for each phase based on the celestial energies
- suggest a crystal grid for the lunar phase

- provide a personal card-spread for attendees
- guide participants through a lucid meditation with the Angels of the Zodiac and other celestials who appear
- provide a forum for attendees to share their experiences
- offer a one-card thematic reading for each participant based on the lunar energies.

In addition, I offer group bi-weekly **Lunar Playdates** at which I

- cover the first four or last four phases of the lunar cycle and explain any other relevant astrological influences
- suggest practical inspired action steps for each phase based on the celestial energies, including a card-spread and journalling questions
- introduce the influences of the Angels of the Zodiac and provide their qualities and physical associations
- relate a group channel from each of the Angels of the Zodiac associated with each phase
- guide participants through four meditations, one for each phase
- offer a forum for attendees to share their experiences

If you are interested in a **Magic of Writing and Journaling Journey** for personal growth and direction, empowerment, and insight, I hold weekly group gatherings as part of a five- or seven-week journey, depending on the journey's theme.

If you are guided to travel on another personal adventure with me, Dear Reader, and to invest in your personal growth, please consider a partial list of my services:

Lunar Living Mentorship to learn to align with the lunar phases for clarity and purpose

Crystal Healing and Re-Harmonizing Sessions to re-energize through the powerful magic of crystals

Angels of the Zodiac Astrological Reports to discover the angelic vibrations who came in with you at birth to assist with your Life and Soul Purposes and Personal Growth

Past Life and Past Soul Regression Journeys to discover your Past Life and Past Soul's Incarnations and the way they contribute to the person you are today

Creative Imagination & Empowerment Life/Soul Purpose Mentoring Session to empower your life with magical techniques, includes 30 min Discovery Session

Personal Channeled Messages with The Magi, Archangel Metatron, and Friends to connect with other Realms for Guidance.

Personal Channeling Mentorship to learn to channel and converse with Beings in Other Realms

Intuitive Card Readings to receive New Moon, Full Moon, 3 / 4 / 5 Card Spread Readings for guidance and direction

If you are interested in learning more about any of the services I offer, Dear Reader, you can contact me directly at theoracle@theoraclesmagi.com and/or follow me via social media (Facebook and Instagram): @theoraclesmagi , @theangelsofthezodiac , @crystalmoonmagiccircle

The Magic – A Wish

I again thank you, Dear Reader, for embarking on this Journey with me, and I hope that we can travel together again soon. I hope that you are feeling empowered, and I wish you a magical day!

Allyson O'Hara-Cribdon

Allyson O'Hara-Cribdon is a creative imagination and empowerment mentor, sacred magic author, mage, channel, crystal-practitioner, and astro-oracle card intuitive, guiding and inspiring all generations toward living and expressing their passions using ancient wisdom and intuitive magic. She currently lives with her husband, two children, and three cats in Vancouver, Canada.

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10. Allyson O'Hara-Cribdon's tense-interpretation blending from Aramaic and Hebrew translations; and Rabbi Lawrence Kushner. *The Book of Words: Talking Spiritual Life, Living Spiritual Talk.* (Woodstock: Jewish Lights Publishing, 1993). 11.

11. The Magi, a collective voice of Light Beings who began conversing directly to Allyson O'Hara-Cribdon in 2012.
12. Texts here include Hebrew, Kabbalist, and Islamic works on The Mansions of the Moon as well as works by John Sandbach, addressing the 360 degrees of the Zodiac
13. Florian Raible, Hiroki Takekata, and Kristin Tessmar-Raible. "An Overview of Monthly Rhythms and Clocks." *Frontiers in Neurology* 8 (2017), 189; and Gabriele Andreatta and Kristin Tessmar-Raible. "The Still Dark Side of the Moon: Molecular Mechanisms of Lunar-Controlled Rhythms and Clocks." *Journal of Molecular Biology* 432, no. 12 (2020), 3525-46.
14. Message from Archangel Metatron channeled to Allyson O'Hara-Cribdon, 2021.
15. The four main lunar periods are New to Waxing Quarter, Waxing Quarter to Full, Full to Waning Quarter, and Waning Quarter to New.
16. The eight lunar phases are New, Waxing Crescent, Waxing Quarter, Waxing Gibbous, Full, Waning Disseminating (Gibbous), Waning Quarter, and Balsamic (Waning Crescent)
17. The 12 Zodiac Signs, according to Western Astrology's Topical Zodiac, are Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius, and Pisces.
18. The names of the 72 Zodiac Angelics are derived from the 72 names and characteristics of God according to ancient texts and studies. The names used here are linked to the Jewish Kabbalah tradition with the 72 names derived from the Hebrew version of *Exodus* 14: 19-21. These Angels of the Zodiac are popularly referred to as Guardian Angels for the Zodiac signs; however, they have a richer significance that transcends their solely being generic guardian angels.
19. A Zodiac Phase is defined as period of 5 degrees or orbs.
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25. *Science of the Heart: Exploring the Role of the Heart in Human Performance.* www.heartmath.org/research/science-of-the-heart/
26. Reference to Lewis Carroll's *Alice's Adventures in Wonderland.* (1865)
27. Dr. Richard Gerber. *Vibrational Medicine.* (Rochester: Bear & Company, 2001). 346.
28. Ibid. 256.
29. Yeiayel (22), his name in Hebrew means *The Right Hand of God*; Chavakiah (35), her name means *God Who Gives Joy*; Archangel Michael's name means *Who is Like God?*
30. If the degree has minutes, we raise the degree up. Thus, Cancer 16º 21' becomes Cancer 17º
31. Message from Archangel Metatron channeled to Allyson O'Hara-Cribdon 2021.

13

Take Charge of Your Life – Take Back Your Health, Naturally

Carol Scheg-Morissette



MY HEALING JOURNEY

My health issues and near-death experience changed my vibration and led me to my spiritual path. In 1999, I suffered a severe injury that left me with a chronic back and neck issue. I had C3 to C7 cervical disk injury and degenerative condition in my neck. I could not turn my head to the left. My grip strength on the right arm was below normal limits and the left arm was below functional limits. I had developed a lot of digestive problems, difficulty walking, TIA, Upper Cross Syndrome, Arthritis, asthma, fibromyalgia, and Hypoglycemia. I was unable to lift anything over 4 lbs. The injury was a result of domestic violence from my ex-husband Steve, who was a narcissist. In 1999 my oldest son was away with a family member, and I was upstairs reading a story to three of my young children when we heard a crash that sounded like someone

fell down the stairs. I put down the book and told the children I was going downstairs to check on it, they said “don't go Mommy”. I said I had to, he may have fallen down the basement stairs and could be hurt. When I looked down into the basement he was laying at the bottom of the stairs. I asked him if he was okay. He mumbled something and came flying up the stairs grabbed me by the throat and put me up against the wall and said you need to mind your own business you b****. He then threw me across the room several times and I hit my head on the corner of the console TV. He continued to kick me in the head and back while I was on the ground. The children came downstairs and were screaming and scared.

It was at that point that I had a near death experience. I had an out of body experience and I was looking down at my body. The children were standing over my body looking at me on the floor with him kicking me, but it didn't hurt anymore. I felt relieved, as I went toward the light, and everything looked so beautiful and I saw familiar faces. Then an Angel told me I had to go back. I thought “I'm not going back there he can keep kicking that body all he wants”. Then they said, “you need to look back”. I reluctantly looked back. I saw my children standing over me and I could hear them. The middle child said, “I think he finally killed her”. And I thought well that's okay. And then the youngest one said, “who will protect us now?” And that's when my heart sank, and I found myself dropped back into that broken body and I managed to move my fingers and they said she's still alive. They said what do we do. And I managed to say stop him. So, they started yelling daddy stop and grabbed his legs and he left the room. I don't remember much after that but somehow, I ended up upstairs in their bedroom.

The children laid in bed with me in their room. I remember them saying that I looked like a ghost because my teeth were chattering, and I was white. I remember him coming in and saying I want to talk to Mommy alone and them putting their arms around me and Jeffrey saying, “No she's staying with us”. Later at night, I remember trying to find my way to the bathroom and he was in the hallway. He took his forearm and smashed my head into the wall several times and said now you're stupid. I stayed in their room until Monday when he went to work and the kids went to school. Except that the little one Cindy was sick and throwing up, so she stayed home with me. I drove her to the doctor. When I went in the doctor's office they said what happened to you were you in a car accident on the way here? I said no my daughter is sick. And the doctor said your eyes are dilated like you are in shock. I had a

concussion and when they checked me I had whiplash, concussion, a brain injury, damage to the trapezius muscles in my back and nerve damage. My doctor told me I needed to tell the police what happened. They weren't sure how I even drove there but I believe God was watching out for me and sent me angels. I had learned to cope with the pain and loss of quality of life but I was on a lot of medications… (I was on liquid previcid 60mg, fluticesone cortisoid inhaler guituss, diazepam, antibiotics, relafen, and valium. To name a few). I went to PT weekly along with some Chiropractic. I had a lot of problems with my throat and difficulty eating, and ended up choking on most of my food.

I still had a lot of pain in my back and neck and I was a single mom of four and not receiving child support so I looked for inexpensive ways to heal. I heard about a labyrinth walk at a Presbyterian church. They also offered free massage. I went to the labyrinth walk and the chair massage several times for healing. I always kept a positive attitude even with all my difficulties.

In 2001 I met my current husband Guy. We had a child together in 2003. The doctors had told me I would have trouble carrying a child because of all of my physical problems. I was unable to lift over 4 lb. My husband was laid off from work right before the baby was born which was a blessing in disguise because he was able to help out. He would put the baby on the changer so that I could change him, and he would bring the baby to me when I sat on the couch so I could nurse him. Our son Patrick was born with hydronephrosis of the kidney. He was also allergic to over 58 different things. He had photosensitivity, he could not be in temperatures 60 degrees or above or in the sunlight. He would break out in a rash, turn red, and would sweat profusely. He was unable to drink formula, so I continue to nurse him for 15 months. Luckily the pediatrician was able to find him a hypoallergenic milk-free organic formula. I continued to have difficulty choking and started limiting my diet to soups and liquids. I had cryptic tonsils and continued to choke. I had the tonsils removed in the hope that it would solve the problem, but it did not. In late 2003 my esophagus strictured and closed up and I was no longer able to eat or drink normally. I had to elevate my bed and sleep on a wedge pillow. I slept sitting up but would still wake up choking and trying to catch my breath. I ended up in the emergency room twice a week usually. My husband would drop the kids off P.A.L football and then drop me off at the emergency room only to be sent home because they couldn’t figure out what was wrong.

I was sent to 3 different ear, nose and throat specialist. The 3rd ENT specialist told my doctor that there was nothing wrong with me and to put me on liquid anxiety medicine and not to send me back to him again. Every cat scan and MRI of my throat was just missing the stricture, it was not in the throat but was in the cervical esophagus. One of the reasons it strictured so badly was due to MSG and my weakened immune system. I had been a cosmetologist for most of my life. I was exposed to chemicals as a hairdresser which contributed to it. I tried to eliminate MSG from my diet, but it was nearly impossible. It's hidden in most foods as spices, natural flavor, high fructose corn syrup, cargeenan etc. By the time the doctors figured out what was wrong with me, my esophagus had gone from 20 mm to 4 mm for 2 inches of the cervical esophagus. It was the size of a thread. From August 2004 to January 2006, I was only able to drink water, apple juice and pulp-less orange juice from a teaspoon because my esophagus couldn't handle drinking out of a glass. I would later be able to drink food that was cooked, pureed, and then strained. Stage 1 baby food was too thick. I could not drink milk because it was too thick to drink. I felt hungry all the time and had pain in my head because I could only drink small amounts from a teaspoon. I had to puree and strain my own organic soup. I would put the liquid on a teaspoon and drink it because my esophagus was not wide enough to accommodate drinking from a glass.

Every night at dinner time I would bounce on my rebounder mini trampoline in the kitchen to help relieve the mucus and congestion from not being able to swallow my saliva. Rebounding stimulated the lymph system and flushed out toxins. I also had esonophilic esaphagitis, which is when your white blood cells attack food because they see it as an allergen which causes swelling and inflammation.

Every four weeks when they reopened my esophagus it would shrink back to 6mm it was wearing thin. The doctors had said my esophagus was like a stretched-out rubber band and that if I continued to come in every week to have it reopened eventually it would tear and if I did nothing it would stricture and close up completely leaving me unable to breathe let alone eat. I was told to get my affairs in order because I didn't have much time left. I knew it wasn't my time to die, so I prayed to God for help. I said help me through this one, help me find some answers to fix this problem and I promised I would share it with the world. Everything I offer at Healthy Alternatives Wellness Center are things that helped me to heal.

I went back to the church with the labyrinth walk and the chair massage several times. I had the chair massage done and the massage therapist that finished working on me said you have a lot of pain in your body have you ever tried reiki? I said I had not but was willing to try. I went over to the circle where they were doing chair Reiki and a woman worked on me, I wasn't quite sure what she was doing at the time. When she was done she said “how do you feel” I said good, thank you, just to be polite, not really sure what she had done, and I walked away. As I walked away I realized I did not hear the crunching in my neck like I normally did and my shoulders felt a little better, and my neck was able to move a little bit so I went back to her. She said everything okay? I said yes, when I said I felt better, I was being polite but I really do. I haven't felt this good in a long time. How can I get this done again? That is when I started receiving reiki treatments and I was called to learn how to do Reiki. I did Reiki on myself every night to be able to rest and breathe. The Reiki helped me to regain my health. Reiki helped with my digestion issues and soothed my throat.

I had a foot detox done several times when I was sick. I had brown and black come out which was kidney and liver, orange and red which was the inflammation, a lot of bubbles which was trying to clear my lymph system, green which was the immune system struggling and I had gray which was heavy metals.

I went for Integrated Energy Therapy treatments because I knew I had a lot of stored emotional trauma in my body. This helped to pull out a lot of the emotional trauma that I had dealt with. I saw how the Reiki and the IET helped me and my family. I opened my holistic business in 2007 by doing a Raindrop demonstration and started offering Reiki and Integrated Energy Therapy to others.

I had a lot of inflammation in my body and especially in my throat. I was constantly coughing things up I mostly drank water apple juice and orange juice with no pulp. Then I became allergic to citrus. The allergist told me there was nothing they could do. There were no shots or medications for that especially in the condition I was in. I found out about a woman in Buffalo who did pain-free holistic allergy clearings. We drove out there to give it a try and it worked. After the 25-hour cycle of avoiding orange citrus I was able to have citrus again. I had several allergy clearings done. ART stimulates certain acupressure points along with breathing scalar energy and homeopathic vials. It's a technique to retrain our brain and nervous system to no longer react

negatively to an allergen. Using meridians, the allergen may be cleared from the body and the energy pathways. I then started to juice and drink organic foods and fresh fruit and vegetables that were pureed and put through a small strainer. I also found a woman who did Young living raindrop technique which consisted of a combination of vitaflex and therapeutic oils to bring improved circulation to the spine and release the inflammation. It helped to detoxify my body and boost my immune system.

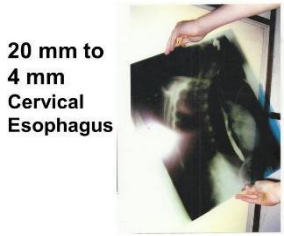
Finally, January 2006 they were able to open it to 20mm and it stayed open. I still had trouble swallowing food because of scar tissue, swelling, and motility damage. Food was sticking in my throat. The speech pathologist had said to turn my head to the right and drink lots of water. There was no way to correct it. I felt like a bloated fish when I ate because of the amount of water I had to drink.

In April 2006 I found out about Ningxia red juice and how it helps with swelling, motility problems, regulates blood sugar and boosts the immunity. I started drinking Ningxia Red juice because what I had was a motility problem and hypoglycemia. The Ningxia Red antioxidant drink fixed my motility problem. I also used Thieves oils on the outside of my throat to help heal it. I had A.R.T. (allergy retraining technique) allergy clearings done to eliminate my allergies to food, the environment and esonophilic esaphagitis. I also suffered from M.C.S., acid reflux, I.B.S. hypoglcemia and fibromyalgia. I was on previcid 60mg, fluticesone cortisoid inhaler guituss, diazepam, antibiotics, relafen, and valium, ect. I replaced that with Ningxia red juice, Sulfurzyme for my immune system, Peppermint and Lemon oil, enzymes and thieves spray for my throat to help eliminate my inhaler. I used Digize oil on my stomach to help my digestion, I used alkalime in the morning and especially at night since that was when the choking was the worst. I did Reiki on myself every night to help my digestion and my throat.

Alternative Way to Heal



Esophageal Stricture



I eliminated chemicals from our home. We eliminated cleaning products, shampoo, creams, make-up, ect. I am able to eat normal and swallow normal thanks to prayer, Young Living Oils, Allergy Clearings, Reiki, IET, & Sound Healing.

At the same time that I was sick and searching for answers for myself I was also searching for answers for my son's hydronephrosis of the kidney, allergies and skin condition. Patrick had a lot of problems with severe eczema because of his kidney. His hands were always broken out and bleeding as well as the bottom of his earlobe. It looked cut and was sometimes oozing. I went to F.L.C.C. and took a Chinese medicine course. I realized that all of his eczema was related to the kidney. The kidney is associated with the ears the skin and perspiration. The doctors had given him a pro Topic cream to put on. When we put it on he screamed and he was always a very happy baby so we knew there was something very wrong with that cream. The doctor then prescribed Elidel which was working really good and they told us to gob it into his open wounds. When we went back to the doctors they said that there was a black box warning on it but it was okay to continue giving him. They said the Black box warning was because they were gobbing it into the open wounds of rats and it was causing them to have kidney failure and cancer. The pediatrician said it was okay to continue using because he was a baby and much larger than a rat and it would not affect him. We looked at each other and threw the cream in the garbage and I went back to learn more about Chinese medicine and how to make my own salves. I went to FLCC and took courses from a naturopath Dr Les Moore in Chinese medicine, healing salves and creams, and an herbalist course. We brought Patrick to Clifton springs for sulfur baths in the sulfur water. The salve started helping him to heal and his ear started oozing more instead of bleeding which was a sign of healing. My interest in herbs led me to take an additional herbalist course from

aroma head institute, and nature sunshine. I also learned Gary Young's raindrop aromatherapy technique.

The Reiki and the IET was helping but I felt like there was something more missing in my healing work and that is when I found the amazing benefits of sound healing. I had gone to a health and Wellness fair in Toronto, put on by Hay House. The speakers were Louise Hay, Wayne Dwyer, Merriam Wilson and many others. This is where I met Jonathan Goldman who is a world-renowned sound healer. I told him I was looking for something more to help to heal my son's kidney. He introduced me to tuning forks. I used the tuning forks on my son while he was in his high chair on all his kidney points. We saw improvement. I was then guided by God to do sound healing and Chakra balancing with the 5-inch Tibetan bowls and was then led to the Crystal throat chakra bowl. I was called to choose the throat chakra. All my problems have been with the throat chakra. I had a lot stored in my throat chakra when I went for integrated energy therapy because I had suppressed so many things.

I was playing the large bowl in my living room when my son came in doubled up in pain from his kidney. I was ready to stop and do Reiki on him and he said no keep playing that. He laid down right next to the crystal bowl as I played it. Then he got up and said he felt better and that's when I realized the power of the sound but what would have taken me hours to fix was resolved in a few minutes. I knew I had to start doing sound healing for others. It was not a popular thing at the time. But once people tried it and saw results, they told others. In 2007, I offered guided meditations with sound. I saw it helping people so I started offering it on a regular basis. The combination of certain frequencies played together, plus intention creates healing. Sound heals at a molecular level. I saw big improvements in my son's kidney condition when I started using sound. I developed a treatment called vibrational Reiki by using tuning forks, crystal and Tibetan bowls and gongs. Sound is a vibration that propagates as an acoustic wave. Your body will absorb waves of vibration into its tissue, allowing the body to relax and repair itself instead of responding to outside concerns. I went to a sound healing school in Nebraska to learn Vibrational Sound Massage with Therapeutic Zen Bowls. The vibration of therapeutic Zen bowls can help us to be internally aware while being more present in the moment and more connected with our surroundings. Sound healing decreases the effects of Tension and stress by using specific frequencies and harmonics that heal the body. A vibrational sound massage takes

you right into the Delta and theta brainwave state. Sound can improve your body's capacity affecting immune strength and brainwave patterns as well as the quality of your daily life.

I remember the day my esophagus was healed. It was so amazing to be able to breathe again and to swallow normally. I used to have to spit saliva out because my esophagus was not wide enough to swallow my own saliva. I had difficulty breathing and was choking all the time and had a raspy voice which sounded like I had cancer.

I felt so much gratitude for life and being able to breathe and swallow and drink. When I was unable to eat for all those years people used to ask me if you could eat anything what would it be? I used to say salmon and chocolate but not together but the first thing I wanted to eat was a carrot. There is such an amazing difference between organic carrots and the usual carrots that are in the store. Organic carrots tasted so sweet. When I tried drinking milk I still had a tightness in my throat when I drank it. When I tried organic milk it was fine. It was just the chemicals that were in the foods and the drinks that were causing problems.

So many people don't realize when they have digestive issues or health problems that it can be the chemicals in your food, environment and in your products like the plug-in fresheners that people plug into their walls. Not long after my esophagus was opened and healed my husband looked at me and said he felt so happy to see me able to tip up a glass of water and drink it. It had been a long time of drinking off a teaspoon and now I was able to tip up a glass of water and drink it and not choke anymore. That was amazing. That was something to be grateful for.

What helped me with my fibromyalgia was having Raindrop Therapy, Reiki, & Biomat therapy, along with drinking 4 oz of Ningxia Red Juice daily (After 6 months I was able to cut down to 1oz). I also ate organic and cut back on milk products.

I put Thieves and Frankincense on my throat. I used PanAway and Deep Relief Roll-on daily on my back and neck. The rest of the oils (Wintergreen, German Chamomile, Valor, Nutmeg, Marjoram) I put on my feet and back in addition to the Raindrop. I took Omega-3 at dinner time and Probiotics with meals. I took Alkalime in the morning and at bedtime. AlkaLime is a precisely-balanced alkaline mineral complex formulated to neutralize acidity and maintain desirable pH levels in the body. A balanced pH is thought to play an important role in maintaining overall health.

I took Sulfurzyme daily to support the immune system. It contains MSM an organic sulfur; and Ningxia wolfberry and FOS that both support sulfur metabolism in the body. Sulfur is involved with many functions of the body including:

- Cellular waste elimination
- Protection and repair of myelin sheath of the nerves which helped the fibromyalgia.
- Helps to reduce inflammation in the body
- Activates enzymes and metabolizes carbohydrates
- Helps to assimilate vitamins to give us beautiful hair and skin

I hope my story will help others to get out of abusive situations they're in. I waited too long to get out of mine but I am a survivor. I tried but my self-esteem was so low I couldn't have dug it up out of the ground with a shovel. He had me convinced that everything I did was wrong. If I peeled a potato I was peeling it wrong way. He said the marriage wasn't working because I didn't know how to be a wife or mother. I tried several times to leave but he threatened that if I left he would take the kids away and I would never see them again. If I left the house I would no longer have a business because I was a self-employed hairdresser that worked out of the house.

The beauty salon was attached to the house I would have no way to support them and then he would have had custody of them.

I could not get him to leave the house. It was my house before I met him but every time I called the police they would make him leave because he was drunk and abusive but he would come back the next day. I had one police officer tell me that I just needed to learn to live with it do what he said and have the kids behave. We were always walking on eggshells especially when he was really drunk so that we didn't upset him. I tried to go to a battered women's shelter but they would only take women and my boys would have had to have gone to the YMCA. I ran up against a lot of roadblocks trying to leave and I even had people tell me that I should stick it out for the sake of the kids.

I went through some difficult times but everything I went through led me to this path in life and enabled me to be able to help others.

I connect with Jesus in my healing work. I work with the Reiki Masters and Angels but I also connect with Jesus and Mary. I connect with Jesus

and Jesus is with me in all my healing work. I feel like God has brought good things out of a tragedy.

This is the protocol I used to eliminate Prevacid

- First do cleansing with Ionic Foot Detox and herbs.
- 1 tsp Braggs apple cider vinegar with the mother in the morning in a 8oz glass of water.
- Digize oil on the stomach or the soles of feet and Thieves on the feet in the morning.
- Put Peppermint oil on the stomach or in water after a meal.
- Spray thieves in the throat three times a day.
- Take one level tsp Alkalime in 8oz of water before bed to balance the PH.
- I used Sulfurzyme (with MSM) to help with metabolic function circulation and boost my body's natural defense.
- Use Young Living's Life 5 probiotic in the morning and before bed.
- Rebounding
- Spray thieves hydrosol in throat to replace my inhaler
- Eliminate MSG and chemicals from your food.
- I carried Thieves oil in a aroma neckless so it would always be with me
- Pray for healing

I offer a variety of services and workshops to assist clients in their healing. Sound Healing - can be a powerful tool in the healing process. Sound energy healing focuses on creating vibrations, which affect overall health. It can reduce stress, anxiety, depression, lower blood pressure, increase oxygen intake, increase cancer survival rates and reduce chronic & acute pain

Guided Sound Healing Mediation - Relax and de-stress body, mind & Spirit with the sound of singing bowls and guided imagery. The vibration takes you down into a deep state of meditation, dissolving worries and setting you up for a day of enhanced focus, creativity, & energy.

Vibrational Sound Massage - VSM has advantages over traditional massage. The client remains fully clothed & physical contact is kept to a minimum. It is less physically intrusive and will not leave the client feeling sore the next day. Beneficial for clients with fibromyalgia, arthritis, MS, geriatric, or recovering from cancer. During VSM the body will absorb waves of vibration, allowing the body to relax and repair itself instead of responding to outside concerns. VSM helps us be internally aware, while being more present in the moment and more

connected with our surroundings taking you right into the Theta & Delta brainwave state. These tones produce Binaural Beats.

Ionic Detox Foot Bath - Remove toxins, free radicals and body waste products that cause health problems

- Clear up skin
- Regulate pH levels
- Assist weight loss
- Inactivate viruses, bacteria, yeast and fungus
- Improve sleep
- Reduce inflammation and unwanted fluid retention
- Enhance nutrient absorption
- Relieve pain and tension including headaches
- Purify the blood and lymph
- Stimulate and balance the immune system
- Increase body oxygen

Licensed Massage Therapist - Therapeutic Frequency Massage manipulates the body's soft tissue & muscles relieving pain and stress.

Raindrop Therapy is a combination of vita flex and therapeutic oils that brings relaxation and improved circulation to the spine and the entire body. Detoxifies, reduces muscle spasms, pain, inflammation & boosts, the immune system.

IET (Integrated Energy Therapy) - IET is a powerful energy therapy system that gets the "issues out of the tissues" by releasing the suppressed emotions you hold in your body without having to relive the original trauma. It painlessly clears these energy blocks that limit health, life purpose, prosperity, and creativity. IET is a Gentle heart-centered therapeutic touch therapy to certain acupressure points on the body. We begin to release the past, live in the present and align with our soul's purpose. By focusing angelic energy through touch, we release our suppressed cellular memories and transform our lives. IET is a heart-centered modality that empowers us to clear away our limiting cumulative emotional history, align more fully with our heart-centered consciousness to then share our authentic selves and gifts in the world.

Vibrational Reiki is a sound bath for the spirit and soul. Reiki can release pain, anxiety, and negative emotions. Vibrational Reiki combines the wonderful healing modality of traditional Usui Reiki with powerful sound therapy and the vibration of tuning forks, gongs, and crystal bowls. It greatly enhances the healing session, and promotes

deep healing of the physical, emotional, psychological, and spiritual body. Vibrational Reiki accomplishes more in a shorter amount of time. Clients have reported back that deeper seated issues were more easily released, and they leave my sessions with a deeper state of relaxation and peace within. It can bring balance to your life &, heal your chakra's. I am certified in sound healing and use a powerful combination of tuning forks in my sessions. I use chakra tuning forks, Solfeggio tuning forks, Pythagorean, body, brain, biofield, & vibro tuners. Each set has its own unique healing properties, and are powerfully effective when used together.

Amethyst Bio-Mat - effective with heavy metal elimination. Detoxifies, relieves, pain, stress & assists with hormonal balance. Beneficial for Fibromyalgia, Arthritis, Cancer, Autism & Neuropathy. "A 1˚C increase in body temperature results in a 40% increase in immunity and 43˚C (109.4˚F) causes cancer cell death

Allergy Clearing ART (Allergy Reduction Technique) stimulates certain acupressure points along with breathing, scalar energy, & homeopathic vials. A.R.T. is a technique to retrain our brain and nervous system to no longer react negatively to an allergen. Using Meridians, the allergen may be cleared from the body and the energy pathways.

Halotherapy Salt Room - Salt therapy alleviates respiratory conditions, improves skin ailments, reduces daily stress and seasonal affective disorder.

CranialSacral Therapy - Focuses on releasing restrictions to the flow of cerebral spinal fluid to balance the body's nervous system. Provides relief from headaches, neck pain, and side effects of cancer treatment

Workshops

Mindfulness ♥ Sound School ♥ Kundalini Mindful Meditation & Motion ♥ Yoga ♥ Sound Healing 101 ♥ Guided Meditation ♥ Grief Support Group ♥ Shamanic journey to Connect with your animal spirit guides ♥ Mindful Eating ♥ Plant Based ♥ Herb Garden Class ♥ Aromatherapy ♥ Stress Reduction with Tapping ♥ S.A.F. Relieves PTSD & Grief ♥ Balance Your PH ♥ EMF ♥ Children: Humming & Drumming ♥ Fairy Class ♥ Mommy and Me ♥ Reiki Certification ♥ Integrated Energy Therapy Certification

Carol Scheg-Morissette, LMT Owner H.A.W.C. Certified Sound Healer, Reiki Master/Instructor, Integrated Energy Therapy Master Instructor, Certified Herbalist / Aroma therapist, Health Coach, spiritual guide

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www.healthyalternativesrochester.com

www.meetup.com/guidedmeditation-soundbath-wellnessworkshops/

Testimonials

HAWC is an AMAZING place!! Not only is HAWC an amazing place for sound, vibrational and energy healing, it is the center of the local alternative healing arts community. And, it has an awesome shop that provides quality items to help you heal yourself. I had several sessions with Carol - vibrational healing and Reiki. Each treatment was a different, fabulous experience. I felt a real shift in my energy (and attitude), identified some areas that needed inner work, and, best of all, significantly reduced the acute back/leg pain I was suffering. Some will say energy work doesn't have "tangible" results, but I no longer need pain killers and people tell me I'm "radiant" these days. That's results enough for me! I also attended Carol's weekly Friday sound meditation session. I've been to other sound bath events, but these were noticeably higher frequency (pun intended!). First, the diversity of instruments Carol has is beyond anything I've ever seen. The different sounds and vibrations from the Tibetan bowls, Zen bowls, gongs, triangles and more made for a treatment that is the best I've ever had through sound. If you are interested in dipping your toe into the world of alternative healing, one of these Friday noontime sessions is a perfect introduction! As I mentioned, HAWC is a hub for the alternative healing community. I attended a Goddess Circle, Tarot Card Reading and Tea Leaf Reading Introduction at the center. They say like attracts like and HAWC is a magnet for lovely people, positive energy, fun activities and true inner healing. I can't recommend it enough - go and check it out

Nancy

After decades of Sinus infections, constant congestion, and numerous antibiotics I desperately came to Carol for Reiki, sound vibration and tuning fork healing. Since seeing her 2 months ago my sinuses are healthy; I am not congested. Even more, since college I used nose drops every night to clear congestion so I could sleep. Since seeing Carol, I have not needed to use nose drops. It is truly a miracle. Thank you Carol.

Elizabeth

Eczema has always been a part of my life. I went to doctors and took drugs. After quite a while I felt there had to be something else out there. I searched Alternatives and that is when Carol came into my life. Carol has helped me tremendously. She has done raindrop therapy, reiki, and used tuning forks to relieve my pain and itching. Carol has taught me how to make salves to soothe my skin. After a few years my eczema returned. I called Carol again and we chose foot detox to help with my itching. It is working. Carol has also done an allergy clearing on me to help with a tooth implant. I have tried the salt booth for skin issues and the bowls on my knees for pain. Carol is very friendly and patient person. She cares about her clients. She enjoys helping people. I would recommend her services to everyone who needs help. 2023

Suzanne C.

Rochester, NY

When I first started having sessions with Carol, my health was at its worst. I had horrible stomach issues, caused by food sensitivities and anxiety/stress. They were so bad that I could barely swallow. I went to my doctors, I had all the tests done, and they told me nothing was seriously wrong. They wanted me to go back on medications that I had previously weaned myself of because I knew they were destroying my system.

Carol started me with detox footpaths 2-3 times a week to cleanse my body of toxins. She would also give me 1-2 treatments per week. Treatments included IET, Reiki, and allergy clearings. She also would work with me on tapping, a technique to relieve anxiety. Essential oils were also suggested, along with dietary changes. For the first few months I would arrive to my treatments feeling awful, exhausted, and exasperated. By the time I left I felt like a person again. Sometimes that feeling only lasted for a few hours, but gradually it started lasting longer and longer.

After an allergy clearing, I was very nervous to try a food that historically made me sick. But Carol had so much confidence that I would be okay, so I tried very little amounts at a time. Eggs used to make me violently ill. Now I've been eating eggs weekly for months and they still don't bother me.

At one point I didn't eat peanuts, tree-nuts, gluten, dairy, red meat, pork, eggs, soy, or corn. I eat everything except for peanuts and tree nuts (I have an anaphylactic allergy). It's been life changing.

Being able to eat normally again and significantly lowered my anxiety level. I no longer have to worry when we go out to eat or to parties. I can join in with my family and have ice cream with them. In addition to the anxiety that stemmed from food, she has helped me to work through my other anxiety as well. For example, before a big family trip I was extremely anxious which was causing me stomach upset. She devised a tapping technique that I could repeat on my own whenever I felt the anxiety creep through. At first I thought, no way. My anxiety is bigger than this. I was wrong. It got me through and more than okay, I was calm!

I cannot say enough about the many ways Carol has changed my life. I no longer worry about ailments because I know she can help me, even if doctors cannot. She has given me hope that I did not have before that I can get my body healed and working optimally.

A.M Rochester NY

I am grateful to find my way to Carol Scheg-Morissette. When I first attended her healings I was carrying a lot of emotional grief and physical pain from a severe fibromyalgia flare-up. Her Sound Baths/Meditations cleared the chaos physically, emotionally and spiritually.

I have less physical pain, increased energy, my memory and concentration is better, sleep problems are less, and am much better at handling stress.

Balance and harmony are restored, and I a grateful for her

Kate

To see more testimonials, visit Carol's website

Conclusion: Never give up. Specialists told me that I would never work again and never eat again. I now own a wellness center and help others take back their health naturally. I offer in-person and virtual services.

Carol Scheg-Morissette

I am Carol Scheg Morissette. I am a spiritual sound healer. I help people take back their health naturally. I am the owner of Healthy Alternatives Wellness Center and I am a pioneer in sound healing & a certified passionate sound healer. I specialize in holistic treatments for stress reduction to promote greater health and well-being. I focus on individuals with chronic pain, fibromyalgia, chemical sensitivity, depression and anxiety. I offer a variety of energy therapy services for body, mind, and Spirit to enhance your Wellness journey. I use a holistic healing approach when seeking treatment for your physical or emotional dis-ease. We will work together to develop a treatment plan that is right for you. I offer Energetic Healing and spiritual Guidance to assist you on your wellness journey. I am a Reiki Master instructor and an integrated energy therapy master instructor, and I've been certified in sound healing since 2016.

I have been in business for over 20 years. I specialize in stress and pain management I focus on healing the body mind and Spirit. Allowing you to open your vision to the tremendous beauty in this world that God gave us. During these challenging times, our stress levels tend to be higher than usual which increases the intensity of cortisol in our bodies, and that in turn depletes our immune system. This is a time when we need to pay particular attention to managing our stress levels. Sound healing and Reiki have been scientifically proven to decrease cortisol levels which in turn benefits the immune system. I help people to keep their vibration high. I offer in-person & virtual services which include integrated energy therapy, Reiki, Meditation and Vibrational sound Healing to assist you on your spiritual healing journey.

A Beautiful Life Books

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