

# CONIUNCTIO



## **YOUR FIRST TRANSFORMATIONAL BODYWORK SESSION UNDERSTANDING THE HEALING PROCESS**

Congratulations! You've taken a positive, powerful step toward wholeness and liberation! This information may help you understand how a healing session affects your being, and how you can make the most of your investment in self-care.

One of my teachers told me that if our whole beings came into our bodies right now, they could not sustain the energy and would combust. I think it's very likely this is true. Living on the earth causes us to forget the truth of who we are, and identify with a smaller, contracted sense of self. Reawakening to our greater selves creates dynamic change.

### **Disorientation**

Immediately after your session, you will feel expanded, and you may feel disoriented. This is because your normal frame of reference for who you are, has shifted. In fact, in some sense, it will never be the same. The love that you are, the truth of who you are is stronger. This begins to undo false identities and illusions we have unconsciously accepted as being "me" and "reality." Deep breathing, and conscious attention to staying centered when needed, will mitigate disorientation. Grounding stones can also help.

### **Other People Respond to your Light**

If you are in public immediately after your session, you may notice that people will respond to your amplified energy. And because the session balances your being in attunement with your higher self, your natural attractiveness is enhanced. Positive, open-hearted people note (consciously or subconsciously) your brightened light and respond affirmatively, warmly and joyfully. Your presence affirms and reflects their own light and divine aspect of being.

On the other hand, people who are in negative states, or engaged in heavy issues may become uncomfortable, reactionary, or judgmental. Your light pushes on their issues, discomfort, dis-ease. If you experience this, don't take it personally. And if you can see them in love and compassion, that is most constructive.

### **The Ripple Effect**

Sometimes it's amazing to witness how the "ripple effect" manifests in your relationships after a powerful healing session. Whenever we take a healing step, it affects everyone in our lives; families, friends, professional relationships, lovers. It's a fascinating study. I remember when I finally stood up to my father and took my power back from him in a

life issue, my mother experienced spontaneous bursts of joy, liberation, and inspiration. Our entire family was refreshed, including my father.

### **Expansion and Contraction**

The healing process -- and indeed all natural processes -- operates in cycles of expansion and contraction. This is universal law and maintains balance when we bring in extra energy for your being to use as it needs. This is the “grounding” that makes your healing real over time. A healing session brings in a great deal of energy. More of your spirit comes into your body. It expands your heart, and the spark of the divine you carry there flares brightly. The average person’s aura expands from about a ten-foot circumference around their body, to the distance of a city block. (Specifically, auric energies that can be measured with a dowsing tool.) I can demonstrate this for you if you like.

Since your healing session has expanded and strengthened your being in attunement with your love, truth, and true purpose, you can expect a resulting contraction to follow. This contraction is your being letting go of what is to be released. It’s a natural purging and elimination process. Old body aches and pains may surface, emotions may come up for release or expression. You may go into your dark side for a little while, and feel anger or intense negative feelings. These are usually brief, and are cause for celebration. Maybe for the first time you can see into an old issue or body problem, and realize it is not the truth of who you are. You can see it objectively and observe its exit, release, or maybe the beginning of a deep healing process that will take time to complete.

One of the most powerful healings I experienced was followed by the deepest depression I have known. Yet, in the depths of it I could feel my spirit being liberated of negativity that had been beneath the surface of my consciousness, holding me back in my life, limiting my ability to be happy and free.

If you experience depression as part of the contraction, the key to moving through it, is knowing that it is changing every moment, you will not be stuck there. And knowing that what you’re feeling is **not the truth of who you are**. Remember, you are not alone. Your Father and Mother, The Holy Spirit, in its compassion, care, and love for you is right there with you. Talk to Spirit, ask for what you need. The minute you open your heart to Spirit, what you feel will change. All the strength, courage, love and blessing you need are right there for you. Try it and see!

Whenever I feel negativity, fears, sadness, grief, illness – any constriction that takes me out of my natural state of peace, love and joy – I hold it up to Spirit and ask for help. I say, “Beloved Holy Spirit, I know this is not the truth of who I am. I hold it up to you, please help me. Go deep into my cells and root out this old {fear/sadness/separation/disconnection}. Show me what’s underneath it, the cause of it. Expand it out, and replace it with {divine love/health/peace, whatever feels right to you}. I surrender to your healing love.”

Then I sit quietly and receive the healing and teaching. When you ask for help from your heart, with sincerity and faith, you will always receive a response.

When the shadows have passed, you can be assured you will never feel that again. It has been transformed. And when you learn how to work with this, it gets easier as your faith and confidence grow, and you learn to come back to your center whenever you need to.

## **Detoxing**

You will experience detox for several days from your session. The vibratory rate of your cells has speeded up. Maybe you can feel them vibrating and shaking off toxins. This is the kundalini energy, Mother's healing presence, as she cleans house in your body temple. Drink lots of water for several days. Nurture yourself well with the food you choose. You may need more rest and quiet. Give yourself the time and space for what you need.

## **The Mind, The Great Negator**

Part of the dis-ease of the times we are in on earth is caused by the social exaltation of the mind as authority and definer of "what's real." Part of the solution of coming back into balance, is realizing that the mind cannot understand what the heart knows, and learning to follow our hearts and guidance from Spirit. The mind needs to let go and step down into its proper place, in harmony with the heart, and in humility to powers and wisdom greater than itself.

A deep, powerful healing session will often cause a backlash with the mind in the days that follow. It doesn't want to give up being in charge. It is often closely linked with ego and what we think we know. What we've been told and taught all our lives about what's real and what's possible. I have seen clients receive energy wonderfully in a session, come into balance and expansion, inspiration, joy and healing. And then cancel much of it out in days that follow with disbelief, judgment and questioning. Just being aware of this little conflict we all have, can be helpful. Your mind can turn off the healing Fountain of Life if you allow it to.

One time I received a powerful healing from Rev. Willard Fuller. He's a great healer who touches people during a short prayer and their teeth heal. Many receive gold dental work, one woman in her sixties grew an entire new set of teeth, all from Spirit. After I received his healing touch, my teeth began to straighten. I looked in a mirror and I could see them moving, in a state of flux. The amalgam in my three cavities changed its metal to silver and gold. Healing energies were pouring through my head and mouth. Then I thought of my boyfriend at that time. "He will never believe this," I thought. Instantly, the healing stopped, or became so muted it was barely perceptible. Just like that! In an instant, I short-circuited my healing experience with negative thought.

## **Don't Let Others Pour Cold Water on Your Healing!**

If you experience the negation of others you're relating with about your healing, you can choose not to talk with them, or remove yourself from them. Several years ago I worked with a woman who was dying of cancer. Her doctors told her to make her peace, she would not live through the weekend. I went to the hospital and did intensive healing sessions with her. And her condition completely turned around, and she is alive today.

To help her body heal I went to her home and cooked fresh, organic, healthy food for her. The resistance from her family members astonished me. They complained about everything I did, that the food smelled terrible, etc. (though she loved it). The light was pushing on their resistance and unhealthy habits. They could only react in judgment and negativity. Such situations require patience and steadfastness. Families can keep each other in dis-ease with entrenched mindsets if they are not challenged.

### **Where Your Attention Goes, Your Power Flows**

Whatever we focus on expands. When something negative comes up in your being it's appropriate to acknowledge it, and do what you can to heal it. But it isn't constructive to give too much attention to what you perceive to be "wrong" with yourself. If we focus on our dark side, we are actually giving it power. If we get too caught up in trying to be perfect, we will never be good enough, there will be no end to it. The truth is, in the bigger picture, **you're perfect right now**. Like a child learning to walk, if he falls down, is he less than perfect? Be compassionate and loving with yourself. Focus on what you really desire, what you love, what inspires you. Give your power and attention to your growth, your light, and the interference will fade away.

Be strong, courageous. Use everything for good. If you go into your dark side a little, rejoice! It's an opportunity to feel what's there, to bring in the light. Talk to Spirit, open your heart to Spirit. Then you will find everything you need. I'm convinced that the key to a healthy, blessed, meaningful life is a love relationship with the Divine.

And if you have questions or need to talk with someone, don't hesitate to call me.

Wishing you all the love and blessings that are yours. Love yourself well!

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