

My Healing

A Book by Ryan Orrock

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Introduction

This book is intended to explain the concepts of healing from my work as a Great Master Healer.

What is that, you might ask?

A great master healer is a healer who is prepared to work with any condition and has access to the knowledge and resources necessary to provide a very great chance of finding resolution and healing.

This doesn't necessarily mean that he or she can resolve every issue or every person. It simply means that he or she has the ability and the gift required to best serve as a healing stimulus and catalyst in any given situation.

In this short book, you will find numerous examples of the principles of healing applied to various people I have had the blessing of working with.

Rather than make this a boring step-by-step guide, I have decided to write this book in story form with each healing story demonstrating one or more facets of healing, what was important, what happened, and how the healing changed the person's life for the better.

Various similar case histories have been mixed and life stories altered to protect the identities of various individuals. All names have been changed. However, the most relevant details of the stories involved have not been altered.

With that, let me begin!

The Story of Mary – Pt I

Mary is herself a very accomplished healer. After deciding the corporate world wasn't for her in her early 30's, she began a deep study of various healing modalities until she had the right mix for her. With a six-week backlog on her energetic healing practice, she was the 'go to' person for those in the know in her local city. She treated both children and adults with grace, finesse, and deep ability. I often recommended clients to her.

She also regularly taught others how to heal. All this kept her very busy.

Mary didn't have any obvious physical symptoms, despite living a life with great stress and few obvious external rewards.

However, Mary also had deep problems. A failing, years-long sexless marriage. Rebellious children. And I had the general feeling when I spoke to her that she was living life for everyone else...just not for herself. Her relationship issues seemed locked—the marriage wasn't much of one—yet the years passed and she neither divorced nor found ways to effectively work on it. Also, she was used to everyone else coming to her for help and assistance. It seemed to me like she didn't really know that it was also possible for *her* to go for help and assistance from others.

During courses that we both attended, we eventually became friends. After she saw what kind of abilities I had, she trusted me to begin working with her.

So it was that I began to work on Mary on a set of rather fuzzy problems. I always ask people what their intent is when they come to work with me.

“Why?” I ask, “Are you here exactly? What is it in your life that one could see from the outside that would be different if our work together was successful?”

Many times people ask for a specific healing modality (Reiki, Cranio-sacral therapy, massage, etc) such as without being able to formulate exactly what it is they are searching for or how they want things in their life to change. Sometimes you have to find the intent for the healing during the healing. There is nothing wrong with this. Often our hope is buried so deeply under disappointment and our vision for our lives is so clouded by our present problems, that we come to a healer with nothing more than an indistinct feeling that that is the place to be and the right thing for us to do.

Mary was a bit like that. She couldn't imagine her life being much different than it was—trapped in a loveless marriage, devoid of intimacy. Working very hard to heal the others...but not getting much time to enjoy or explore her life in other ways. Even if her own healing work was all she needed for fulfillment, the stark pain in her eyes when she spoke of her husband who didn't love her (they got married because of the pregnancy) told a story of relationship emptiness that made my heart heavy to hear.

So I began to work with Mary without really a solid direction as far as healing went—except perhaps for her to experience more joy, happiness, and freedom in life.

This, nonetheless, as you shall see, did not reduce the effectiveness or the power of the healing experiences we had together.

As I began to work with Mary I noticed that, regardless of whether I was working energetically or massaging the body, the same pattern would occur. We would begin and then

she would enter a very acute place of suffering. She squinted her eyes closed. Her hands rotated outward and mutated into a strange, clawlike form. Her head would push back against the table, thus arching her neck and upper back. Her feet would point inward. And she would tend to emit sounds from the throat that sounded as if she was choking. Like little gasps of air pressing out through a blocked passage.

None of this alarmed me, though I could imagine that someone looking on would have been very tempted to call an ambulance.

What the body is expressing in these moments—as strange as it may seem to us looking on—is *past* experience, emotion, and pain. It's not about what is happening right now—she was in no danger now—instead, the body is receiving time and space to express something that it wasn't allowed to express when the trauma happened—for whatever reason. Perhaps it was during wartime and trauma piled on trauma with the client having to run from place to place, receiving no time to or to adequately recover from other shocks. Perhaps the child began to shake and cry and this so alarmed the parents that they told it to stop crying, thus stopping the expression of the energy of the moment. Whichever is the case, the body never forgets, and it simply saves up the emotion and energy from the experience to be expressed at a later time.

Often, time is not planned or taken to deal with these traumas, and so it is that the body invites us to pay attention to these experiences with physical ailments, be they back pain or cancer, at a later date.

Looking for Clues in the Body

When we begin to focus presence and attention on a person's body or energetic fields and something emerges, it provides us with clues about what happened and where to go next. In Mary's case, the following might be inferred:

- Strange gurgling sounds: Something wanted to be expressed, but couldn't? Perhaps there was a literal physical attack of the throat at some point. However, in my experience, most manifestations like this are much more likely metaphorical expressions than literal past experiences.
- Tetany in the hands (the strange, stressed curling of the wrists and fingers): The "reaching out" reflex was blocked, probably by being told that what she wanted wasn't appropriate, acceptable, or possible.
- Feet curling inward: Direct movement toward her goals was hindered.
- Head pushing back on table: A feeling of being trapped. Crushing weight on chest, need to 'get air' or create space to breathe, metaphorically.

Of course, these inferences may not be accurate. But together, they present a coherent picture that provided a few clues about why she might have remained so long in a loveless marriage, thus forgoing many of the joys that, in my opinion, are her birthright as a human being.

In addition to these physical clues, our discussions provided some additional insight into what might have caused these issues. She began to speak of her mother—pictures and scenes came. Piano lessons she intensely desired were denied. Crying about a dead bunny but being told to stop. Numerous events like these that passed to her the message that her needs and feelings

were either wrong or irrelevant. As these messages internalize, it's clear why as an adult that she would simply resign herself to an unpleasant, but seemingly inescapable status quo.

Usually, the types of expressions 'manifest', then in the course of moving intention, energy, or the body during the session, they would 'resolve' and, expressed, make some progress toward integration and wholeness. If sessions are effective, external life changes begin to happen as well.

So, what would happen is that these painful 'manifestations' would subside toward the end of our sessions and she reported receiving deeper and deeper insights about her life with every session. Things seemed to be moving toward the better. Then something strange happened.

We were having a healing session, and instead of the catharsis happening, insights coming, and things improving, we hit a wall.

She contorted again into her tortured shape. Her hands curled into claws. And the sounds she was making...they continued and even changed somehow into something even stranger.

These were sounds that no woman really could possibly make.

I worked to calm her...after awhile she relaxed, but I was very puzzled by this roadblock. It wasn't what I usually experienced. I didn't know what to make of it.

The next few sessions were similar. I was determined to solve this puzzle, but I had no idea how to do it.

Finally, after several difficult sessions, we had a breakthrough.

Sarah's Story

Sarah was also a powerful healer. 37, petite, wildly attractive with thick, dark hair and very gifted with touch, she had astounded herself upon beginning her healing career with having clients walk into her sessions with crutches or painfully bound to a wheelchair and seeing them leave with massively reduced symptoms. After these experiences, it was clear to her that healing was her path.

Despite her amazing gifts of healing, not all was right in her life, either.

She had had a series of misfortunes in her personal life...almost epic stories of approaching intimacy and depth in relationship only to have her hopes dashed, her heart broken, and her left alone again on the island of emptiness, even as enough men seemed to hope for the possibility of spending time with her.

Once, her fiancé left her one day before the wedding. Another boyfriend had decided a purchase of a house together before backing out at the last moment unexpectedly. Not only did they not move in together, but he had another woman. She would never see him again.

All of these reverses had left her feeling empty and hopeless—hopeless that she would ever experience true intimacy.

In addition, she had had strong impressions that she had been molested as a child. She had nightmares and once had a vision of “someone close to her” molesting her during a hypnotic regression. Once, a very startling outbreak of eczema formed in the exact shape of a hand on the back of her neck. All of this gave her the feeling that, not only had she been molested, but

that these experiences had somehow created a block in her own experience and abilities of relationships.

Sexually she also experienced blocks. She had never experienced an orgasm. She had no concept of what that would feel like or how to connect to her body for this experience.

For these reasons, she asked me to begin working with her.

About Sexual Abuse

According to some statistics, approximately 25% of women have been sexually abused at some time in their lives. The collective effects of this are absolutely staggering. Long-term effects of sexual abuse can include:

- Inability to trust men
- Inability to form intimate relationships
- Frigidity or loss of desire for sex
- Inability to enjoy sex
- Inability to allow penetration during sex
- Inability to orgasm
- Recurrent nightmares
- Panic attacks and overwhelming fear reactions in normal life
- A feeling of the 'self' as bad or worthless
- A feeling that sex is bad or evil
- Extreme shame about one's body or sexuality

And the list goes on...

In any case, sexual abuse is both rampant and very damaging. The women who come see me with sexual abuse issues usually manifest what they often feel is a lack of balance in their actions. Either they tend to go to bed with everyone or no one. They feel worthless without sex or they can't have any.

Typical decision making about sex and sexual behavior is clouded by judgments, fears, and emotions about past experiences that prevent any kind of experiencing, living, or enjoying sex or sexuality in the present or making logical decisions about whom to have sex with when.

In addition, the abused is often sworn to secrecy or threatened if she reveals what happened.

This often prevents the one who was abused from finding help for a very long time after the abuse occurs.

Dealing with the emotions left behind by sexual abuse is a very key component in both making better decisions about sex and sexual partners and increasing physical pleasure, and orgasmic and energetic potential.

Sarah's Hope – Pt II

We began Sarah's sessions with some gentle breathing exercises and by providing space for her to state her healing intent to focus the energy.

As the energy began to move through her body, various things happened. At times she would begin to shiver. Other times she went into deep meditation. As I continued to work, I felt impressed to recommend some further support for her.

“I think you should do a family constellation about this.”

Family Constellation

Family constellations were the first type of “alternative” therapy I had ever participated in. I remember going to a castle deep in the hills of Germany where a psychologist had an individual speak of his or her problems and then choose a few different people in the room to play either members of the family or elements of the problem. I remember well taking the role of the “father” and feeling a fear from the daughter as well as my sense of being a danger to this girl. I could hardly believe it—I had no idea who her father was. As the therapist led the interaction, new light was shed upon the systems the girl found herself within and a solution to the problem was the result—but it was a gentle kind of resolution that came from the group as a whole, rather than a directive to ‘do this’ or ‘do that’.

After having that first experience, I had done a multi-day workshop where we did 26 constellations—one for every participant. My constellation was especially effective in resolving an issue that I had carried with me for virtually all of my adult life. Thus I was thoroughly convinced about the method.

The advantage of constellation, I later decided, is that it focused a whole room of people on your issue at once. Instead of one therapist providing support, a whole community was with you to help you resolve the issue. Such a concentration forces you to get very clear about you want as well.

For Sarah, it felt like a constellation would allow her to find clarity about what it was she wanted to change, find great emotional support to deal with the emotional devastation of the abuse, and provide her at the same time with some distance to the issue (when you do a constellation, someone else usually ‘plays’ you and you watch how they feel, move, and act—thus you are not wrapped up in sensing and acting...you just observe).

There is great shame in abuse stories—often the one abused feels like they are the one at fault—the one who caused it or made it happen, and that he or she is fundamentally built wrong...

Talking to someone about the feelings experienced is very valuable. However, speaking about the experience to an appropriate group shines a lot of the light of consciousness on the topic and serves to heal a lot of the shame experienced by the abused, which is why I also felt that a constellation would be a great idea.

Sarah Continues

Sarah liked my suggestion and agreed to it, but somehow could never find the time to do a constellation.

We continued to do sessions, but somehow she always had an excuse about not working within a constellation.

It is important when we have a goal not to do *something* that is involved in reaching that goal, but instead to do *everything* that we can to reach it.

After awhile, I confronted her about it.

“I thought you were going to do a constellation?”

“I know, I wanted to, but there is so much going on...”

“Hmmm. I understand. When will you do the constellation?”

“I can’t commit now...I really don’t know.”

“Right. Well, my feeling is that this is very key for your healing.”

She was silent.

Finally I said, “Look, I have the feeling that we have done all we can do together. I feel like a constellation would be a very key step—like something would move there that can’t really be processed by us working together alone. I suggest you do a constellation and then get back in touch with me.”

Other priorities came and we stopped having sessions together.

Time passed. I recently saw Sarah again.

“So, have you had a constellation about the issue yet?”

“No...but I have been going to a lot of amazing workshops...but sometimes I really do feel alone still...I’m not sure what to do about it.”

I am still hoping that Sarah will take the step to a constellation to solve whatever there is for her through that experience.

The Story of Anne

Anne had a life story that could make anyone sob. She grew up in a very poor home, sharing the bed with her often-drunk mother and her mother's current lover. Almost every type of abuse from neglect to physical violence was part of her experience from the youngest of years.

After some time, she managed to get an education and move out on her own. Doing what she could to earn money, she had worked as an erotic model, a call girl, and developed her skills on the other side of the camera as well.

She described her life to me: giving herself to men to get any crumb of affection or acceptance. Feeling used and abandoned and moving on. She had a handful of lovers at any given time, but had real issues with feeling sexually emotionally satisfied and connected.

After a very wild youth, to say the least, and now in her early 30's, sex was something that her body rejected almost completely. Any touch of her yoni (a Sanskrit word for the female genitals, meaning literally 'sacred cave') would cause unexplainable and excruciating pain. She had been to various doctors who had proscribed various solutions against yeast infections and the like, but she couldn't find a solution for the horrible pain that she was experiencing in any attempt to be sexual. So she came to me.

Our first sessions were very gentle. We discussed a bit of her current emotional situation and she spoke tearfully about her history. We discussed ways she could support herself in her journey to wholeness and we even did a few exercises such as silent eye-gazing and having her lean backwards into me from a standing position, relaxing all the muscles that weren't

absolutely necessary at the moment. We were slowly able to help her find a more relaxed and grounded place.

As soon as a level of trust had been developed which would warrant it, I proposed that it might be time for her first yoni massage.

“What’s that?” she asked.

As part of my training I had learned various types of massage including yoni massage. A yoni massage is an attempt to provide that most sensitive and sacred part of the female body with time and attention without trying to ‘get anywhere’. Most women have only had men’s hands on their genitals in an attempt to ‘turn them on’ so they would open sexually. A yoni massage provides a different experience entirely. Instead of being focused on stimulation, a yoni massage focuses on healing and relaxing the yoni so it can return to its natural state and fulfill its natural function.

We know from the work of Wilhelm Reich and others that traumas can be stored in the muscles and tissues of the body, and the yoni is no different. As one begins to lovingly and gently approach the flower of the female body, often forgotten traumas, pain, and emotions can surface that have not yet been processed adequately.

She agreed and so we scheduled the appointment.

Anne's Yoni Massage

We began the yoni massage with a relaxing full-body massage. I felt her muscles relax as she began to purr in ecstasy as I massaged her back, her legs, and her bottom.

Once we were able to adequately prepare and relax her body, we moved on to the yoni.

There are various schools of thought about a yoni massage. There are different methods that can be used as well as different sequences that the work can be done in.

With Anne, we focused on an area right inside the opening, applying pressure to each segment for as long as she felt was right—in a yoni massage, the receiver is always in complete control. Duration, pressure, and movement are all up to her and if something does not feel right or she would like it another way, she is responsible for asking for it and making sure she receives exactly what feels right to her.

As I began moving from the first segment (12 o'clock) to the 2nd (1 o'clock), she said, "There it hurts! Please stay there!"

Normally we feel touch equivalent to reality. When we feel a gentle touch very strongly or not at all, that can tip us off that something is wrong. A strong sensation or some pain might mean that something is blocking the energy, which is collecting at this place. Total numbness (no feeling at the location) can indicate that more vigorous touch—light massage or vibration—is necessary in order to bring energy to this location.

So when Anne noticed that a particular spot was especially sensitive, she felt that we should keep our attention there for a moment. I felt the pads of my fingers get warm, then hot...”it’s burning...” she said.

Nevertheless, she encouraged me to remain with the pressure at that spot. We had experienced in previous sessions that if we just maintain presence, pressure, and attention at spots like this on the body, that the energy will eventually dissipate on its own and that the pain will dissolve.

We stayed at this spot for what seemed like a long time—perhaps as long as ten minutes. “Ok, it feels better now. Please continue,” she said finally.

So we moved to the next spot.

Degree by degree, millimeter by millimeter I placed my fingers and she her attention on her yoni. Some locations required long attention and energy. Others not quite so much. After about an hour, we were almost halfway though.

“My yoni is speaking to me,” she said.

“What is it saying?” I asked.

“Listen to me,” she replied. “Listen to me and don’t overrule my decisions. I know what is good for me and I want you to listen to that.”

I wondered if her yoni was referring to numerous drug and alcohol-inspired sexual encounters that she had had in recent years.

In any case, I wasn't aware that a yoni could speak, but then I thought, "why not? If a part of us needs to send a message, it can do so via pain, heat, cold...there is some consciousness everywhere in the body. Perhaps we can tune into a deeper level of that as we pay special, meditative attention to a specific body part."

We continued through the exercise. From time to time, she would receive messages or impressions from her yoni. As the session progressed, she began smiling and laughing about the messages that were coming, the freedom she was feeling...

I have seen women roar in ecstasy, laugh uncontrollably, or sob inconsolably during yoni massages. Each time I learned to just stay present with what the woman was experiencing, encourage her to do the same, and allow the release of energy—whatever its form.

After over two hours of gentle, almost motionless touch on her yoni, we were finished.

As I gently placed one hand on her heart and another on her yoni, she beamed a giant smile as tears of joy ran down her temples.

"I have heard you," she whispered to her yoni, "and I will give you what you want, what you and I both need."

After her healing, Anne listened to her body—especially her yoni, and the knowledge helped her lead a more fulfilling life.

Inspired by our experience together, she set on the path to becoming a sexual healer and every year she helps hundreds of people “listen to their bodies” and heal themselves.

On Abortion

Very many times when I am working with women, there are deep issues that don't seem to improve regardless of how much energy we put into them or time we spend. As I continued working more deeply with the women, I often found deep unexpressed feelings of sorrow, loss, and pain around abortions which the woman had agreed to allow to be performed.

Since this happened so often, one of the first questions I ask any woman now is if she has had an abortion, and, if she is comfortable to do so, to briefly describe the situation to me. Often it is an experience which is locked down in a lot of shame and guilt, and thus never discussed. Perhaps the relationship or lack thereof with the father made things even more difficult and stimulated even more emotions which may not have had the space to resolve.

Therefore, without any moral judgment, taking the time to discuss this previously "forbidden" topic often provides room for much acknowledgement of feelings and healing to happen.

Mary—Part II-Demons?

As Mary and I continued in the work, we were in session one day and the blocks stayed. No matter what we did, the strange noises, cramping of the fingers, and the other symptoms continued. In addition, Mary began to make what can only be described as otherworldly sounds. In any case, they didn't sound like normal sounds that could come from a 35-year-old woman.

This puzzled me. From my training, I did 'everything right'...inviting her to breathe, relax, yet these strange symptoms continued.

After a few sessions of this, I finally lost my patience.

In frustration, I muttered, "What are you?" and the energy shifted. Unable to believe my powers of perception, I sensed a "head" emerge up out of Mary's chest...the small head showed an old wrinkled face. I started to ask myself a question I hadn't thought about seriously before.

"Are there demons?"

We are all familiar with the Hollywood horror movies featuring battles between good and evil, depicting angels and demons in epic battles, the first supporting the good and the latter possessing the bodies of those who let them in. I was also aware of the New Testament and discussions of Jesus casting out demons. But, demons in Hollywood were simply CGI or people wearing bad costumes. And the Bible is more of a...well, it isn't really historically true, is it? More like a series of fables to help us raise kids in a moral way, at best. Right?

So I hadn't thought a whole lot about whether there were entities, energies, or spirits somehow 'outside' our normal sphere of existence that could influence, infect, or even possess people on this planet. The entire idea seemed too absurd to even contemplate.

But, I was experiencing an especially difficult block with Mary—one my training hadn't prepared me for or warned me about. And I had sensed *something* very unusual during our work together—and what about that shriveled head I saw emerge from her chest? So I decided to study the topic.

I was surprised to learn that one of the first authors I discovered was one of my favorites—M. Scott Peck. In addition to his classic work, “The Road Less Traveled”, he had written an entire book about demons and possession...detailing for him a very real battle between the forces of good and evil going on on this planet, in plain sight of us all, and somehow, completely invisible to 99% of us.

He detailed his experiences in working with “Demons”...their *modus operandi* and how a successful exorcism was performed. The stories sounded too crazy to be true. A possessed woman having the strength greater than 5 grown men. People whose external features completely changed under the influence of demons—taking on a snakelike appearance with hooded, veiled eyes. A man who screamed otherworldly sounds when possessed...covens, deals with the devil, child sacrifice and torture and lots more.

I stopped reading. *Could this really be true? Is he serious?* Although I had always loved “The Road Less Traveled”, (if I hadn't had such a positive experience applying the teachings of this

book, I don't think I could have taken this one seriously at all) the stories told here stretched the boundaries of credulity to an almost absurd level.

But, *what about Mary?* At the end, it was my desire to help Mary, *no matter what* that caused me to take seriously some of what I was reading.

So I asked her at our next meeting.

“Mary, do you believe in God?”

Mary, as a lot of people in the world, had had negative experiences with the Church. We are now all too familiar with the sex scandals of the clergy that have been in the news lately.

Unfortunately, Mary had learned about the evils and corruption in the Church in a very personal and painful way. These experiences had not only completely alienated her from organized religion, they had also destroyed any belief in God, the Divine, the supernatural and its effects on the Earth.

How can you believe in some sort of benevolent supreme being when those who claim to represent the Divine cause so much suffering—even to you personally? It isn't an easy question to answer.

“Do you believe in evil?” was the other question—for both of us.

What is evil, really? Does it even exist? Much of my training had led me to believe that, no. Objectively, evil doesn't exist. We are all unified. We are all one.

However, as I spoke with Mary, her pain about the evil which she had experienced (how else can one describe experiences like these?) was evident. That, at least, was real.

So, is the evil that is being perpetrated on this planet all the effect of the misled and confused, hurting souls? Or is there something more to it? Are there powers outside our reality—beings that, like a radio signal being present all around us, yet we being unable to hear it until we tune into the right station—live on ‘vibrations’ or ‘frequencies’ that are different than ours, but no less real?

My conversation with Mary did yield some interesting things. She felt as little like herself as these things were happening as she looked. She didn’t know about God or the Divine, but she was willing to try what I felt somehow intuitively was the way out.

“Will you do the will of God, if he solves this problem for you?”

She agreed. Yes, she would.

Thus, we began a new session.

Mary Finale

I decided upon a direct assault.

Mary and I began the session and I began to ‘speak’ as it were with the entity that seemed to be plaguing her.

I have since learned that:

- 1) There are spiritual entities. Angels and demons, so to speak.
- 2) They all have different ‘manifestations’, and purposes.
- 3) The key to removing them (besides the commitment of the person serving as the energetic ‘host’ to follow the Divine) is to *discover their precise manifestation energy and to ‘unbelieve’ it.*

A manifestation energy is like a fallacy. It’s the lie the demon tells—and each demon seems to have one specific lie that it represents—together with a ‘solution’ to the lie which includes the host giving up something in return for ‘help’ from the demon.

So, for example, the fallacy could be: no one can ever love you. The solution: “I will be your friend if you let me become a part of you.” To someone suffering from abuse, this proposal can be overwhelmingly attractive.

Therefore, together with Mary, and asking the blessings of Heaven before we started our work, we began to focus consciousness on what exactly this demon was about. Why did it come?

As we dug deeper, the answer was that Mary had learned at a very young age that her needs were irrelevant and she was there to make others happy. Thus she had shut off from a very key portion of herself and gone into ‘survival mode’. Lots of people do this, and it seldom results in possession. The difference with Mary is that at some level she consciously made a decision to agree to the bargain of the entity and thus betray a very key part of herself and what I would call the Divine, or God. Once making this decision, the influence of the demon grew. After that, she eventually learned to actively resist opportunities to move away from that fallacy...going deeper and deeper into ‘service’ while losing her own energy and aliveness, which I can only describe as being sucked out of her by the entity.

So, our job was to help her see the joy of her own life needs and accepting them as the Divine gift that they were. And the Godly contribution she could make by asking for and allowing them to be fulfilled!

She had taken on a lot of responsibility for making others happy, solving their problems. The problem is that she couldn’t do this. Taking responsibility for others feelings and well-being is a path of endless disappointment. But it is an excellent way to distract from the pain one feels inside (which is the only pain you can really take responsibility for healing).

For her to *undo* these beliefs and ideas—even at a conscious level—was difficult. We learn to be a certain way, it works: why change it?

As I invited her to repeat certain statements:

- I am here to take care of me
- I am not responsible for others

- I can take care of myself
- The Divine is with me

She found it very difficult. The power of the old beliefs made it difficult and even *emotionally painful* to say the words that had not been her reality, perhaps ever in her life.

But as her will stuck with it, her voice gained strength, “It’s *my life...MY LIFE*”.

After this I invited her to “cast out” the energy. Her voice roared, “It’s ***MY LIFE! MY LIFE! MY LIFE! GET OUT!***”

All at once, the energy in the room changed perceptibly. She began to breath deeply and more slowly. She was lighter somehow.

I asked her, “How are you?”

“So light. So happy...it’s so nice. It’s my life. *My life!* It really is!”

Tears began to pour down her cheeks as she reached out inviting me in for a hug...

We spent some time together as she cried—tears of gratitude and realization—realization that *she* was in charge of her life, and it belonged to her.

Mary's Epilogue

Mary continued her healing...for most of her patients, probably nothing was noticeable. And I didn't notice any major shifts, either.

She found the courage to take the steps to leave her marriage. She found a place to live with her children. And she is starting to date.

The changes which she experienced are very subtle hard to describe from the outside. But it's something that happens once you realize you have permission to enjoy and ask for what you want in this sphere. That was the source of her slavery. And reversing that brought her freedom.

Elaine

Elaine was also an accomplished healer. With a lithe, tall gait, she nonetheless made a feminine imprint wherever she was. She loved to dance and had danced professionally for several years until an ankle injury forced her into teaching, which she also found a love for very quickly.

As she continued through life, she found herself in a rash of short, tumultuous love affairs—but never having anything real or meaningful.

As she approached her 37th, she began to worry. And she began to think about some of her strange habits. For example...

She could never sleep in the same room as a man...no matter who he was. It was so extreme that she booked two hotel rooms when she went on vacation with her lover. She didn't consider this a large problem until a friend pointed out that this was a rather astonishing apparent barrier to intimacy.

So she came to me with the singular wish: "I want to be able to get intimate, *and* find the guy for me..."

We began to look at the issue from various angles. Energy. Massage. Talking...And patterns began to appear.

Patterns of closeness then rejection. Patterns of passionate love followed by breakup. Things that happened again and again but which she wished would not.

As we began to recognize the patterns, we began to look for the *whys* of the patterns: What were the beliefs which caused the actions which caused the pattern to happen like this?

The basic pattern, at the foundation of it all was: “I don’t deserve to have anyone love me.”

I also began researching this strange symptom of not being able to sleep with any man in the same room...

As we went deeper with that, it became apparent that she had identified with that part of herself—which made her feel nervous and have to leave. But I didn’t believe it was *her*, really.

So, we invited it to leave. Better yet, she invited it to leave. And it did. Problem (actually very easily) solved.

Now, the final belief was somehow stuck together with a belief about what she had to give in relationship.

One session I told her, “I want you to give to me. I want you to make a gift of your love...to touch me deeply.”

I have no idea why I said this, but she began to cry. And cry. And cry.

In fact, she cried for four hours...

After sleeping through the night, she awoke with a deep black pain in her tummy. This pain felt both terrible and cleansing for her, and I invited her simply to observe and experience it.

She said that it felt like something was processing and healing while she looked at it. *Three days later*, the pain ended.

Two months later, she met her husband. A year later, they were married.

Breath

In many languages, the word for “Breath” and “Spirit” are the same. In Genesis, it speaks of God breathing into man the “Breath of Life”. What is breath and why is it so important?

According to alternative teachings, breath is one way to bring energy into the body. A small, short breath (using just 10-15% of lung capacity) only brings in a small amount of energy.

This is what most of us in the west have been trained to do.

When we start breathing in more deeply, we bring more energy into the body. Several healing modalities such as rebirthing and holotropic breath work concentrate very heavily on breathing as their core or sole practice that enables change to happen and authenticity to reemerge.

When I work with someone, I always take an initial view of their breath: is it shallow or deep? Are the breaths slow or fast? And then I watch how the breath progresses during the session.

As we progress, if the breath is shallow or fast, I very often encourage people to breath deeply, at varying degrees of speed, in order to bring more energy into the body to allow them to use this energy for healing, growth, and development.

One reason vigorous exercise is such a great way to process difficult emotions is that it causes us to breathe very deeply. As long as we do not hold back the energy or emotions that result from this, aerobic exercise alone is able to invite many changes and healing. Often I will cough or even have a strong gag reflex after breathing very deeply...it is important not to

suppress this, but to provide space for the reaction as this coughing is one way for the body to energetically “release” emotions and blocks from the past.

Voice

Another very useful thing to do during healing sessions is to encourage the recipient to make sounds. Very often our expression is blocked by our socialization, abuse, and other factors.

We find it difficult or impossible to “speak our truth”. So very often, exercises or encouragements toward yelling, screaming, speaking, or even singing will assist in healing.

Voice has the power to move energy. Sound waves are the lowest portion of the electromagnetic spectrum and the energy produced by sound can be used in a multitude of ways.

In emergency situations, we can tap into the energy of our voice to get help, convey emotions, or alert others. Through using our voices in a safe situation such as a therapy, we learn to use the power of our voices and our expression to fulfill our needs and enrich the lives of others.

Using voice allows us to access emotions and blocks that we also did not realize that were inside us. Often yelling or screaming from a deep place in the belly, especially combined with physical movement (such as beating pillows), can help us feel long-buried traumas and release them.

Movement

Movement is the last key to energy, as described by Margot Anand. As we move, dance, jump, or run, energy is released. This energy can simply be channeled into the joy of moving, or we can use movement consciously to release blocks and emotions and thus attain more personal freedom.

Movement is the principle behind the kundalini shaking, dynamic meditation, and other “active” meditation techniques as recommended by Osho.

Generally, the less ‘controlled’ a movement is, the more likely we are to hit an emotion or energy stored in the body. If we are running wildly or dancing with abandon, it will probably open and access places that have previously been closed, while moving in a controlled manner might not bring about such results.

Combining breath, voice, and movement, we have the greatest chance of moving energies in our bodies and returning to full vibrancy and aliveness.

Greater Than Jesus

I have often wondered what Jesus meant when he said that ‘They that believe in me, my works will they do...and even greater things shall they do than ye see me do.’ What could be greater than raising the dead?

Well, after watching people’s inner lives change, emotional barriers overcome, and blocks to joy and accomplishment be lifted—I couldn’t help but feeling that these were miracles that were in some ways even greater than the blind receiving physical sight or the deaf being made to hear.

Spirituality

Spirituality has unfortunately become a dirty word in the healing professions. After spending centuries blaming every illness on evil spirits and every death and affliction on the sins of the one so afflicted, we have gone very far in the opposite direction—eschewing any references to spirituality in the healing professions.

This is, I think, because spirituality is fundamentally misunderstood.

Spirituality is, at its core, a reliance upon or connection to something greater than the ego from which we derive purpose and direction.

In other words, spirituality is a connection to something higher or greater than ourselves for direction.

If we do not cultivate this pure, divine, or true spirituality, our fundamental direction will be determined by external inputs. Our major input: family, friends, the media, etc, will *primarily* determine what we value, what goals we try to achieve, and also how we try to achieve them.

If, however, you believe in something greater than what you can see around you, you have something within yourself which can ‘trump’ all these sources of purpose for yourself which may not be conducive to your growth and development.

Many sources of false spirituality are presented to us as dogmas or stories or causes which, though they may be noble or ‘sound good’, actually conflict with our deepest truth of feelings which we feel comes from a Divine source.

At the end of the day, your body and mind can only know how to heal itself and in which direction to go...virtually everything else is simply distraction.

If you aren't listening to that core something inside you...some people refer to it as light, the spirit of God, conscience, purpose—call it what you will—you will have a corrupted and less effective spiritual strength.

Once we are aligned with correct spirituality, we feel a fundamental drive which provides us with almost unlimited energy in achieving our deepest goals. Because this feels like both our deepest truth and that which comes 'from above' ...it is easy to recommit to achieving when we stray from the path of our deepest truth.

Most illness is in some way related to a corrupt spirituality. If people feel and are aligned with their deepest truth, they may face roadblocks or difficulties (think of Martin Luther King or Ghandi), but, fundamentally, they will stay focused, energized, and be able to simply overlook or ignore difficulties that problems seem to cause. The show then does go on.

Such a person is a force to be reckoned with—which is why perhaps from Jesus to Joan of Arc to the previously mentioned—murder of the spiritually focused is eventually resorted to as the last method possible to effectively silence the message and the messenger (who, with his message very often steps on the toes of many rich and powerful people who profit from the ignorance and lack of power of the weak).

How does Spirituality get Broken?

Usually, people lose their spirituality because of a declared or silent war with God.

Something happens in their lives—something rather difficult or painful. They see the “all powerful God” as having caused this painful thing or allowing it to happen. Often they do not see or acknowledge the growth and learning that is there for them in the supposed “bad” or “terrible” experience.

Instead, they began to rage at God. At this point, they then stop seeking connection with God in conventional ways—prayer or meditation and ritual—and unwittingly begin to be influenced and later perhaps even directed by other forces.

Their indignation and justice seeking cuts them off from the very Source which may, through direction connection and communication, enable them to find and live the fundamentally true purpose of their lives.

So, How do we Hear God’s Voice?

It may seem blindingly obvious, but really it is just a matter of inviting the Divine into our consciousness and then listening for direction and answers that may come. Many traditions refer to this as Prayer. Others as meditation.

The point is that whatever you call it, you are both inviting communication—communication that will conflict with our current ideas and beliefs (without which it would be completely superfluous)—and listening for answers that may come.

How does God talk to us?

Often, someone will enter our lives with what seems (to them) like a very important message. Generally, we will find it somewhat irritating if not actually offensive. What they say doesn't 'jell' with our existing conceptions. They seem to come from such a different perspective as to completely contradict the reality we *know* to be true.

If the message is not *that* far from our preconceptions and we have been prepared to listen, maybe a thought in the shower, a book recommendation from a friend, or a radio interview is enough to provide us with a new perspective.

And How do We Not Listen?

There is some useful language in the Bible which reflects this. In it, we read about the inefficacy of 'the prophets' or angels to bring God's words (symbolic of our deepest truth) into the hearts of men. This condition is caused when two fundamental conditions are present—hard hearts and stiff necks.

A hard heart refers to the inability to *feel* when a message is true for you—regardless of whether it fits to your current style of thinking or not. A stiff neck indicates an inability to *see* the world around you from a different perspective. When your neck is stiff, you see one scene, that which seems to be directly in front of you. You are not considering any information from sources you can't even see because of your unwillingness or inability to change your perspective. Thus your decisions are made from a space of partiality instead of wholeness.

Why aren't we willing to change our perspective? Precisely because we see (even before considering it) that a change in perspective might challenge our existing notions of how the world works.

True spirituality consists of rapidly, constantly, and effectively changing perspective so as to find and live from the deepest core of yourself (which, fundamentally is the same as the Divine, as most major religions teach). Cultivating spirituality can mean the difference between spinning your wheels for years and going down countless fun and interesting, but fundamentally unimportant roads, and fulfilling a deep life's destiny that can live generations beyond yourself.

What is Grounding?

Everyone in the spiritual community speaks of grounding, but what is it, really?

My favourite definition comes from John Hawken:

“Grounding is being in the here and now.”

Anytime we are in our minds, thinking about the past, the future, imagining things, we are, by this definition, not grounded.

There is nothing particularly wrong with being ‘ungrounded’. However, if we are making decisions based upon past emotional energy and experience, we run the risk of making choices which do not effectively support our needs.

People who are defined as having mental illness are the most dramatic examples of being ‘ungrounded’. They hear voices and see images and utilize many other strategies to avoid the pain that exists in the present.

Which is very understandable, considering many of their histories.

However, this disconnect from our present reality does not allow us to effectively move within our reality. Therefore, establishing grounding at the start and end of a session is key to move people toward more wholeness and aliveness.

We should not get confused, however, about the fact that certain techniques such as meditation and hypnosis can also allow us to view, enter, or access or imagine other states or situations which may allow our healing to take place. These can be a valuable tool in the therapeutic process when used with reference to the *issues that are occurring in the here and now*. Do not confuse this for general ‘ungroundedness’ or a person in everyday life.

What are Stories?

One way that we are often ungrounded is our tendency to go into “story”. Story, as defined in this way is about what happened to us and our interpretation of that without reference to the here and now.

It is an analytical look at and providing of reasons about why something is a certain way now but if it is not connected to our current emotions, needs, and experience, spending time discussing ‘story’ will often prove unfruitful.

So, instead of going into stories about why things are how they are, we should stay with our current feelings about these events, if they come up, and what these feelings are telling us.

Presence and Empathy

One message that came to me very strongly during my work with people on emotional and spiritual levels is that virtually every healing modality has one commonality. If it is effective, it usually provides a space and a presence to the recipient that allows them to enter into their own feelings and gives them a sort of permission to do so.

From the mother kissing the owwie of the child (which is really just acknowledging that yes, I see your pain) to holding hands at someone's hospital bed, to massive and elaborate demonstrations of complex healing modalities, the core message is almost always, "How do you feel?" and "It is alright for you to feel this way." The secret is that the body, and the emotions can heal themselves when given space and time to do so. This space and time is referred to as empathy.

Anyone can be the stimulus for healing, provided they are willing to authentically be with another.

Trauma, Leaving the Body, and Special Abilities

It is common in my experience that healers to have access to special energetic fields, frequencies, or information that normal people either do not have access to or simply are not interested in. Why is that?

We don't know. However, these effects are especially seen in people who had especially difficult childhoods. One theory is that, when our normal paths of getting our needs met do not work, we resort to other, less direct paths. In some cases, we learn to 'feel' the emotions of others and to stay out of their way (make ourselves energetically 'small') when we feel that someone could become violent or otherwise endanger us.

Especially empathetic people may have a similar experience as children.

If asking for what we want doesn't seem to yield the desired results, we might simply *think* what we want—with such intensity that perhaps we can awaken the latent powers of mind that quantum physics has demonstrated exist and that are present in us all.

In any case, all of these difficulties perhaps provide the seeds for later development of unusual abilities which can be very useful in the service of healing. So it is that our greatest challenges become the source of our greatest strengths.