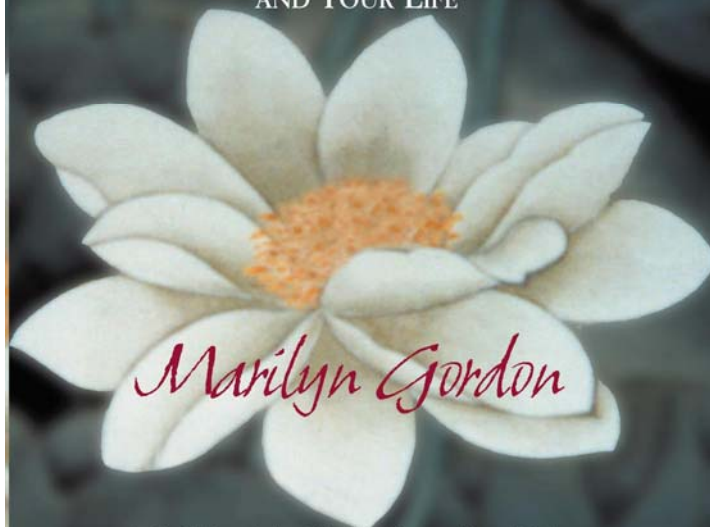


Extraordinary Healing

TRANSFORMING YOUR CONSCIOUSNESS,
YOUR ENERGY SYSTEM,
AND YOUR LIFE



Marilyn Gordon

A Guidebook for Healing Yourself and Others
with Transformational Hypnotherapy and EFT
(Emotional Freedom Techniques)

Extraordinary Healing
Introductory E-Book



Marilyn Gordon

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Contents

Foreword by Ormond McGill, “Dean of American Hypnotists”

Part One

Extraordinary Healing: Combining the Subconscious, Higher Consciousness, the Mind and the Energy System

There is a revolution happening in healing.
This healing system embraces all levels of consciousness.
The three stages move from darkness into light.
The way out is through.
Ancient roots combine with modern technologies.
We’re born with tendencies of the mind that we’ve come here to heal.
The union of deep inner healing and energy therapy creates a powerful synergy.
There is a compass that points us back to ourselves and opens our higher centers.
My life has been transformed.

Part Two

From Darkness into Light: Transformational Healing

Transformational Healing is a movement from darkness into light.
The three states of healing are: experience, release and transform.
Release is a clearing out that initiates an opening of a reality that had been closed or unknown.
You come to understand the trials of your life as transformational experiences.
By understanding the root causes of your difficulties, you can come to know a more enlightened level of life.
One of the deepest root causes of suffering is our attachment to things staying the same.
Lifelong impressions are created in the womb and at birth.
Other root causes of our challenges are from experiences in infancy.
Past life events are opportunities for healing and awakening.
Early traumas can leave powerful marks.

Many people are carrying the wounds of their parents as their own.
Within us is a multiplicity of selves, called subpersonalities.
We all have tendencies of the mind and core beliefs.
There are other powerful root causes of our suffering.
Our preconceived paradigms create the experiences we have.

Part Three

Higher Consciousness: The Next Dimensions of Healing

The ultimate healing returns us to connection with our infinite self.
The greatest healing gift is love.
Love is a frequency band that changes the rate of vibration of everything it touches.
Great beings carry the love vibration.
Compassion is a deep awareness of the suffering of another, coupled with the wish to relieve it.
There are profound ways of fostering compassion in healing.
The ability to shift perception is a gift of higher consciousness.
If you look at the darkness, you can find the light.

Foreword

By Ormond McGill

This is a remarkable book. Years of professional practice have gone into its preparation. Marilyn Gordon's work is innovative, combining the spiritual and practical worlds. She writes in a very personal manner; it comes directly from expertise in working with thousands of clients and teaching many classes and workshops. She presents a combination of healing approaches for changing times, which together create "extraordinary healing".

This book addresses all levels of consciousness. It combines the vast subconscious resources of the deep inner mind with a way of working on the energy meridians. You'll notice that there are two main parts of this book. The first part contains timeless wisdom and healing stories. The second part invites you to learn in detail exactly how to do this work for both yourself and others. In this book, you'll find answers to these questions and more: how we can be more aware as human beings, how we can handle the moment-to-moment obstacles from our minds and the stresses in our lives that incessantly appear, how we can realize our spiritual identities. These are the great questions of all time. I invite you to read on and experience the wisdom and joy of *Extraordinary Healing*.

Ormond McGill, Ph.D., Palo Alto CA

Part One



Extraordinary Healing:

*Combining the Subconscious, Higher Consciousness,
the Mind and the Energy System*



There is a revolution happening in healing.

The human condition can be a profound challenge. Even William Blake, as he wandered from street to street in his own era, saw everywhere “marks of weakness, marks of woe”. We are all looking for solutions. We seek ways to handle our overwhelming emotions; we long for deeper spiritual strength and connection; we look for ways to overcome the numerous fears, obstacles and challenges of our lives.

Extraordinary Healing is dedicated to that purpose. It is, in fact, two books in one. It combines inspirational wisdom with a practical handbook of how to incorporate emotional, physical, mental and spiritual healing techniques into your daily life. Here is information on profound inner healing combined with a relatively new genre called “energy therapy,” which works by tapping with the fingers on the energy meridians. The combination is miraculous. Many people have found their fears, grief, anger, physical pain, old habits and cravings, as well as other life obstacles either reduce considerably or completely disappear. Relationship issues, old wounds and traumas, lack of self-worth, anxieties,

performance problems and many more can be reduced or alleviated with these approaches. The technique is amazingly simple, and the results are often rapid.



This healing system embraces all levels of consciousness.

With the combined powers of your subconscious mind, higher consciousness, conscious mind and energy system, you can resolve the dilemmas of your life with skill and grace. You can do self-healing or work with someone else.

The subconscious mind is a repository of all that you have been and done. It's the storage place, the database, of all that has taken place in your experience. You can visit it and take a journey into its vast terrain. You can put it on "search mode" – ask it what you need to know at any given point in time. It's brilliant, and it'll take you exactly where you need to go. It's an inner card catalog, the Akashic records, the database of all time. It knows what you need to know, and if properly asked, it will retrieve and send you the information that will let you know the root causes of present experiences - and more.

Higher consciousness is a built-in enlightenment system. Through it, you experience the profundity of the universe. You come to know the brilliant light of all creation, ecstatic love, the great ability to stand back and view life from

expanded states of awareness, extraordinary compassion – and all of it constitutes the healing power.

The energy system can be accessed with the appropriate keys. It's a system of meridians or energy pathways in your body. Getting in touch with this system can align your energy so that it runs smoothly, without any disruptions, within you. The ability to smooth out this electromagnetic energy will open you to healing your emotions, your thoughts, your physical body and your soul.

And because the quality of your thoughts naturally has a deep effect on your healing process, we also address your *conscious mind*.

The techniques for reaching all these systems are found in this book. You'll learn how to reach these parts of your being and what to do with the material you find.



The three stages move from darkness into light.

You can experience the three stages of inner transformation as you heal anything in your life that is clouding the experience of your true self. The stages are: *Experience – Release – Transform*.

You'll see how to first “experience your own experience” fully. Then you'll find extraordinary ways of releasing your experience. You'll then be able

to uncover the shining jewels that are lying inside. These are love, joy, peace, light, compassion and enlightenment.

The following story illustrates these stages. A woman in her late seventies named Anna was angry with her mother for not giving her love. She had once overheard her mother telling someone that she never really wanted to have a child. Anna had been in therapy for seven years; yet something was still in her way, as she continued to stew in her anger.

We first addressed her energy system with a process of tapping with the fingertips on specific points on the body while simultaneously speaking about the situation, and this decreased the intensity of her anger. The topic she spoke about as she tapped on these points was “feeling controlled by my mother”. After several rounds of tapping, the feeling left her completely. The release was astounding. She was able to go even further. She glided into a state of deep relaxation, and she saw herself swimming in an exquisite underwater scenario. Here she could move with total freedom. She was washing away the rage and was now flowing with gorgeous colors, animals and plants of the ocean.

The tapping process had made this inner experience accessible to her. She was able to enter a transcendent state after she'd released the baggage of emotions she'd been carrying all her life. She was able, through more tapping during her relaxation process, to see her experience with her mother through completely new eyes. She saw that both she and her mother were doing the

best they could, given all the experiences of their lives, and that forgiveness was totally within her reach.

The epiphany came when she was able to share this experience with her mother, who was no longer alive on this earth. She told her mother that she finally saw things differently. She told her mother that she'd now released her from all she'd thought she was. Because she had prepared the way for this through all the previous work she'd done, she was ready for a shift, an opportunity for liberation. Love flowed freely and exquisitely between them. This was the connection she'd been wishing for all her life.

This is not an isolated story. Extraordinary healing occurs by addressing all levels of consciousness. Complete directions for doing all phases of this process are contained in parts 5, 6 and 7 of this book. You can do it with and for yourself, or you can do it with others. You may even find yourself entering into realms of the miraculous.



The way out is through.

This is a system for healing whatever in your life is obscuring the light of your soul. The results are both practical and transcendental. Its philosophy is that “the way out is through,” that there is nothing inherently bad or wrong

with anything you're undergoing. Everything is material worthy of being paid attention to. Everything you're experiencing is an opportunity for understanding and self-knowledge.

After experiencing whatever you need to experience, you are then able to release whatever you need to release. Paying attention to your experience may create a release in itself. You'll learn in this book additional ways to powerfully release from yourself obstructions that are covering your light and your peace.

Inside your own being is an essence that is ready to shine beyond the difficulties that life presents. In this book you'll receive tools and techniques and ways of extraordinary healing that will allow you to know the joy that you naturally carry as a seed within your consciousness.



Ancient roots combine with modern technologies.

One of the greatest ancient healers was a Greek priest-physician by the name of Aesclepius. He had two daughters with familiar names: Hygeia and Panacea. It's said that his father was Apollo, the god of healing. When Aesclepius died, healing temples were erected all through the Greek States and the Roman Empire. Very special events took place in these healing temples.

Sick people would come, and they'd be bathed and cleansed before they would go into the temple; then they'd be dressed in white clothes, and they'd be shown into the inner chambers. They'd meet the priest-physicians, who instructed them to lie down with a statue of Aesclepius right by the bedside and go into a very deep sleep, in which they would dream a healing dream. In this dream they were told they might come into contact with Aesclepius himself who'd tell them the nature of their problems and the remedies. In the morning, most of the time, they'd know exactly what they needed for their healing. Many thousands of healings took place in this way.

This was an early form of what we now know as deep inner healing or transformational healing or hypnotherapy. It was a way of going deeply into the inner chambers of the soul and finding a great resource of inner wisdom and truth. Transformational healing is a way of turning darkness into light by working with higher consciousness to heal the difficulties of life.

We combine deep inner healing with ways of working with the energy system. Approximately 2300 years ago, *The Yellow Emperor's Classic of Internal Medicine* appeared in China. It described principles of working with the meridians or energy pathways that have since been developed in many different cultures. Parts 4 and 7 of this book explain one particular technique. This is a way of tapping with the fingers on specific energy points while using special healing language in order to bring a smooth flow of electrical charge to

the human energy system. We have combined these techniques with deep inner healing.

A woman named Ruth lived in varying states of panic. She was breathless and on the verge of crying. Ruth was almost 60, and she hyperventilated and got panic attacks in enclosed spaces such as elevators and tunnels. She was at her wit's end, sometimes waking up with this terror and having great difficulty breathing. Sometimes she thought she would die.

We began to tap her for her fear of suffocating, fear of dying, and for not being able to breathe. As we tapped, she began to breathe freely, and her fear left her. With a process of deep relaxation, she was able to go more deeply to pay attention to whatever her deep inner mind wanted her to know about this problem she was having. As she relaxed, she went back to a time a number of years ago when she'd been in a store. Her son was waiting there for her, and he was eating a snack. She took a bite, and she began to choke. She couldn't breathe, and she thought she'd die. Her son found her husband who was close by, and he told his son, "We don't have time to call 911. She'll be gone before they get here." On the third attempt with the Heimlich Maneuver, he was successful, and the snack became dislodged and shot out of her mouth.

Ruth was saved, but she carried this traumatic experience within her. It was a freeze-framed picture inside of a terrorized woman who was dying by

suffocation. She hadn't remembered this incident, but the brilliant database of her deep inner mind gave her the information she needed to find an origin of her obsessive terror of not being able to breathe. Like the ancient supplicants who came to visit Aesclepius in their sleep states, she had been able to contact the source within her that told her a root of her distress.

Ruth had another revelation. She recalled a time when she and her family were caught in an elevator that had stopped. Her husband had begun to bounce up and down there, telling her that if the elevator fell, there would be giant springs at the bottom that would cushion them. This was no comfort to Ruth. It was a terror that never left her.

Inside, she contacted Gabriel the archangel who put his wings around her, and she began to glow with a spirit of protection. In her mind's eye, she also asked Gabriel to accompany her back into that old choking scene in the dressing room. Her family was no longer screaming with fear, and she experienced peace. Ruth also learned to pay more attention to her breathing, to do the tapping for herself if she ever needed to, and to recall this state of safety that resides naturally within her.



*We're born with tendencies of the mind that
we've come here to heal.*

The deep inner mind is a vast storage place, an amazing database. It's an information system that contains all that has gone before, patterns, tendencies, and future pathways. It is the library of the Akashic Records, the books of infinity, on which our lives are written.

Eastern cultures have handed down knowledge of tendencies of the mind, called *vasanas* or *samskaras*, impressions that are imprinted on the subtle body, and brought into our experiences when they are triggered by something current. We bring these tendencies of the mind in with us when we're born, and they appear during our lives as our grounds of being. Some have *vasanas* or *samskaras*, tendencies that contain such thought forms as, "I'm not worthy. I can't do anything right." Or "I need to destroy myself or somebody else." Or "I'm so alone; I can't connect with anyone." There are even times when it is the opposite extreme: "I think I'm better than everyone else." All of these tendencies are, of course, distortions of truth.

The objective of our lives is to heal these tendencies, to go beyond them into more enlightened states, in which we know that we are connected with the Source of ourselves and that behind all thought forms, there is an inner core of profound wisdom and radiance.

Within the deep inner mind or subconscious are all parts of ourselves, some fragments that need attention, frozen pictures in the soul. Within these fragments are old fears and angers, grief and guilt. One woman, Sara, saw one

of her fragments as a woman in a cell. There was straw on the floor, and it was almost totally dark both in the cell and inside of her. She saw herself as distraught, emaciated, neglected – even though she was an active, reasonably healthy, successful woman. Inside of her was a freeze frame, perhaps from another lifetime, perhaps from old wounds of this lifetime that hadn't healed.

As you go deeply within, through the layers of being, you can come face to face with these fragments of self, asking who it is that's experiencing the fear, anger, loneliness or grief. In this exploration, you find less evolved parts of self that for eons have been asking to be shown the way to the light.

When Sara found the woman in the cell, she was reunited with a long lost part of herself, and she began to connect this fragment with more enlightened states. Light began to stream into the cell from a tiny window. She found food there in a plate on the straw floor. More light began to stream in, and she began to nourish herself with food for both her body and her spirit. She had recovered a fragment and had begun to see it evolve. She was able to feel more whole. She didn't feel that there was this terribly suffering part inside of herself any longer. Soon after, the iron doors opened, and she became free of that cell completely. She was able to come home to herself and to reawaken the spiritual energy within her.



*The union of deep inner healing and energy therapy
creates a powerful synergy.*

We have found powerful results in our explorations combining all levels of consciousness in our healing. Together they create a beautiful synergistic healing system.

One man, James, was obsessed by a relationship. He was in love with a woman – and she wanted “to be friends”. For two years they did everything together. It wasn’t a physical relationship, and it was strange for him to stay in a relationship that wasn’t going anywhere. Still, everything he thought about had to do with her. His life was going downhill physically and emotionally. To add to this, she didn’t treat him well; she said mean things to him, and he knew that now was the time to handle this so he could get on with his life. He was miserable, and it was time to take a major step.

We began tapping on his energy meridians for various issues:

- Anger at himself for being in this situation
- Despair
- Sadness (about not being what others wanted him to be, trying to be someone he’s not, and not living his life for himself).
- The physical feeling of heaviness in his chest, eyes and throat.

He began to forgive himself for not having an agenda for his own life, for misplacing it by attending to others' agendas more than his own. He came to know that his task was to become whole within himself, to live his own life and become deeply connected with his own essence.

As he relaxed into deep inner healing, he saw himself flying. He looked down and at first felt his own sadness. He saw it reflected in all the unhappy faces he saw below. He continued to fly, and the sadness shifted as he saw a magnificent madrone tree. For some reason, he felt love from that tree. He felt expanded, and he was able to go beyond all the sadness into the essence of love that was within him and have compassion for everyone. He was able to love and witness the transformation of the child he'd been and even of his depressed self. We tapped while he was in relaxation for some residues of sadness and fear, and he relaxed completely.

He'd been looking for this breakthrough – out of his depression and obsession. He found it. In subsequent sessions, we worked on his self-worth, feelings that he didn't deserve to feel so happy (as he was beginning to experience a new kind of joy). We tapped for a residual fear of failure. In further deep inner healing, we opened some bound up feelings that had manifested in his body.

In his mind's eye, he saw a Tibetan man on a horse, a deep spiritual symbol to him. He heard a bell ring, and he knew that it was ringing to awaken

his consciousness. His Wise Mind said to him, “Be patient. Just keep going forward. It’s time now for you to begin a new life.”

What astounded me about James was the shift in his demeanor. The first time I saw him, he was contracted. He had a deep furrow in his brow and anger and sadness in his eyes. He answered me with choppy, terse, staccato sentences. The second time I saw him, he was smiling. The furrow in his brow was gone, and there was a radiance about him. He had deepened his connection with his own divine consciousness.



*There is a compass that points us back to ourselves
and opens our higher centers.*

Often we find that we are “away from ourselves”. We feel depleted or abandoned or alone, and it seems sometimes as if we’re traveling in some dark forest with no idea how to get back home. Fortunately there are tools and techniques that provide a compass, pointing us back to ourselves. We can then open our higher centers, experience the fourth dimension, raise our vibration, and go beyond the appearance of things. We find our transcendent selves once again. When we do, we’re able to stand back and see from an expanded perspective. We become centered, and our higher energy centers remember

the experiences of ecstatic love, divine wisdom, deep compassion, and radiant light.

An emotional alchemy happens as we transform our fear into love and faith, the fire of rage into light, our grief into compassion and connection. It is then that we come back to ourselves.

A man in his late fifties, we'll call Sam, was at a point in his life in which he'd succeeded in doing what he wanted to do in the world. He raised his family and earned a good living as a computer programmer, but he wondered to himself, "What's the purpose of the whole shebang? There should be something with more meaning." He thought it might be that he should strive to change his career, but he really knew that what he needed to do was to see inside himself.

We tapped on his energy meridians, and he was able to overcome the feeling of not knowing in which direction to turn. Then he broke through the barrier of a nervous feeling of uncertainty, and then he overcame the concrete rock of a barrier that kept him in a state of disconnection.

As he began to go into deep relaxation, he saw leaves and a stream in his mind's eye. He made a connection with his inner wisdom. It said, "Just see what's around you. You have everything you need. You just need to let go and see what's there. Just let go and appreciate yourself as you are. Everything is as

it should be. Just listen to the birds and watch the streams. You'll be given all the answers you need. Just be open to accept them.”

In first moving through his barriers, releasing them, and making contact with his higher being, he was able to make a true breakthrough. He said that he felt as if a dam had broken. He knew that more wisdom and understanding would now come to him, as he remained in contact with his expanded self.

You're able to move gracefully from darkness into light by working with the gifts you have within yourself: your subconscious mind, higher consciousness, conscious mind and energy system. As you combine the new technologies for healing with ancient wisdom, you may truly find that this combination has a profound effect upon your life.

In parts 2 and 3, we'll talk about transformational healing, which is a way of moving from darkness into light. In part 4 of the complete book, we'll explore the energy system. In parts 5 through 7, you'll receive many techniques. But first, here's my story of how this work came to be.



My life has been transformed.

Though it didn't always seem so at the time, everything I've done and been has been an essential part of the path I'm traveling on now. This path has been for me a fascinating, eventful one, filled with both very painful struggles and profound experiences of bliss and light. There were times when I knew that what I was doing was preparing me for something more expansive, and I called many of my old experiences "boot camp". I can now see that on this long and winding road, everything was geared to prepare me to do the work I'm doing now in the deep inner healing of the soul.

I've always had a penchant for the inner worlds. I must have been six or seven, when one day, at the suggestion of my artistic babysitter, I took black watercolor paint, spread it over a piece of paper and let it dry. When I held it up to the sun, I clearly remember seeing holy people wearing robes. I also loved the fairies who lived in thimbles and flowers. I loved the elves who sat on toadstools, and the little people. I loved a radio program called "Let's Pretend". I listened to it every Saturday morning. I loved my imaginary friends, Moo Boo

and Savvy. They were wonderful. They lived under my bed, and they were my companions. I spent a lot of time inside myself playing these imagination games, and as I grew older, I kept the inner worlds alive.

When I was young, I had a recurrent vision of an Easter egg with an opening through which I could walk inside. There I'd enter into a town of pastel houses that was from another realm. I could go there by closing my eyes and seeing myself climb into that egg and become transformed. I would walk along those pastel streets and feel uplifted. This was a purely magical world in which I became luminescent and filled with joy. Here I could move beyond my ordinary life.

Going into this egg was a way of entering an alternate reality that to this day holds great value for me. This world of the deepest imagination is the cousin of the world of higher consciousness. I now know that this alteration in consciousness contains the remedy for all of life's vicissitudes. When I later entered the world of healing, I saw that the love I had for my inner world as a child was not just a fairy tale. It was a way of moving into higher levels of knowledge - and healing the deepest difficulties of life.

When I was a young teen, something happened to my consciousness. I was sixteen, and it was as if an incandescent light had suddenly been lit in my awareness. Maybe it was a flyer that I saw at a bus stop. I believe it was a Christian Science flyer – and it read, “Did you know that the mind can heal?”. I

took the flyer home, intrigued by the fascinating potential. At this time, even my choice of clothes changed – from multi-colors to black tops and tights and a single skirt that I wore almost every day. My mother was horrified. She hoped and prayed that this was just a stage. Actually, it was to be an outer symbol of the inner search I was on, my search for self-knowledge.

I had an English teacher at this time who was truly extraordinary, profoundly dedicated and serious about her teaching. She taught us Plato and Shakespeare, great short stories, and grammar. She'd been my teacher when I was about fourteen, but when I was sixteen, I was different, and I wrote a paper on *Candide*. She said, "Is this your paper? Did you write this yourself?" I told her that I had, and she was amazed. She recognized that something had truly transformed within me. Another one of my papers was an interpretation of a poem. It was a poem about a black boat that was floating on the waters of the ocean. It said, "The boat is death, floating on the ocean of time and all eternity." My early interest in symbolism like this impressed her. She said, "This is excellent. Subtract about twelve more adjectives, and this will be a creditable piece of work." She then put me in the after-school Shakespeare group. We sat and read *Hamlet* out loud. After that I read it six times, and not too long after that I went to college and studied English. I became an English teacher myself.

I too was dedicated. Like my English teacher I used to write paragraphs on the students' papers, commenting about their ideas and their writing,

helping them with their thoughts or their own imaginations. I loved it. Sometimes I'd sit on top of the desk when I was teaching and hold deep conversations with the students. I introduced them to ways of looking at literature and their lives.

As time went on and I was teaching, some of the students began to riot in the schools. It was my fifth year of teaching. Some of the students would throw plates around the lunchroom. Students would fight in the hallways, and I would go and help break up fights. I mustered up all the adrenalin I could and went to help break up fights. Sometimes I would come home exhausted and in a kind of catatonic state. I'd sit in a chair and stare at the walls.

One day I was listening to some music after school. Jimi Hendrix was popular at that time, and one of his songs said, "With the power of soul, anything is possible." Those words inspired me with the deep sense that there was a soul power in me that could do anything. I also listened to Crosby, Stills and Nash, and one of their songs said, "Take the system and bow their heads." This ignited the spirit in me, impelling me to leave that life and return to California.

I lived in California in the sixties. I went to graduate school at the University of California for a while. The English Department's approach was too rigid for me. I wanted to explore William Blake's and Emily Dickinson's mystical metaphors, and some of the professors wanted me to pay attention to

the diction and the meter. I left the graduate school, and soon after, I was married and had a baby girl. When things didn't work out, I took my daughter back to Chicago. I taught high school there until 1970. Then I decided to come back to California.

I stopped everything I was doing, and I began a whole new life. It was hard at first. I had to detoxify my body. My body was so stressed out from those last days in Chicago. I'd been on Fiorinal, an aspirin with a barbiturate. I smoked a pack of cigarettes a day and drank six cups of coffee. To start a whole new life, I had to release the old one from the very cells of my body. I was stressed from my own life, from my family life, from the situation in my environment and my work. I'd been going through a divorce. I'd had a difficult relationship. I had a small child. My brother was emotionally ill; my mother was sick. Everything that could go wrong went wrong in my life and in my family, and I was truly a basket case of stress. I yearned for relaxation. I had no idea how to relax. I used to go to the drug store and walk down the aspirin aisle to see if I could find new kinds to relieve my tension.

When I got to California in 1970, someone suggested, "Why don't you try yoga?" I didn't know too much about it. Someone said, "There's a class over on Dolores Street at the Integral Yoga Institute." I thought that maybe it could help me.

I went into the Integral Yoga Institute, and it was a landmark moment of my life. It was truly peaceful there. I loved the smell of fresh baked bread and clean wood and incense. We walked upstairs to an upper room, and we did bending and stretching. We sang some beautiful prayers in Sanskrit that rang a bell inside of me, ancient sounds that were reverberating in my soul. At the end of the yoga session, we did a deep relaxation, relaxing all the different parts of the body. I was transported. I said to myself, “This is *it*.” Yoga and deep relaxation brought just the elixir I needed for my pain.

I’d been looking for my path in English literature. I had read the Romantic poets, Wordsworth and Coleridge, Keats, Yeats; I’d read Shakespeare and Chaucer, wanting them to show me the path of the heart. Finally I found my own way. It was miraculous for me, a total change of my life. I began to do yoga and meditate regularly.

In 1971, I went to a yoga retreat with Swami Satchidananda. In those early days, it was quite an awe-inspiring experience – as well as rigorous. We had three days, much of which was in silence, something I’d never done before. It was amazing to experience that silence. I heard the sound of “Om” coming from the hills. I knew I wasn’t imagining it. I knew that the earth makes sounds that all of us in our busy-ness can’t hear. I was listening and I was hearing. I did walking meditations, yoga, and *seva* or service, and I kept it all in a journal. I

made a pact with myself to meditate every day, and I've continued to keep my vow.

Later in a seminar, I went inside my inner mind and saw pictures about my life, my family, my childhood, and I was able to expand my consciousness. I was able to heal my relationship with my parents, where I saw them as beings who were on the wheel of life, working out their issues on this earth. I saw myself walking hand-in-hand with my daughter, and I said, "No, we need to be separate individuals and together at the same time." And so I saw her near me as I was walking down the beach. She was walking near me –strong, separate, yet together.

In the '70's, I attended numerous workshops and did more and more meditation. I met teachers from all over the world. I met the Karmapa, the Dalai Lama, Kalu Rimpoche, Ram Dass, Sufi teachers, Buddhist masters – to mention just a few. By 1974, another friend introduced me to Swami Muktananda from India. I didn't know too much about what he was doing, and I was reluctant to bow in front of him, as everyone was doing. But I finally did. Someone had told me, "When you bow in front of a great person, you're bowing to yourself. You're not bowing down to any idol. You're bowing to the Self." So when I bowed down in front of Muktananda, he hit me gently on the back with some peacock feathers. When I went to sit down, immediately, my body started shaking, and I began doing yogic breathing called *pranayama* quite

involuntarily. I went into a profound state of meditation. I felt like a blanket of peace had been thrown around my entire body. It was truly deep. I said to myself, “My God, this is real!” For the next ten years on and off, I meditated, chanted, and studied with Muktananda –not directly with him all that time, but often in his presence. I also lived across the street from his ashram for six years. I did chanting every morning and taught programs on the *Bhagavad Gita* and on meditation.

Before that, living in Marin County, I had worked at an office of an eye doctor. He was an iridologist who read the iris of the eyes to see what might be going on in the body. It was an amazing time. In the ‘70’s, all kinds of spiritual people came to this health office: Sufis, Buddhists, Hindus, yogis, writers, poets, meditators of all kinds came to have the irises of their eyes read and their eyesight checked, and I interviewed all of them. I met roshis, masters, monks and gurus. All of them came there, and it was a great education.

In the early ‘70’s, I began teaching my own classes. I taught a class at Holistic Life University called “Visualization Healing.” I also taught yoga, meditation and workshops, such as “Journey to the Center of the Self.” I also began doing one-on-one sessions with people, taking them deeply inside, helping them to get in touch with their difficulties, coming to understand and release them and then to transform their awareness. I called this work “inner

healing.” Not until 1987 did I find out that the work I did was also called “hypnotherapy.”

Before this, I struggled greatly trying to find my way. I tried many different jobs. I sold cars, aloe vera juice, worked as a headhunter, worked at temp jobs in banks and answered phones in companies. I taught Evelyn Wood Reading Dynamics. I taught in a business college in East Oakland, and I worked in the eye doctor’s office.

I had moved to Bolinas, a village on the coast of the Pacific. It was beautiful – for me, isolated but beautiful. I would do two hours of yoga a day, standing on my head and going into the lotus posture. I taught yoga. I wrote in my journals and made some beautiful cloisonné jewelry. My daughter loved the wildflowers of the countryside. She knew the names of every one. At one point, my daughter and I had nowhere to go, so we both agreed that we’d pitch two tents there for a while. It seemed like a great adventure; yet in some ways I felt fearful. It was beginning to rain, and the nights were so dark. This was another time of great inner transformation, and I learned to have faith. I continued to do a lot of yoga, threw the *I Ching*, learned to deal with the sow bugs and to keep ourselves dry. One day, at the Renaissance Faire, a wandering minstrel came up to me, looked me in the eyes, and recited a haiku. He said, “Since my house burned down, now I have a better view of the rising moon.” My eyes

filled with tears, moved not only by the words, but also by their synchronicity. I marveled that he had come directly to me with this wisdom.

After a time, my daughter and I found shelter, and soon after that we moved from Bolinas to Fairfax, where we lived for about four years. In Fairfax, we lived in a house with a huge living room. I had a partner who was a spiritual patron of the arts. He and I gave concerts almost every month – the Nubian oud player, Hamza El Din, kathak dancers from India, bamboo flute from Satchdev, shakuhachi music, and many more. I also taught yoga classes in that huge living room, where I continued to give workshops and individual sessions.

It was time to leave that place too, and I moved to Oakland to be near the ashram. I wanted to dive more fully into my *sadhana*, my spiritual practice, so every day I went there to chant and meditate – mornings and evenings. This was all wonderful; yet still my life was a struggle to make a living. I had no idea yet that I could get a certificate for the work I did with inner healing and actually make a living. I was aware that I was truly “underemployed.” I prayed and I prayed. I wrote to Muktananda. I said, “Baba, my spiritual life is going so very well. I have these beautiful visions, but the rest of my life is so very difficult.” And he wrote back to me, and he said, “It’s wonderful that your spiritual life is going so very well. About the other part of your life – these things happen sometimes, but with your faith and your devotion, your life will be transformed.” That became my mantra – that with my faith and my

devotion, my life was being transformed. And so it was, step by step. This, in truth, is the essence of the lesson I was learning: to have faith in and devotion to the universe, no matter what the vicissitudes of life might be.

At a gathering one day, I met a woman, and she told me that she'd become certified as a hypnotherapist. "Well," I said to her, "What did you learn there?" She told me what she'd learned, and I said, "That's what I do!" And I now knew I could prosper doing this kind of work. I knew I could take this work for which I had deep passion, and have it become my career. So I became a certified hypnotherapist in 1987. I started giving free hypnosis demonstrations every Friday night in Berkeley. Sometimes one person would come – and sometimes ten. I'd tell them what I did and show them, and I'd sell some tapes, and it began to grow from there.

In 1984, I had moved away from the ashram, from Oakland to a tiny cottage in Berkeley. It was time to go. Baba had died, and my inner voice told me to just move along. My tiny cottage was to become not only my home, but also my hypnotherapy office. When clients came in, I moved two kitchen chairs together, facing one another, for the first part of our session. When we were ready to do deep relaxation, my own futon became the "couch." As rudimentary as it was, it was the beginning of something that was to grow much larger.

Leaving the ashram community became for me an experience of great deepening. Where I had at first wanted to simply shine the light on the difficulties of life and try to make them vanish, now my path was telling me: “Go through the dark forest instead of around or above it. There are rich experiences there. You will come to understand more about the depths of human experience. Then you can release and transform that experience and come into the light. The way out is through.” I listened to this inner voice, and I allowed myself to pay close attention to the darkness, to allow its deep experience. I deepened and I grew. As I understood more and more fully that “the way out is through,” the world of healing began to take on depth and form. I learned and incorporated many healing tools.

I thought it might be a good idea to go back to graduate school. I went to JFK University in Orinda in the Transpersonal Psychology program. I made some good connections there, but I found out after one year that it wasn't the direct route to my destiny. I knew my path was about healing, not psychology; it was about a special kind of ancient consciousness transformation that I knew I must pursue. So once again, I left the halls of ivy, and I dove more and more deeply into the world of healing.

Still growing in my work, I moved from my cottage to a larger place, and I was able to stretch out, in more ways than one. As my work grew, I began to give talks at conferences, first at the American Association of Hypnotist

Examiners, and then at the National Guild of Hypnotists. I taught in another hypnotherapy school. I taught workshops in the extracurricular program at UC San Francisco. I began to go on the radio. I learned the art of public communication. Fortunately I was in a field that gave me all the tools I needed to work on myself. In 1991, after the completion of another relationship, I needed to dive into a major project, a book. I wrote *Healing is Remembering Who You Are: A Guide for Healing Your Mind, Your Emotions, and Your Life*. This was quite a project, as I learned about the world of publishing. The book later went through another printing, and then a publisher picked it up. This book project was for me the beginning of a fulfillment of a prophecy and dream. In the '70's, Baba's astrologer, Chakrapani, had read my astrological chart and told me I'd be an internationally known speaker and writer. I was very far from it at the time, but his words echoed in my head. It somehow kept ringing in my ears. I was to keep plodding on with my temp jobs and my struggles, perfecting my work and growing in my own strength and consciousness before anything would truly materialize.

I kept on teaching. I took people to retreats on the sacred mountain, Mount Shasta for four years – and to Kauai. My individual practice began to grow. I began to get more comfortable on the media, on radio and TV. I did a lot of writing – regular articles for the “Journal of Hypnotism” – and a new book, which I re-wrote about four times in different forms with different titles.

I came to an understanding of inner healing as a process of experiencing, releasing and transforming the difficulties of life. I share this knowledge with you in this book. I understood the need for us to know and explore the darkness, as its purpose is to instruct us. This art of paying attention to the difficulties became an important ingredient the work – as well as the next two steps of releasing and transforming into higher understanding.

I began to teach workshops for a number of years in this, what I found to be my area of specialization, Transformational Healing. Gradually this developed into a school. I learned that I needed to be state licensed, and the process was arduous. The school and I both began to grow. We first held our classes in my living room in Oakland. Now I had a living room with two walls of glass. It overlooked Lake Merritt and had a balcony around both walls, with a beautiful garden filled with Quan Yins and Buddhas. After a while, we moved our training to the Berkeley Conference Center, and then, after they announced to us that they had to retrofit the building for earthquakes, we moved to our own center near Lake Merritt in Oakland.

Here I was on this train of destiny, taking this ride, moving from one station to another - sometimes staying a long time at a station, sometimes needing to move more quickly. Then a new gift came into my life.

In 1995, I met Ammachi – or Mata Amritanandamayi Devi –

from India. She'd been described as an incarnation of the Divine Mother, and I'd heard she had an intoxicating presence. My curiosity led me to visit her. When I went up to greet her, she whispered mantras in my ears, and my heart poured open. I knew I was in the presence of a divine goddess. Ammachi became a great inspiration to me. Her radiance inspires the flow of love.

Another gift came in the form of Mark Douglas. He had heard me give a talk at the National Guild of Hypnotists in Nashua, New Hampshire, and he came to California to attend our training. One day, he said to me, "Marilyn, I'd like to show you a new technique." At that time, I felt I had so many techniques that I didn't know what I'd do with one more, but he said to me, "This one is miraculous." I couldn't resist the miraculous, so Mark began to show me a tapping technique that he said could work to heal just about anything. I found that it truly did have healing powers and that I could combine it with the work I was doing. New doors opened, as this proved to be immensely popular and effective. Mark also introduced me to new technologies and gave me some equipment for my office that put me on the "information superhighway" in much larger ways.

I explain this effective tapping technique in detail in this book. Like a perfect puzzle piece it fits perfectly with transformational healing to create a healing approach of great power.

As you read this book, I do wish you a profound and meaningful journey. There is a lot of material here. You can read it all at once or in parts. You can use it not only to inspire you, but as a handbook for transformation. It is given to you with great love.

Part Two



*From Darkness into Light:
Transformational Healing*



Transformational Healing is a movement from darkness into light.

Transformational Healing is a movement of consciousness through the difficulties of our lives and into advanced states of being in which miraculous shifts occur. Everyone is suffering in one way or another. The Vietnamese Buddhist monk, Thich Nhat Hanh, saw people who lost their arms and legs from mine fields, boat people who'd been raped and killed, and then he saw others in French cafes sipping coffee without a thought about the rest of the world. He vowed never to live a superficial life again. He was able, then, to transform the suffering he saw into wholeness and advanced states of awareness.

The very fact that most of us do not remember our higher consciousness and we identify with a limited reality, is a form of suffering. Impermanence is a form of suffering, too, and it is something that everyone must experience at one time or another. Everything on the earth plane is shifting incessantly – including the people we hold dear, our body parts, our homes, our incomes, and our possessions. And because everything is in flux, we are wise to go more

deeply to a place of essence within, in which there is a sense of comfort in being “home”, in being in a place of profound connection with a changeless level of serenity and truth.

Transformational Healing is a way of paying attention to our suffering, looking at it from the witness state, experiencing how it feels or sounds or what it looks like, and then releasing and healing it by making this connection with a more transcendent state of consciousness. This helps us to view our difficulties differently by shifting our level of awareness. There is truly a temple of healing that exists within. The healing process is a movement from darkness into light, from the unreal to the real, and from death into immortality.

We can also understand that human suffering has value and even beauty. If you look at the panorama of human experience, you can see that it is a part of a range of highly valuable experiences that deepen and enrich the soul. It not only deepens, but it creates courage and strength. The daily frustrations, losses and insufficiencies – all of these are prods to push us on an upward path of spiritual awakening. There is a perfection to all things – even the most gross of human experiences in wars, terrorism, in acts committed against us. They are hard to bear, but something is being shifted around. Hearts are being deepened in their sorrow. Wounds, once opened, create opportunities to bring in grace and uplifted understanding.

Glaciers form, ice floes melt, mountains shift, volcanoes erupt, flowers die, species are born, predators leap, prey runs away – and everything happens in a natural flow of experience. It is both a horror show and a display of ecstasy. In the panoramic overview, it is the natural movement of things creating the unfoldment of life as we know it.

If we are able to experience our difficulties, allow ourselves to come to know and feel them, we can then move beyond them and come into the ultimate healing states.

Most of us know the story of Beauty and the Beast. Beauty has to live in the castle with the Beast – and at first she is terrified of him. The angry Beast roars and rages, but Beauty doesn't run away from him. She begins to find great value in him, and ultimately, she falls in love with him. In that process, the spell is broken, and the Beast becomes a prince.

The Beast is, of course, the darkness – the shadow element within. It is anger, fear, abuse that has been received or given, feelings of intimidation or lack of self-worth. This darkness is often very difficult to acknowledge.

Yet, in a moment of courage and awakening, you invite that shadow, that beast, to come out into the open to be acknowledged and understood. In doing so, the beast ceases to roar. Through awareness, compassion and the power of love, its very nature is transformed.

When this darkness is lurking in the corners of our being, it shows up as headaches, sickness, unresolved fear or anger – clouds covering our light. The moment these elements are acknowledged and even loved (because they are all extraordinary teachers), then you open up to the process of great transformation. At that point, the beast isn't the same anymore. It has been transformed.



*The three stages of healing are:
experience, release, and transform.*

The first phase of this healing work is allowing yourself to fully experience your experience, to come to know what's inside. The second is to release the experience, and the third is to transform it.

Every experience carries a richness and has value. Paying close attention is the first step in the process of self-knowledge. It is a process of looking with an inner microscope or magnifying glass and just seeing what's there. It's about looking, for example, at current experiences that are taking place in the body – pains, constrictions, tingling, holding – whatever is happening in the moment. It's also about looking at the mind and emotions – seeing whether there is sadness or rage or tightness or shame. It's about looking even more deeply at

the experience, possibly finding the roots. The roots may be in childhood, or they may go all the way back to the womb. Or they may go to another lifetime, or to a belief or a tendency of the mind. We will look more deeply into these root causes later.

A woman named Anne had been feeling anxiety, turmoil and confusion in herself for years. She had no idea why, until one day when the doors inside of her consciousness opened. In deep relaxation, she saw a scene that took place when she was six. She was standing on a curb with her brother, and a car was turning a corner right near them. She tried to step back and bring her little brother back with her – but she couldn't. She had always felt that she was the cause of her little brother's death from this car. She now saw something stored deeply within her subconscious mind. There was someone else there – an older man behind her little brother, and *he* was not stepping back. None of them could move because this man was not stepping back, and the child was killed.

Anne began to cry, “My God – we can't step back because there's that man there! I didn't cause my brother's death!” She was shifted profoundly at this moment, as years of tension floated up and off her body and mind. As she sobbed, her body and mind entered a state of very deep relaxation. This changed her life, as she could now grieve her brother's death and know that she was not the cause.

By allowing herself to experience the emotions that were causing her such distress in her life, she was led deeply into their roots, and she was able to experience a revelation that altered the course of her life. In similar ways, you can explore pain, old traumas, tendencies of the mind, fragments of self, and the exploration will lead you to some form of self-knowledge that can create more freedom within you. A transformational experience is often embedded in the experiencing process.

Not only does the deep inner mind function as a repository of all the records of past experiences, but it also miraculously stores solutions - innate homeopathic remedies of the soul, gifted to us to solve the dilemmas of our lives. Within the memory banks of the subconscious lie images, metaphors, flashes of wisdom, healing directives that the ancient Greeks and Romans knew how to tap in their healing temples. The solutions essentially lie within the soul.

A woman named Joan had been married for many years to a man who'd left her – suddenly and for another woman. This was a shock to her whole being. For a while, she couldn't function, but finally she went back to graduate school. Still, she found herself biting her nails and gritting her teeth, being easily distracted and not thinking clearly. She knew that something in her subconscious was using up her energy.

In deep relaxation, her mind went to an empty warehouse. She was there alone, and it was dark. She sat down on the floor, as there was no furniture.

Her dog was there with her – and though she loves her dog, she felt sad because it was not a human being that was near her. She felt her aloneness, her anger and her grief.

Next, amazingly, something came into this picture that calmed her completely. She saw a blue light that was profoundly comforting. She had no idea that great spiritual teachers have called the “blue light” the color of consciousness itself. The blue light underlies all matter in the universe and can be seen in the center of a flame. Seeing this light within brought great peace to her.

Then she went to a pond of water, which she instinctively knew was healing water. At first, she began to sink, “like Hamlet’s Ophelia,” she said. But she didn’t sink completely like Ophelia did. Something was buoying her up – and she was floating!

She knew from her own intrinsic imagery that she’d make it and that all was well. Darkness had become light; sinking became floating. She could even stop biting her nails because she was allowing herself to experience her feelings and their roots. Actually, she’d been “eating herself up” inside and outside – quite literally. Now she had no need to do that anymore. She now has the knowledge that she is moving to the other side of her darkness.



*Release is a clearing out that initiates an opening of
a reality that had been closed or unknown.*

Sometimes release happens naturally as a direct result of “looking deeply” or “paying attention.” Other times, we can assist in the release process by using techniques such as energy therapy, which taps away old traumas, fears, resentments, guilt, grief, shame, anger and emotional trauma. You can find a variety of release techniques in part 6 of this book.

Release is a clearing out of your consciousness. It’s like cleaning out your closets and drawers, releasing old correspondence or outworn clothes. As you discard these, you ready yourself to invite in a new level of your life. You’re ready to initiate an opening of a reality that had previously been either closed or unknown.

Release, again, often takes place as a natural outgrowth of paying attention to your experience, like Joan did when she saw the blue light. As you stay with your experience, often a miracle happens. One person found a lotus at the bottom of a murky pond. Another felt as if she were experiencing a birth process through a very dark tunnel and out into an experience of light.

Another way to experience the transcendent is to call it forth. You may call in a guide to assist you; you may surround yourself with light - or beam it

on your previous difficulties; you may bring love and comfort to your past, present and future; you may feel the presence of a transcendent figure or consciousness that shifts your situation into another dimension of light, joy, awareness, love and peace.

A woman named Karen had been fearful all her life. She looked deeply at her fear one day and saw it symbolically. She was a mother wolf devouring her young cubs ferociously. She cried when she discovered this, cried when she found this dark and predatory nature in her own self. She was like the Goddess Kali with skulls all around her, and she was battling the dark forces inside of herself. Did she fear her own ferocious power? Just seeing this made her weep with recognition of her power. Now she found herself able to accept it. No more would she have to rely only on the mace and whistle she carried on her keychain. She knew she was a goddess of both darkness and of light.

As we have said, very often the way to the light is *through* the difficulty. It is about diving into the full experience of the dual universe – the dark and light, the sacred and profane, the sensitive and gross – and moving into knowledge, love and profound inner power.

By moving into these altered dimensions, you find perceptual shifts in which you see everything in your life from a new perspective. It may mean, for example that you see everything that has happened to you as a kind of blessing to help you become a wiser, more compassionate human being. It may mean

that you see someone who's hurt you as a powerful agent of change in your life and who has perhaps propelled you to seek higher ground.



*You come to understand the trials of your life
as transformational experiences.*

In addition to perceptual shifts, you also find that you understand the life of the spirit with greater depth. As you move through darkness and into the light, you come to understand the trials of your life as transformational experiences. Something then lifts from you and lightens your load. You feel it emotionally, physically and spiritually. You are lifted into lighter emotions. Your electrical and biochemical systems are moved into states of well being. You are lifted up spiritually so that you understand experientially that there is a source of great power that lives within you. This is the nature of transformation.

William Blake knew about this when he so nonchalantly began one of his poems with the line, “As I was walking amongst the fires of hell one day....” He knew he could walk there because he was going to walk right out to the other side into levels of consciousness in which he could “see heaven in a wildflower and eternity in an hour.”

Exploring the darkness can ultimately lift you into a more infinite reality in which you are in touch with your essence. As you combine this process with the shifting of the electromagnetic energy system, you provide even more avenues for change.

As you read on, you'll understand more fully the root causes of your current challenges, how to find them, and how to move through them into expanded levels of consciousness. We are working, as you remember, with the subconscious, the higher self, the mind and the energy system. All of these are the components of a healing system that moves you gracefully from darkness into light.



*By understanding the root causes of your difficulties,
you can come to know a more enlightened level of life.*

It's common in our culture to think that all problems stem from early childhood. One person even went so far as to say that being born into a particular family or culture is as if we were abducted at birth by aliens and were brainwashed by their cult. And though it's really significant to consider how we

were formed in our early lives, understanding the root causes of what makes us the way we are goes much deeper than that.

The true primal cause of what ails us, no matter what our early lives were like, is the sense of separation that most humans feel at one time or another. It's not being connected to the essence of things. It's like being thrown out of the Garden of Eden, out of the harmony, out of the oneness - thrown almost rudely into a feeling of separation or desolation. These are human feelings, and they come from being in the illusion of isolation rather than in the state of unity. Life on earth is a journey back to the center, back home to the essence of the soul. Being away from it is the chief cause of our difficulties.

With separation as the bottom line, there are still other reasons why we suffer. There are very important issues of childhood and parents – but it is not quite so simple; the root causes run deep.

Samskaras and *vasanas* are tendencies of the mind that we bring here with us. They come with our birth certificate and are built into us. They can be from past lives. It's common in our culture to view babies as innocent creatures; yet babies bring thought forms and tendencies with them at birth. We already have *samskaras* in our beings when we come into this world, and these constitute the issues that we come here to work out.

What we then do is to magnetize to ourselves in our lifetimes, specific incidents that will bring forth our innate *samskaras*. So we don't "get" our

problems from our parents. We magnetize a particular kind of parent or situation into our lives so that we can work out the issue. These issues come up in order for us to heal them. We need to have them brought forth in a strong way in order for us to get the point. We're here to heal. So we have parents and boyfriends and girlfriends, husbands and cousins, and sicknesses and work situations in order to bring forth our *samskaras*, so that we can heal them. We are by nature electromagnetic. We're vibrating electrically and magnetically, so we draw things to us according to the nature of our thought forms. Within us are inborn *samskaras*, and we draw to us these situations that are karmic. It seems that our destiny has to do with our *samskaras* that we are here to heal. Let's just say that we're "working out our stuff." *Samskaras* equal "stuff" that most likely has origins in other lifetimes. For those who don't believe in other lifetimes, it's okay. They can be concurrent realities, the collective unconscious, or metaphors. They don't have to be literal past lives – though many people believe that we have incarnated many times. And not only have we incarnated, but we've also been accumulating wisdom. That's the whole *raison d'être* for our lives – that what we're here to do is heal the issues of our egos so that we can lift our consciousness up and move on to other levels of growth.

So all of our issues do not stem from "parents." The roots of our suffering are panoramic. The roots are in our consciousness.

So, given the fundamental root causes of separation and *samskaras*, there are other areas in which these issues manifest. Here are some of them:

- Problems stemming from the womb
- Issues from the birth experience
- Wounds that we pick up that belong to others – parents, teachers, peers
- Incidents from past lives
- Difficulties with or from other souls who are affecting us
- Issues arising from our own subpersonalities
- Problems from core beliefs and ingrained patterns that are bred deeply into us and that form our comfort zones
- Traumatic experiences we've had
- Cultural and economic factors that serve as our contexts
- Our inherited tendencies and our *karmas*, which provide the lessons of our lifetimes

There are many factors that affect us, and they are all connected to the original illusion of separation from the essence of the soul. It is helpful to understand these root causes, for then we can release and heal them. We will be looking at these factors in greater detail.

Some people want to know why we have to dredge up this stuff. Why not just go to the light and shine it on ourselves or just “be healed”? I used to

believe this myself, but I found that diving deeply into greater understanding, emerging and then soaring into the light was for me a more complete and enduring way to heal. What I have found to work is to move through one issue after another in a lifelong healing process, find the areas of difficulty and move through them until they are transformed into ecstasy and enlightenment.

For this we use the deep inner healing processes and the energy therapy that we've been talking about. When we relax enough to get to the deep material, we allow the conscious mind to let go of its barriers, the guardians at the gates, so that the inner material is revealed. The material of healing from higher consciousness is then revealed as well. You'll find full directions on how to do this in part 6.



*One of the deepest root causes of suffering is
our attachment to things staying the same.*

One of the Buddha's Noble Truths is the necessity of ultimately overcoming our attachment to things staying the same. Buddha called this attachment a primary cause of our suffering. We expect everything to stay the same, even though the fundamental law of the material plane is change. We expect that our mates, families, finances, material environments, governments

will be the way we expect them to be, the way we've grown used to them. Yet everything is a part of a third dimensional universe in which the law of flux and change is in constant operation. Because of change, we experience loss, grief and separation, until we learn to flow gracefully with the inevitable changes of life. This doesn't mean that we can't grieve our losses. It means that in order to heal, we can first grieve and then we can step back enough to align ourselves with the laws of change, so that we can move to whatever the next step might be. Singer Julie Andrews, after an illustrious singing career, lost her voice. After grieving, she is given the challenge of seeing what else might be in store for her in this next phase of her life. Christopher Reeve was given the challenge of releasing his attachment to moving his physical body when he was paralyzed. He was given an opportunity to make a leap into another level of consciousness.



*Lifelong impressions are created in the
womb and at birth.*

Not only is the infant state important, but so is the state of the fetus. Prenatal and perinatal (actual birth) experiences are also, for many people, at the core of our present difficulties. The times of gestation and entrance into the

third-dimensional world can be keys to current issues. Messages, thought forms, emotions, deep internal experiences are being sent biochemically and electromagnetically from the mother to the fetus. *In utero*, a great deal of material of all sorts is being passed back and forth. When you heal these states, you can go back to see what might have been going on in the psyche of the mother and in the fetus. Some people find their mother to have been in a state of trauma during her pregnancy. Others find that she didn't really want to have a child at that time. Still others find that their mother was at peace all the way through her pregnancy. Fetuses pick up these flows of experience energetically and biochemically, and you can often bring great awareness and healing to these experiences by returning to the womb through deep relaxation techniques. Imagine for example that you or a client has a feeling of abandonment. You might take that person back to the womb where the mother might have been getting ready to have an abortion. And you as a soul would tune into the vibration of that mother. Imagine you're inside the body of a person for almost a year. Although you do have *samskaras*, impressions that you bring with you, you are also in a womb environment that exacerbates them. In the womb are body fluids, thought forms, and emotions, and you are profoundly influenced by this environment. If your parents were fighting all the time –of if your mother was unhappy or getting divorced, if there was a death that happened in the family right at that time, you might take on all this grief.

Abandonment is, of course, an issue that essentially arises because of lack of connection with Source. It can be healed, nevertheless, by looking at any part of yourself. Since we are holographic, in that each part of us carries the whole within us, you can look for awareness and healing by revisiting the experiences of the womb – as well as in the present moment.

There are also root causes of our current predicaments in the birth experience. Sometimes the birth is very difficult. Perhaps there were forceps used. Perhaps there was a c-section. Some c-section children feel that they need help. They can't do things themselves. The birth process, is of course, most profound - the undulations and the physical experiences of the body moving through the birth canal, the biochemicals present, all are important to later development. One little boy born by c-section was constantly saying to his mother "I need help, Mommy." This is, of course, his *samskara* – not because of the birth. He brings that to this lifetime and needs that situation in order to exacerbate the *samskara*, so that ultimately he can heal it.

In a healing situation, if you find a lack of love in that womb or birth experience, you can bring profound awareness to this situation. You can be a vehicle for the presence of healing love. You can create a rebirth experience. You can bring an experience of light or enlightenment to the fetus or the baby.

You can take a look to see if any current images that might come forth in the healing process are birth images. One woman felt as if she were in a

tunnel, and she saw light at the end. She knew that this also symbolized that she was going through some very difficult life situations as well, and she was ready to see the light in the experiences of her life.

You can also do some energy therapy by tapping on any traumatic experiences that may still remain. It's important to remember that no matter what the womb or birth experience may be, we are still bringing our own issues there, our own *samskaras*, to be re-experienced and healed. There is, therefore, no blame, and it all provides a perfect opportunity to heal.



Other root causes of our challenges are from experiences in infancy.

My mother told me that once, when I was a baby, I cried all night. She usually picked me up at night, but the neighbors told her that one particular time, her baby cried all night. My mother had been so tired from getting up every night that she didn't hear me cry. I had felt within me that some kind of abandonment had taken place, even though I knew that my mother hadn't really abandoned me.

I just knew that crying all night long was some kind of core experience for me. If you really get a sense of what infancy is like, you can see the root

causes of so many of our adult dilemmas. Imagine the comfort of being held in someone's arms, being held up to someone's breast, being stroked, experiencing a primal feeling of being cared for totally. These are the idyllic situations we look for in drugs, food, and the ceaseless striving for satisfaction in relationships. These states are profoundly connected with infancy. They are attempts to reclaim (and for some to find for the first time) this primal comfort. They are graphic examples of the root causes of what ails us in our adult lives.



Past life events are opportunities for healing and awakening.

Whether you consider past lives real or metaphoric – or as concurrent realities or experiences of the collective unconscious, there is great healing in exploring and transforming them.

Just like every current event in our lives, every past life event is an opportunity for healing and awakening. Understanding our past lives can help us to go into some of the deepest causes of our current predicaments. In our past lives, we can also come to meet inner fragments of ourselves that have been living in darkness. The material that lies in our psyches consists of freeze-frames, some of which are pictures of unresolved traumas and our deepest

emotions. We can experience, release and transform these and bring significant healing to our lives.

Healing our past lives is about shining the light of consciousness on the difficult places so that they become transformed within us. No longer is our past life self, that ancient man or woman freeze-framed in our consciousness, in a cell all alone in a forgotten land. When we bring love and healing to these situations, great transformation is possible. Our soul learns from and transcends all the past difficulties, and this heals the way we carry the old wounds within us.

A woman named Shirley went to a past life in which she was a man, a barbaric medieval warrior. After a day's work was done, they'd go to a big table in a mead hall. They'd get some large ham shanks and chow down. You can get the picture of this burly grunting warrior, after the day's warring was over, sitting at the huge wooden table and devouring the meat. He had a raw kind of power, and he was, as we found out, a precursor to her tendency to "chow down" after going to work every day, going to her own kinds of "wars" in the business world. She'd felt extremely guilty about overeating, and she'd gained a lot of weight coming home and sitting there, gobbling food after work. But after seeing the root cause, seeing the past life prototype, she had a great awakening, and she was able to use the tapping process instead of overeating to work with such inner states as "feeling weakened by the world" or "feeling

frustrated” or “feeling drained by work” or “needing sustenance.” She was able to make a great transformation when she worked directly with her feelings rather than obscuring them with food.

Other people with food issues go to past lives in which they have starved. Some with throat problems have gone to past life experiences of forced oral sex or of traumas from not having had enough. In your mind’s eye, you can heal the traumas, bring in love where the wounds used to be, tap on the meridians, and there is a return to wholeness.

One woman said that she’d been taught that all your problems go back to your parents, and she said “but I know that I set my parents up because of the past life experiences I had.”

A man named Dan suffered from acute claustrophobia. He knew he soon had to fly on a plane, and he was beginning to panic. In order to understand the roots of this, in a session, he went back to a past life in England in 1905. He worked in a newspaper and tobacco shop, and he went down some stairs to a lower room that had a trap door. A fire broke out, and he was unable to get out, so he suffocated in the fire. He deeply felt the trauma of this experience, and he was able to both experience and release it. By releasing it; he was able to imagine enclosed spaces that are cozy, like a womb when it is comfortable, and to realize that he could now fly on airplanes because the past life experience was over. It was complete, and he could now let it go.

One of the great transformational tools we have is the ability to stand back and look at events from a state of *witness consciousness*; this gives us a wise eye and an expanded perspective. This “witness” is our true self. When we see from this perspective, we are able to ask, “What was I learning in this past life? What is the value in this trauma or event for my soul? What am I learning now?” There is invariably an emotional thread running through our past lives to the present – moving us toward healing the thread of our *samskaras*, the deep emotional and mental impressions that dwell in our souls from lifetime to lifetime. The grief that we carry, the tendency to feel afraid of speaking our truths, the tendency to feel slighted or rejected or hurt or angry or terrified - these are tendencies that dwell in our souls in lifetime after lifetime of freeze-frames that have gone unhealed. And the purpose of our re-experiencing them over and over again is to heal them, to come to terms with them, to set ourselves free through a transformation of consciousness.

If you look for a thread of a *samskara* in your life, you may first find a current dominant thought pattern. Then you might take it back as far as you can – perhaps to roots in past lives. There is a deep core of emotional truth as you allow yourself to experience this root. To remove it is like extracting a sliver from the soul, and then healing takes place.

In some of my own past life experiences is the thread of abandonment. I’ve mentioned my experience in this lifetime as an infant who once cried all

night, with a sleeping mother who was too tired to hear me. My crying with no one coming left a mark upon me. I go back farther, and I'm a Native American woman, left alone in an embankment of snow to die. There's a man standing there – and he turns and walks away.

I go back even further, and I'm an Asian woman, bereft and anguished because my children have been killed in a fire. Back further, and I'm standing on the bow of a ship somewhere, once again bereft and terrified because my husband has drowned on the tumultuous seas.

By invoking my connection with the power of healing, I ask to see the transformation of these events. I see the Native American woman's soul rise up out of the embankment of snow, surrounded in light. I realize that the true way of seeing this, from the point of view of the soul, is that she is in no way left alone to freeze and rot in the snow. Her soul shines through and ascends. I know that any time, any moment, I can call for the elevation of my own consciousness so that I can see with the eyes of the soul.

In the same way, the Asian woman (me), in her grief at the loss of her children, has been given the fullness of heart to love all the children of the universe. She is embraced by divine compassion. The same for the woman whose husband has died at sea. After the full experience of this grief and loss, and after some experiences of release, she is moved to a state of comfort and oneness on the level of the soul.

This is the divine art of consciousness transformation, which can happen in a flash of a moment, and can change the entire outlook of our lives. Even though we set ourselves free at one moment doesn't necessarily mean that we set ourselves free the next. We have to keep working on it, keep at it, keep on remembering the transformational work we came here for – and keep on bringing the light to every aspect of ourselves.

This inner work is about going to the deepest roots of our suffering, stirring the pot and bringing them to the surface, shining the light of consciousness upon them, thereby transforming them and bringing greater freedom to the soul. This is the work we came here to do, the great healing of our lives.



Early traumas can leave powerful marks.

When we look at what is holding people back in their lives, keeping them from self-realization, one of the most important factors is trauma. Some people have been traumatized early in life, but trauma can happen at any time. People who've been traumatized often go into shock, and the shock has left them with an inner picture, a freeze-frame, an almost catatonic part of the self that still exists inside. What happens is that this part of the self draws to it pain

and suffering and sometimes even similar events. We are electromagnetic, and we draw to ourselves, like magnets, what is reflected from within. Our beings are also seeking to heal themselves, so traumas and other experiences keep showing themselves to us in an effort to be healed.

You can make powerful shifts in these traumatic experiences, and we will give you specific techniques for this in parts 6 and 7.

It is always helpful to ask yourself what this difficulty has done to evolve you. How has it contributed to the growth and evolution of your soul? How have you needed this in order to become the person that you are today? This is a very important question, because it's often very difficult to find a reason for our suffering. Everyone who's a healer (and most of us are in one way or another) has had great suffering. This phenomenon has been called the "wounded healer." You can look at your life as a tragedy; yet it is also a school. You can come to understand that you're learning, evolving, growing into spiritual wisdom, and often this comes through trials. This shifts the whole context of how you perceive the events of your life. You make extraordinary inroads into the experience of the enlightened self.

One woman named Jeanette had intense pain throughout the left side of her body, from the top of her head to the bottoms of her feet. She walked with a three-pronged cane and with great difficulty. As she talked, her body was contracted in pain. She talked at length about the things she'd done to try to

alleviate her pain – none of which had worked. She'd been to famous clinics and doctors to no avail. I asked her, "Have you ever been abused?" and she began to cry. She said, "I got married at age fifteen, and from that day, my husband physically abused me and all the children. He beat us every single day." And she said, "And that's not all. There's more to the story." She paused and took a deep breath, uttering the next three words: "I shot him." At this point, the bottom dropped out, and she was sobbing. So I said to her, "You know, you're carrying that guilt and pain around in your body." And she cried some more, because she knew that that was the truth. So we did some healing. We brought healing to the part of her that had been wounded by calling upon the healing power of Jesus, as she was a Christian, and this worked for her. As Jesus touched her, the fragmented part of her soul was soothed. We did some energy therapy. We used actual balloons to communicate with her deceased husband (see part 6), and she released his energy from her life. She took the balloon in her hands, exploding it as she let go of all her rage and grief. In two weeks, she returned smiling with high-heeled shoes on, ready to work on weight loss. Her profound traumas had been experienced, released and transformed.

Another woman named Karen had been date-raped. Although she had a very strong connection with her spiritual path, this trauma was a thorn in her psyche, and it had caused her to feel extraordinarily wounded, scattered, filled

with shame. In herself, she knew that ultimately she wanted to see this all as an initiation and a deepening. She wanted to know how this could be a blessing, but the energy of weakness and shame pervaded her. Energy therapy helped her to decrease her feelings of shame, abandonment, lack of protection, inner panic and insecurity. She released the energy of the perpetrator from her psyche. She nurtured the traumatized part of herself. She made enormous shifts inside, and finally one day, she felt a sense of freedom. She felt a sense of relief that she could let it go and just be.

Traumas can be transformed by shifting the energy, by the light of healing and the power of love. All of us have experienced the *original trauma*, the pain of separation, being “cast out of the Garden of Eden,” being away from home - out of Kansas, out of the Oneness with all that is. We have to deal with this and find out how to get back home. This is what we came to this earth to do. We also have to handle the myriad of other abandonments, rejections and traumas that the flesh and psyche are heir to. Fortunately we have the tools to do this, and we can bring our lives full circle back into the essence of ourselves in which we feel centered and clear.



Many people are carrying the wounds of their parents as their own.

We can receive these “soul scars” by early or even later programming, through genetics or as *samskaras*, tendencies of the mind carried through the generations. It is truly remindful of the Biblical discussion of the “sins of the fathers” being “visited upon the children.” This is the root cause of a number of our difficulties.

It is not a way to shift responsibility, however; it is good to remember that ultimately we are all working out our own “stuff,” and receiving it from some particular “donor” is a symptom, not a cause. Nevertheless, it is hard sometimes to find the immediate origins of some of our challenges, and we do have to look at parents’ wounds for some answers.

A woman named Janet experienced sadness and depression that defied “rational” explanation. She did have difficulties with alcohol, and her boyfriend had broken up with her. She’d been experiencing bouts of total desolation. Sometimes she’d stay in bed all day and not go to work. So we looked at how her mother handled her own life. All her mother’s life, she would lie down on the couch and remain immobile for hours when her husband would go out

with other women. She'd be totally wiped out and thoroughly victimized. And though it might have been appropriate for Janet to experience emotional responses to her losses, her experiences were nevertheless more prolonged than they might have been had there not been these deeper issues involved. She had picked up her mother's response pattern; this had brought forth her own *samskara* or tendency of the mind.

Infants are also quite impressionable, even "psychic." They pick up emotions and deep psychological impressions from the world in which they live. One woman, in looking at her underlying depression that she could not explain, talked about the fact that when she was a child, her father was a classic couch potato. He did nothing but work, watch TV and grunt "hello" every once in a while. In addition to this woman's deep need for him to have given her more love, she also psychically felt in herself the depression that was his. Understanding this, we can then "release" her father's influence on her psyche and bring love to the young girl who was ignored.

Some parents have been actual victims of holocausts or great tragedies, and their offspring will inherit the legacy of victim consciousness, protracted sadness or terrifying thoughts. A woman named Sara's parents had been in concentration camps. She was troubled with frequent images of horror that came quite uninvited into her mind. We did some energy therapy on the horror pictures, on her despair, on her fear of pain, on her anxiety about life.

We then reminded her that she was awakening to the fact that “life is but a dream” and that the “horror stories are over.” When she went into a state of profound relaxation, she saw angels. One was a paper cutout from an old-fashioned book. The other was resting on a huge down pillow. She felt protected and safe and comforted. The angels told her to rest, to take it easy, to let herself experience safety and feel the comfort. They told her that she’d been on a very scary ride, but that scary ride has come to an end. Sara found the sanctuary of the soul, in which there is peace and healing. We reminded her that she could watch from a state of *witness consciousness* and transform her reality with the power of truth.

This was a major breakthrough for Sara. Her thoughts became more positive. She also had tools to handle any difficult ones that might arise. She could watch them, transform them, tap on them or just let them go. She was now able to think about her work and how she wanted to become a speaker. She actually did this, and she began to give talks about ways of transforming your life.



Within us is a multiplicity of selves, called subpersonalities.

Most of us know that we are not one simple personality. There's the critical self, the prankster self, the rebellious self, the parental self, the procrastinator self, the priest or priestess self. There's one who wants to retreat and another who wishes to stand in the spotlight, one who is terrified and another who is fearless. The inner child is a subpersonality (as well as a "freeze frame" in the memory bank). So too are the inner teenager and the young adult. One who comes up often is Poor Pitiful Pearl. That's the one who can't succeed, who sits desolate and alone with a babushka on her head, hands cupping her face. It's amazing how many people have subpersonality bag ladies and bag men inside of them.

So we go deeply inside to pay attention to these parts of self. We find out what they want or need and what function they're providing inside. Is she there to provide protection, to help someone stay within the appointed zones of comfort? We can talk to her and find out. We can help to release the subpersonalities or show them how to get their needs met in other ways.

The inner child is a very important subpersonality, and there are many other Jungian, mythological and other archetypes that have been found to be universal. It's very fruitful to find the ones that are intrinsic for each person. It's always enlightening to make contact with this important cast of characters that constitutes the self.



We all have tendencies of the mind and core beliefs.

Some people have a tendency to make everything catastrophic. Others idealize everything. Some have tendencies to be generous or greedy, cynical or optimistic, dominant or submissive, arrogant or self-deprecating. All of these tendencies come with the birth certificate. We've already talked of *samskaras*, tendencies of the mind that we're born with. Understanding this shows us that babies are not as innocent as we've been led to believe.

Some people have a tendency to create the "worst possible scenario" and worry that the cataclysm will happen any moment to destroy everything. Others live in the reality that the Golden Age of peace is upon us, and the lions and the lambs will soon lie down together.

These tendencies are connected with core beliefs. Some people feel they'll never be happy or that they're not worth anything, and these beliefs are root causes of key issues in their lives. One man's core belief was, "Nobody likes me." Because of this, he had a difficult time getting a date. At five years old, his mother took him to the train station and put him, his brother and his father on the train and said, "Goodbye, I'll see you sometime." And his mother didn't see him until he was twenty years old. This traumatic experience would

certainly leave anyone with the notion that “Nobody likes me.” There are those who take this back to origins in past lives, and it’s often fruitful to search there for roots. To help him, we took him back to the scene in deep relaxation, and we brought in his adult self to love that boy. Then we explored with him his mother’s psyche to understand what she had done. He needed to experience his anger and pain, and he was able to release them by understanding that this was his great life lesson; he could now feel more at peace by understanding that this was a pivotal moment in his life that set him on his path of healing.

When we see predicaments and wounds from expanded perspectives, we can understand them as the raw material for growth and enlightenment. Some understand them as lessons and blessings. When seen from an even more expanded perspective, they are the play of light and shadow, of expansion and limitation, on the panoramic backdrop of higher consciousness. They are very powerful “illusions” indeed.



There are other powerful root causes of our suffering.

There is a body of knowledge called “spirit release” or “entity release.” It’s based on the belief or experience that there are spirits that are attached to us and are causing our difficult behaviors and our suffering. Those who work

in this area describe some of the spirits as earthbound entities, beings who have died, but who have not passed into other dimensions and are attached to living people as hosts. Some of the entities are described as “demonic,” and this, to those who do this work, accounts for many of the transgressions and experiences of evil on earth. The work to release these “entities” consists of making contact with them and releasing them into the light.

There is also a great deal written about *karma* and destiny, which asserts that your suffering is preordained as a result of previous actions that you’ve taken in other times. A part of the healing process in this paradigm consists of creating shifts in attitudes around and acceptance of one’s destiny. In this context, it may be that reframing your experiences, by understanding all the vicissitudes of your life as necessary for your growth, can be healing in itself.

There is another body of knowledge that considers the socioeconomic contexts in which we live. If you live in a war-torn political environment, for example, your life experience will differ from that of someone living in a relatively peaceful, stable and prosperous country. This dovetails with our understanding of karma and destiny, as well. You may want to look at how being born in Bosnia or Cambodia has created different experiences for your growth than being born in London or California.

There are also other powerful roots of our suffering. Physical issues, illnesses, pain and hunger are important roots. The emotional issues that

come from misidentifying yourself as a being separate from your essence, your Source – all of these create states of human suffering.

When you return to a state of unity and understanding, experiences in which your heart is so open that you feel the all-pervasive love and peace at the core of all existence, this is when the veils lift, and suffering ceases.

In part 3 of this book, we'll be looking at this state of consciousness, which lies at the root of our healing. It lies at the root of our very being and is what we have all been put on earth to know.



Our preconceived paradigms create the experiences we have.

We magnetize our experiences to us both in our own lives and as healers. We experience what we consciously or unconsciously expect to experience. For example, when one woman takes people into deep regressions, most of them do Nostradamus predictions. Some people who do healing work expect that those who come to them will have emotional experiences. Some expect others to go to the beginning of time when the Big Bang took place and toxins were released. Or some people expect you to go to only the inner child or to past lives. What you have as your paradigm or your expectation is what happens. If you expect people to go to life between lives, then they will. You

can call the phenomenon “psychic energy” - or “the airwaves” or “intention” or the “electromagnetic vibration” you’re emitting. One researcher studied the different paradigms that various therapists and healers have for what they expect to happen in their sessions, and she found that they manifested exactly what they subconsciously expected to manifest.

As you read on, you’ll enter the realm of higher consciousness, which is the inner remedy given to us as our birthright to heal all the root issues of our lives.

Part Three



Higher Consciousness:

The Next Dimensions of Healing



The ultimate healing returns us to connection with our infinite self.

There is a meadow on Mt. Shasta called Panther Meadow. If you follow a wildflower-lined stream up the meadow, you come to a small hole with bubbles rising to the surface. This is the source of the stream. From this, a great flow of fresh water bubbles up from below and pours down the mountain.

In the same way, great healing is about bringing yourself back to the source of the most magnificent healing from within. We've been wandering in the forest of duality, through fear, anger, shame, grief, and guilt - and now we're invited to return home. And even though these states of duality are instructive, we are here to move through and beyond them to the Source.

Healing, nevertheless, is the work of a lifetime. We don't just "get healed" and that's that. We move through layer after layer, visiting the healed states of love and wisdom, sometimes having to venture out into our

difficulties again to learn a bit more about the nature of limitation – until that day that we can reside exclusively in the expanded state.

A very accomplished woman, a physician named Ann, had a childhood in which she'd experienced many abandonments. Emotional patterns of pain and sadness, of being in a “black hole”, remained with her. By consistently paying careful attention to the abandoned girl she carried within her, she was able to embrace her suffering enough to lift up the patterns. She had allowed herself to experience the pain of perceived abandonment and the fear that she'd live in that darkness forever. She felt love and compassion arise from a deep source, and she instantly understood that she'd been given this pain so that she could know what suffering was. She worked with suffering people every day, and she could help them because she knew their experience. She was now able to return to the enlightened, compassionate self that was her essence.

Healing such patterns of the mind brings us back to the sanctuary that resides in the soul. When we go on such excursions, we return to life with an altered point of view, and this inner connection transforms our suffering.

Here in part 3, we're paying attention to the states of higher consciousness that transform suffering. These inner healing states are: love, compassion, forgiveness, wisdom, witness consciousness, light and peace.



The greatest healing gift is love.

Healing love is a divine energy that is the supreme force for healing. It is the remedy that lifts us up out of limited awareness and transforms our old illusions of being separate from the universe. William Blake said, “*And we are put on earth a little space/To learn to bear the beams of love.*” Every object, animate and inanimate, has within it living vibrations, dancing molecules that are composed of the energy of love. In actuality, all matter and energy are love, itself. This is a profound awareness, an invitation to awaken to an expanded level of being.

When you awaken to this awareness, you realize that you have the ability to consciously bring the beams of love, these outflows from the heart of all creation, to parts of self that have been hanging out in darkness for too long. This is how you’re able to create in yourself a harmonious reunion of all segments of your being, bringing all disconnected fragments of yourself together in love.

This awareness transforms you. You feel a sense of elevation and amplified strength. When you experience the love vibration, you touch all parts of yourself, all fragments or subpersonalities, with the elixir of love. The results are stunning.

You can touch with love the child or infant or teen or past-life selves within or the critical or angry or unloved inner selves that are held as freeze-framed photos in the library of your consciousness. You can touch these parts with great kindness, compassion, and absolute divine love. This is how to help these wandering fragments of self to remember the love that's at the very heart of all creation, help them to remember they've been living in the illusion of suffering, and now it's time to return to the center of the heart.

Inner love is a healing elixir. It can be applied to negative mind states, sad parts of self, angry parts, parts from past lives who've been gravely mistreated or abandoned. It's an opportunity to bring great love to self-doubt, alienation and grief. We carry the love vibration in our aura, and it has the capability to surround and shift any negative vibration. When you take the time to pay attention to your difficulties, when you allow yourself to be present with them, the state of love naturally comes forth.



Love is a frequency band that changes the rate of vibration of everything it touches.

Love is an actual physical healing power because it speeds up the vibration and shifts the frequency of matter. When you experience old wounds and issues in this high frequency vibration, you shift your perception of these memories.

If you look inside at the infant that resides within you as a freeze-frame, you may find that this baby needs comfort and love. This is what we're trying to give it by taking drugs or overeating or trying to manipulate our relationships to bring us the comfort that we need on a deep primal level. But you can actually be with that infant in a state of healing. From your heart to his or her heart, you can bring comfort and love. You change the frequency or rate of vibration of these inner pictures, and you can create a state of healing to such a degree that many of the habits that you've been looking to for satisfaction and comfort can naturally fall away.

You can come into contact with the inner adolescent, bring reassurance and love. Past life selves can also be touched with the vibratory power. Many people have experienced abandonment in past lives when their tribes have left

them. Others have starved to death and are therefore now hungry or in the habit of hoarding. Some have been gluttonous, and these behaviors have created results in the current lifetime. Many have been killed in battle, and they still carry the wounds, knives in their chests and nooses around their necks. It's possible to lift up the vibration of all these experiences with love. Love is a sacred vibration, and it's a gift that is a tool for transformation. We can direct it like a laser beam to those places that are hanging out in the dark recesses of our souls, waiting to be reclaimed.



Great beings carry the love vibration.

The poet, Kabir wrote:
*I hear bells ringing that no one has shaken,
inside "love" there is more joy than we know of,
rain pours down, although the sky is clear of clouds,
there are whole rivers of light.¹*

Kabir and other great ones have been sent to uplift us. Christ, Buddha, Moses, Mohammed, Mother Theresa, the Dalai Lama, Quan Yin, St. Germaine and more - all of these beings are paragons of love. They emanate the vibration of the heart and send the waves of love to heal us.

Amma, the great teacher, invites everyone to come up to greet her to receive radiations of healing love. Throngs of humanity flow up in streams to

see this extraordinary beaming being of unconditional love. She hugs every single one – no ordinary hug, mind you, but a hug that brings you to the bosom of the divine mother. Smelling like an intoxicating garden of roses, she pulls people up to her and whispers mantras in their ears. She might actually wipe the faces of some people, wiping off their karmas, sweeping off lifetimes of grime. Sometimes she strokes the cheeks of others or touches their third eye to awaken the inner powers. These are ways in which she sends the love vibration. This helps people to shift their priorities, inspires them to meditate and encourages them to heal all the dark places inside. Great beings such as this are candles that ignite your own inner love.

Every great being is an inspiration. In remembering them, you can increase the rate of your own vibratory level and bring great love and healing to all parts of your self. Love brings the “All Oneness” that heals the aloneness of the soul.



*Compassion is a deep awareness of the suffering of another,
coupled with the wish to relieve it.*

Compassion is an outgrowth of love, and it is a potent healing power.

Henry Wadsworth Longfellow said, *“If we could read the secret history of our enemies,*

we would find in each person's life, sorrow and suffering enough to disarm all hostility." In transformational healing, this doesn't mean that you are compassionate before you've allowed yourself to feel your outrage or your fear. You allow yourself to come to know whatever is inside of you. The process, as you remember, is "experience, release, and transform" – and we most often have to go through the full cycle in order to heal.

Everyone is suffering in one way or another. Some suffering is obvious; some is subtle. The fact is that few people in the world have found permanent happiness, and most suffer in their constant striving for approval, for pleasure, for respite from all kinds of hungers, for freedom from all kinds of thoughts and entanglements.

In healing, we look beneath the surface of our own or another's behavior. Looking deeply, we may see that the anger or restlessness or abruptness may be a hardened covering over another's pain and suffering. If one is willing, this is a perfect opportunity to go deeply within and assist him or her to experience the roots of the pain, to release and to heal.

Many of us wish to help alleviate our own and others' suffering. This compassion is not about "feeling sorry" for anyone. It's deeper than that. I had a friend named Sanje many years ago, and he was very wise. He had studied Tibetan Buddhism for a long time, and he had a radiant way of smiling that intimated that he knew something. One day I said to him, "Sanje, wouldn't it

be wonderful if this were our last lifetime?” He looked at me with his beautiful smile and said, “Oh, I don’t think that way. I’m just going to keep on coming back over and over to help until all beings are free from their suffering.” This stunned and transformed me. From Sanje I learned about the dedication to service and compassion. His, I learned, was the Bodhisattva vow, the vow to serve until all beings are healed and free.

The way of service is the perfect path for many people. Some people, nevertheless, believe that everything is perfect as it is, that everything is an expression of both limitation and liberation, and that we need not do anything to attempt to change this perfect balance. Still, many of us are attuned to the way of service, and it is a natural expression as an outflow of the heart.

A compassionate healer will also foster compassion in another. There are so many ways in which this compassion can manifest:

- As compassion for the hurt parts of one’s self. Instead of rejecting or abandoning these parts, telling them that they have to go away, you first have compassion for these parts. They were often originally rejected, and your telling them to leave only exacerbates the problem. This means that there may be compassion for the fragments of self – for the three year old or the teen or embryo or past life character or young adult of the current addict or unhappy overeater – all these parts can be healed with the power of compassion.

- As compassion for those who've wounded you, the perpetrators.

This doesn't mean that forgiveness must come before you're ready. It does mean that eventually you come to see that everyone who makes another suffer is also suffering greatly and has also suffered at the hands of another.



There are profound ways of fostering compassion in healing.

Once I had a vision that I was standing on top of a mountain. Below in the valley, I saw my mother and father, and this time I saw them as individuals, not as parents. They were going around and around on the “wheel of life”, having come here to earth to work out their own issues, suffering like everyone else. I could see them as human beings, and I was able to expand my ability to understand them.

To increase compassion, in your mind's eye, you can visit the childhood of parents or perpetrators. You can dive into another's psyche to understand their motivations. You can experience perpetrators' higher selves in order to heal the darkness. You can see all of it as a part of a divine plan for the ultimate enlightenment and edification of everyone. You don't need to obscure the emotions you feel – the anger, fear or resentment, but you can

work toward a more expanded understanding and further open your capacities to heal. Sometimes by first experiencing indignation, rage, or sadness, you can move to the stages of “release and transform” in which you are able to experience the ultimate act of compassion – including the compassion you feel for yourself.

The compassion can expand even more, as you call in a naturally compassionate great being to magnify the healing. And then the healing expands even further as the understanding of a compassionate universe takes hold. This is the understanding that, from a certain vantage point, all things that happen are for the highest good, that there is a positive force guiding the flow of events, that even as the universe gives us difficult lessons and experiences, there is compassion behind them. We are being awakened through all the experiences of our lives, awakened to the knowledge of the love that lies at the core of existence.

A woman named Sandra was very sensitive. She was always having her feelings hurt, and she experienced perpetrators all around her. She went within herself and found a little girl who was afraid of the other children. They always hurt her feelings. Her parents also hurt her feelings. Everyone did. So she, the adult, held the little girl close to her, stroked her head and comforted her, told her of her worth, her beauty and her strength, told her how much she was loved. She then became twelve and twenty and forty, and all of these past

selves became equally loved. Then a figure of infinite mercy and compassion, the Quan Yin, came to her and touched her with the touch of the most profound love and said to her, “It doesn’t matter who hurts your feelings. These are just problems of your ego self. No matter at all. Understand how everyone is suffering. Understand how everyone is seeking some way out – through recognition or superiority, through some way or another. Remember, my dear one, that you are looking for your feelings to be hurt so that you can heal a fundamental error in understanding. You are looking for the repetition of this feeling inside so that you can ultimately drop this game of the ego and come to Me. I love you infinitely, and I ask you now to remain in peace and equanimity and love. I am your guidance and your love.” She then touched with love the five year old, the twelve and twenty and forty year old, and brought them all into truth. Sandra could then love the ones she felt were persecuting her, as their pain was great. She even stroked their heads in infinite compassion and told them what she had been told. In this way, she achieved balance, and in this way, she was healed.



The ability to shift perception is a gift of higher consciousness.

Next to love and compassion, our ability to view life from an expanded perspective is a profound gift. *Witness consciousness*, the capacity to stand back and see the panorama of events of our lives on the screen of awareness, is a high healing state. Some healing modalities use visualizations that entail sitting in a movie theater and watching yourself on screen, making changes in the movie, ultimately making changes in your life.

Witness consciousness is a state of meditation. You are watching yourself as an actor in the play. You are not even the director. You are the observer, and from this point of view, healing takes place. When you expand awareness this way, you are in touch with a high level of truth. In its highest level of truth, the real you is that one who is able to witness, to observe without judgment. From this vantage point, clarity comes, and it may reveal truths such as:

- Whatever has taken place, it has contributed to the growth of your soul, and it is therefore necessary.
- That everyone is working out something or another in his or her own life plan, and if you can extricate yourself from it for a moment, you can see it more clearly.
- Issues of self-esteem, hurt, fear, victimization and more are issues of a limited understanding.

- All experiences of our lives are opportunities for enlightenment and grace, all pointing to our ultimate upliftment in consciousness.
- If we truly saw underneath all of it, we could do nothing but forgive.

Sarah was abused by her father, and he later molested her daughters. She needed first to experience her profound outrage and to let it come to her awareness. After a time, she was able to float above her life. She saw that her father was sick, and she saw that in some way everyone had learned something from their experiences. Everyone had been deepened; everyone had had to look within and begin the path of healing. She experienced some divine voices that said to her, “Your difficulties have been given to you so you can help others to forgive.” Helping others in this way shifted the focus of her life.

A woman named Ellen had terrible abuse in her childhood. At age four, she was burned by a blowtorch on much of her body. The family told her that it was an accident, but she had an instinctual knowing that it happened because of her father’s rage. She healed and comforted this beautiful little girl and her burn wounds. She saw the burned child healed in the light, and she experienced the child as an angel. She used to feel victimized, but now she shifted her whole view of life. In the cosmic view she saw that all her experiences had contributed to the growth of her soul. Through this, she came alive, and a new spiritual quality entered her life. Up until this point, she’d

been hiding, afraid to interact with people, tucked away inside herself. Now she is animated and alive, as she sees the larger perspective for her life.

A man named Joseph thought he was ugly. As he relaxed, he experienced a darkness in his heart center. As he paid attention to it and watched it from within, the darkness began to move, to split open, and a light exploded from within him. He then felt the love for himself pouring through him, and he realized his own beauty as a fountain that comes from inside.

Seeing the cosmic overview doesn't mean that we don't need to stand up to perpetrators or to take abuse. It does mean that here is an additional road to empowerment, and that is an inner solution that sees the greater dimensions of experience. There is so much more in heaven and earth than we have dreamed of, and we are invited to expand our ability to see it. In parts 5 and 6, you'll find many more techniques for experiencing this. The development of a healing consciousness is one of the greatest gifts of our existence.



If you look at the darkness, you can find the light.

Embrace it, all that seems dark..

Embrace it, all that seems unlovable.

Embrace it, and be whole again....

*O traveler, let nothing go by.
Let nothing be denied.
Let the child inside cry.
Darkness is known by the light.
...How about loving the fearful
Into wholeness, holy Oneness.
...Embrace it, and be whole again.
Kathy Zavada²*

In our culture, we are taught two opposite ends of a continuum of behavior. One is to run from darkness, to tranquilize or anesthetize ourselves against it. Another is to take it in incessantly in the media and many other ways.

There is, however, a third way, and that is to pay attention to the darkness and thereby transmute it. This is the essence of transformational healing. What this means is that we can go to the “underworld” within us to learn power, strength and fire as empowering qualities that enhance the good. If we deny the dark forces, push them down, they reappear as jack-in-the-boxes, popping up in other places, at other times.

A woman named Susan started her life in a very dark way. She was born in Japan to a beautiful but troubled Japanese mother and an equally troubled English father. When her father took his own life because he’d been caught in an infidelity, her mother couldn’t or wouldn’t take care of her, so she was put up for adoption. She had a few very hard years until an American missionary family finally adopted her. They were very kind, but she didn’t feel

connected with them, and she was left with deep emotions of fear, anger and abandonment. “I don’t deserve to be loved,” she’d say. “They gave me away.” This theme wove itself throughout her life, at work and in all of her relationships. She wanted to feel connected, but it was very difficult.

One day, in a state of deep relaxation, she felt a tightness and a fear in her upper chest. Instead of immediately getting rid of it, she decided to look at it. She was standing at the mouth of a dark cave, like a black hole in space. The feelings of fear, anger, sadness, pain began to swirl up in the air, and she began to swirl with them inside her mind. She went very far back into her being, back to before her own birth, in which she realized that she’d contracted for a very challenging assignment in her life so that she could learn humility. Still in that swirling energy of fear, anger, sadness and pain, she felt a great transformation happening. It was becoming passion instead. She realized that the cave was the womb, and she was the baby. The fear was coming from the baby’s mother. She reached down into the entrance of the cave and brought the baby out – only this time, her dear grandmother, her Obachan, was there, drawing the baby up into the light. The three of them were now surrounded by light, and spirit was helping them to heal the old anger and fear.

We have said many times that “the way out is through.” The more we are willing to penetrate and transmute the darkness, the more we are able to shine the light with greater intensity and brilliance.

We are living embodiments of spiritual essence, and light is at our source. We came here to work with light, to turn up its intensity, to remember it. In that is our connection with the infinite. In the Tarot, the Hermit walks in a dark area – but he is carrying a lantern. And so, of course, are we.

In *Star Wars*, Obi Wan Kenobi says to Darth Vader, “If you strike me down, I shall become more powerful than you could ever imagine.” The brighter we shine our light, the greater contribution we make to the transmutation of the dark forces and the transformation of the world.

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Marilyn Gordon is a board certified hypnotherapist, teacher, speaker, healer, school director and author with over thirty years of experience and a diverse and expansive background in teaching and healing. She is the award-winning founder and director of the Center for Hypnotherapy Certification in Oakland, California, has been recognized in 14 *Who's Whos*, appears on radio and television, and gives numerous workshops. She is also the author of *Extraordinary Healing: Transforming Your Consciousness, Your Energy System and Your Life*, as well as other books, manuals, CDs and DVDs. She works in the area of profound mental-emotional-spiritual transformation. She does her best to bring compassion, inspiration, and love to all she does. Her purpose is to work with love and wisdom to amplify the good and talents in others and to assist them in transforming their consciousness and empowering their lives.