

## **Session 11 - Healing**

### ***Introduction***

This talk is about my experiences and the journey to understand my healing skills. Although some of you know I practice Reiki, this for me is a recent addition to my skills and was the result of a long journey of discovery and is by no means the end of that journey. This talk is not about Reiki. I may practice it but its a small fraction of what I do with healing.

### ***The Beginning***

Let me start at the beginning. The beginning I can actually nail down to a date. That date is 17th June 1992. Lunchtime on that day I was at the usual break room for the daily chat with my friend Michelle about various things spiritual. Suddenly with an odd look she asked for my hand. I gave it to her thinking she might be wanting to read my palm but no. heat followed and some very odd sensations.

For me that opened a door. The following day I discovered a symbol formed from white dots on each palm of my hand. They lingered for some time, and since have only been plainly obvious during moments of energy work, be that during ritual or meditation. I was perplexed. In fact I still am twenty years after. Michelle said she could sense I could heal, I took her word for it, I had no idea what this entailed.

Over time I explored these thoughts on healing. I searched for information on spiritual healing, found bits and pieces some of which made some kind of sense. The most regularly found hints were about heat coming from the hands. I had remarked frequently in my journals that occasionally my hands would become very hot for no apparent reason. Although I still didn't know what that meant I continued with the hope that all would be revealed. More concerning were what the heck were these symbols. The first and most prominent is on my right hand of an ankh (looped cross) within a circle. Didn't match any hieroglyph I knew of, the left hand though was fainter but I decided was very close to the eye of Horus. A healing and great mystical symbol.

## ***Early Methods***

Still what do I do? I found some healing texts on the internet (at the time that the great resource it is now) and I investigated those methods.

From the outset with my hands being hot I followed up on suggestions that self healing could be a good place to start, this I found to be totally ineffective. My hands were hot but what do I do? I put them on myself and felt nothing. Nothing at all. What was supposed to happen? These events were after my goddess had made herself known and we were starting to bind together, although our connection was unreliable, I still had much to learn on how to communicate with her, I learnt much but on the subject of healing which I would frequently ask her about seeing she is known as a great healer, all I got was silence. No clues. It was frustrating.

These texts though I had better success from. They in fact, looking at it fitted the skills I was developing at the time. Being visualisation and projection. These were based around non contact healing. The first was for self healing where I would sit in a chair with an empty chair before me. I would then create a duplicate of myself in the empty chair and then visualise the pain moving from me to this duplicate. Once I feel all has gone then I would dissolve that duplicate image. That for me worked well. Another was for me to imagine pushing my hand inside my body and pulling out the pain for pushing into the ground. That worked OK. Fine, this was not too bad but being the scientific objective type I wanted to make sure I wasn't imagining things.

## ***First Non-Self Healing***

A few years later I had a chance. My first real attempt at healing someone else. I was at a party and a friend was feeling very down (boyfriend trouble). I was by now well aware of the empathic skills I had (a significant attribute for a healer and one that I've noticed is commonly leads to people seeking this path). I thought hard on how to can I help her using these previous experiences I have had. I don't recall how I know this, again still early in my connection with my goddess and maybe I wasn't aware but I am now that sometimes she puts thoughts directly into my mind. Maybe in this case it was her who gave me this idea. It certainly felt right and I knew it was the thing to do. I gave her a ring I was wearing and asked her to take it, hold it for a while and then give it back. I felt this was right perhaps calling on contagious magic principles of maintaining connection after contact.

Once I had the ring back I relaxed and could then feel my friends emotions (empathic connection achieved)? Feeling her pain desired to take it away and pushed it through the ground. I pulled it all out. I do remember feeling a bit drained, exhausted, again I had no idea what I was doing. I wasn't aware if my goddess has taking any part in this, or if it was just me doing it. But then it was all gone from her and I consciously released the connection. She had no idea what I was doing but when I said all was done she immediately replied she felt good and thanked me. Although that appeared successful I think it only lasted a few hours before she returned feeling down.

That was my first and the points I noted then and after was that I did the healing without physical hands on working. Empathic skills were used and possibly some channelling of the pain. Still no real idea and this was the case for some years after, my goddess was taking me to further and further places with the visualisation and projection and still no clue at all about the symbols or healing. I felt quite at a loss on what to do. I researched, talked, dug in so many places for clues. Nothing, it was as if my goddess thought it of no importance.

### ***Development Of Distant Healing***

Several years later another set of events came my way that took me to further interesting concepts around this area of distant healing. A friend was in a dark emotional place because of a pending divorce. We had already discussed our paths and I suggested that I meet her in dream and see if that can help her in some way. She was doubtful but accepted the offer as she was in dire straits.

I went to her in dream, discussed a few things and on return I fired an email to her describing the conversation and the room I saw. She was shocked to say that it was spot on. But she tried to explain things away that there must have been something to explain it. Well I never delete email. I checked and could find no mention in particular of descriptions of her house or that room. We continued this for a short short time, we were good friends and she felt the support I was giving helped her in a time of crisis. Now perhaps not healing as such its helped her, it brought her comfort. Is that not what healing is about no matter how it is done? A kind word or a hand on the shoulder may not be magical or spiritual but it can have a significant effect on someone.

Again after this still no idea about the symbols or how to heal in the popular sense.

The years went by with no other events to note, my path was going in another direction and healing wasn't a part of it until around 2005 I find another piece to my puzzle. I encounter a virtual reality system called second life. Now a lot happened there but in relation to healing something quite amazing frequently occurred.

At this stage in my path the connection with my goddess was well established and I was enjoying a very strong and deep relationship with her. The level of communication was now good. Even so I have no idea how these healing events started, but on a number of occasions while chatting with odd people on Second Life I would suddenly feel heat in my hands and around me. Then I would sense my goddess coming forward and showing interest in the person I was talking to, conversation would then round on my path and the connection I have with my goddess Selket and somehow, these people would explain they have a problem.

At this my goddess would get excited and I would feel the nudge to ask them more and if there is anything I could do to help. Every time I would feel my goddess guiding my thoughts on how to reply and help them. At first most of these were perhaps psychological or emotional but as time went past I would encounter people with more physical ailments and the same would happen although in these cases words had little effect. Instead I would feel Selket suggest that I should direct energy towards them. No idea what. By now I was aware it wasn't a good idea to channel direct from my own energy, she would want me to just initiate the connection, and she would take it from there. Most of these people I might add were of the craft in one form or another and Selket's advice was to tell them to call her name. When they did wow. I would feel the rush of her through me, I would feel her focus leave me slightly and heat, tremendous heat flow. They would feel that too. Amazing. Of those that had a connection with the craft I must note that this was by far easier than those that had no firm spiritual path.

Still I wasn't quite sure what was going on. I accepted that I was just providing a means for Selket to make a connection, she gave me the idea that even though this person was somewhere on the planet, the fact that as we were talking our minds (or emotions) had already made a connection and it was partly this and partly that she knows roughly where they are (I had already encountered the

extent of her limitations even of a goddess, but thats another story). She said think The Matrix. That seemed enough to answer my questions.

The right place at the right time. That was what mattered. I took this as perhaps the only way I can heal. For a few years I continued this particular method resigned to not really ever answering fully the healing question.

### ***A New Path To Learning***

Every once in a while I would dip into the question of this symbols. I've always known they were there for a reason, whatever that reason is would eventually surface. I'm just impatient at times. I couple of years ago I decided to make us of the Children of Artemis forum (17th May 2011 – yes didn't hit me until writing this the coincidence of the date) to ask if anyone had any ideas about these symbols on my hands from the point of view of possible past life tattoos as this was one of the leads I had picked up on through my research.

A few there were very helpful and mentioned Reiki. There was also mention of Seikim Reiki which was around an Egyptian path. That interested me due to my goddess. So not really knowing much about Reiki I investigated. As usual not wanting to take the first explanation as the truth I tried to talk to as many Reiki practitioners as possible, not to tell if any were lying or anything, but to grasp different points of view as its a good idea. People take different approaches. Strangely and very frustratingly I couldn't get to talk to the Seikim practitioners so many things got in the way to us meet.

However I went to a Reiki share with a Japanese based Reiki master. I had no idea what to expect. He was very understanding and we clicked deeply and this felt right. Well the share was most enlightening. And for the first time I truly felt the healing energy that normally flowed past me when Selket went direct to, this time it went through me and it was awesome. As well as that I felt another energy around me which felt different and looked different. With my eyes shut I assumed it was the temporary Reiki energy given to me which my master described as white, and the source from my goddess was blue, a colour already well associated with my goddess.

The master did remark he sensed another energy flowing from me, different but not a problem. We talked quite a bit after that and we discussed training. I decided to consult Selket. I didn't need to really. The moment I asked her if this training is something I should do I was almost thrown from my seat by Selket echoing around my head with yes, do it, just do it, you have no choice. I took that as a yes then and embarked on two and a half years of exploring Reiki.

Now although this system and methods, beliefs and everything about it is not really my path it was still highly educational. And like many aspects of my path such as projection where my experiences have all been instinctual, a formal method of approach from reading and instruction, I have learnt much from this healing form, it hasn't replaced that given by my goddess. It has taught me how to understand, use and explain what I have, with words and methods that have definite form other than just wild stabs in the dark.

### ***What I have learnt***

Both forms of energy combine as and when I need it to and one way I explain that is visualising a DNA double helix. One strand being the white Reiki light and the other the blue of my goddess. Usually when I see it flow the white is outside with a variable sized blue core. Both feel so good together.

As well as this I have after 20 years finally grasped the knack to using my hands, the heat and how to allow it to flow. That was a major exciting point to finally understand what that heat suddenly appearing meant. For example the slight prickles I would feel as the heat builds in my hands I have been able to identify as similar to the Reiki Byosen practice which identifies something in need of healing focus. The release of the healing flow that at my early steps I failed to grasp, I now understand was due to the way I approached the intent. I was too forceful, with it, I kept trying to push, like blowing hard, whereas I should have let it flow, with an out breath. Subtlety is key.

I have these two forms. So what? Do I embrace Reiki to the detriment of what my goddess has given me? no. it helps explain what she could not or would not. I feel she had her reasons not to tell me as I wasn't perhaps ready to embark on that part of my journey. I am now. And even though I

have this popular therapy I still prefer to use and call upon my goddess, its raw, yes, but she and on the occasions I call her sisters to embark on a healing request it has proved effective. I feel sure that there is much more to come. As the channel that flows from her grows in strength and my willingness to allow this. Much more I shall learn.

The symbols? Well there is still more to come there, for example, until recently I never thought it was worth trying to use visualised forms of symbols. With the what I've learnt from Reiki the symbols could well prove useful and have show there is some kind of power there when visualised as part of any healing I use. I hesitate to actually say what though. I'm not sure, when I used them for the first time I received a huge amount of imagery of various events in my life that don't make sense and a great feeling of time and space. More to explore there and I am now sure that will come in time. What precisely will come I am looking forward to find out.

### ***How Does This Apply To You?***

That has and is my journey. Fine for me, but what about those of you unsure about what you may have. Perhaps this may give some hope that it will become clear (eventually), perhaps some of those experience may mirror yours and you can feel that you might be on the right path after all.

I do believe that we all have the capability to heal. And of course the Reiki methods do prescribe that anyone can do it as its channelled, so they may well be right. In my case I connected with my goddess and although they say a source independent of any particular ethos, just a source of light energy whatever, my source maybe of similar origins. Maybe that is all that is required. A connection to something. My early days the connection might not have been strong enough and/or lacked focus, the flood that could have entailed if I had opened more to my goddess may have been different. I don't know. I accept it and work with it. I work with wonder, love and acceptance that I do this for others through the will of my goddess. Rightly or wrongly.

### ***Objective Skills***

Meditation methods I have used over the years have been varied. Of course there is the much touted

guided meditation I use with water. Trace work is a personal journey not so much that useful as far as healing others goes this may have helped form my potential to use these symbols when I had reached the right stage in my path. Don't know there.

I'm not a herbalist so potions and concoctions are not my way although they have a long established part in many systems for healing and so I do suggest delving into that if you have the skills and knowledge. Knowledge is key for them and serious harm can occur if you are not careful. Along same lines food in general does play a healing role, you have psychological aspects of comfort food which can be both healthy or unhealthy depending on what connections you have with that particular food stuff, and of course eating a healthy well balanced diet is a good move although this provides long term health benefits. It all helps but people chop and choose what is good for them, I am guilty of that like many, so long as you try or at least aware you are making positive steps.

In regards to this particular session which is focused on energy working, in essence my particular skill which appears to closely match of Reiki leads to the conclusion for me that healing or energy work is how healing generally works.

In both situations I become the eye of the storm so to speak, I feel the flow around me. When I have reached out my hand into the storm, it feels like electrical flow, static. Feels like the same energy I get when spell casting. Maybe because as it comes from my goddess I can explain this thought with a piece of text that is part of my evocation to Selket.

It is not I who utters it  
It is not I who repeats it  
It is Selket who utters it  
And it is she who repeats it

This is from the Leiden medical papyrus and is usually associated with Isis but frequently occurs for others. It is a clear indication that magic and/or healing with it was assumed to come from a channelled source.

If this applies across all paths then to find your own healing skills is it just a matter of asking?



Common with many healing methods there is the concept of energy bodies, or types of auric field. I've certainly sensed them by touch for sure always have done but not see them. And I feel this is something to do with empathic connection too. Maybe an interaction between auric fields, as these I understand can reflect a persons state. In any case its the detection and interaction with these fields and I do sense that connection. Can be smooth can be turbulent. And once I have established a connection then its the flow of whichever energy form I intend to use.

The effects I've found of energy work, whether that is during magical practice or healing is intense and for me leads to generation of huge amounts of heat. As previously mentioned I channel this from my goddess. How this manifests perhaps every cell in my body becomes resonant with this energy, life energy if you will. And so the excitement generates the heat as it radiates from me to where it needs to go. It passes through me. Or even if it doesn't react physically with me, perhaps the energy flows through one of my energy fields as a conductor and so on to the recipient.

These are only thoughts maybe it works differently perhaps not. But then when I think of the remote healing I have done this sort of confirms this for me. There is the emotional/mental link with the recipient and then the flow of energy with my goddess via me even partially. If she didn't need me to act as the lighting conductor then why do I need to stand in the way? She could go direct. Does she and other sources require a gateway, someone who can establish the link between the physical and spirit realms.

Tied with auras and energy bodies there comes the concept or whatever you want to call it on energy centres within the bodies. Chakras, energy centres whatever you choose to label them as many things. In my particular path they don't really feature. Some have associated the seven parts of the soul to these energy centres more commonly known as Chakras. If they are actual things or not it doesn't really matter, as a concept or way to understand or to focus. I had been on my path for years before I knew anything about them so I can't say for sure if its important to know or not. I don't think so.

This is a life long path. Listen to yourself, explore and unlock that potential in yourself and then do what you need to do.

