

# Perspective

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# The Infinite Aspect of Natural Healing

— Carla Woody

One of the travelers in our Maya Mysteries program (<http://www.kenosis.net/Retreats/Mayantrip.htm>) experienced a natural healing during our trip in January 2008 that has been scientifically documented. I'll call the traveler Hope to protect her privacy, even though she's given permission to use her story.

## Scientific Documentation

Hope had been seeing nutritionist Jane Kohner and receiving monthly testing since October 2007 using the Asyra technology (<http://www.asyra.com>). This computerized system has been thoroughly researched and shown highly effective in clinical studies to uncover

patients' conditions and is being used by a variety of allopathic and complementary health professionals from the Mayo Clinic to Dr. Norm Shealy.

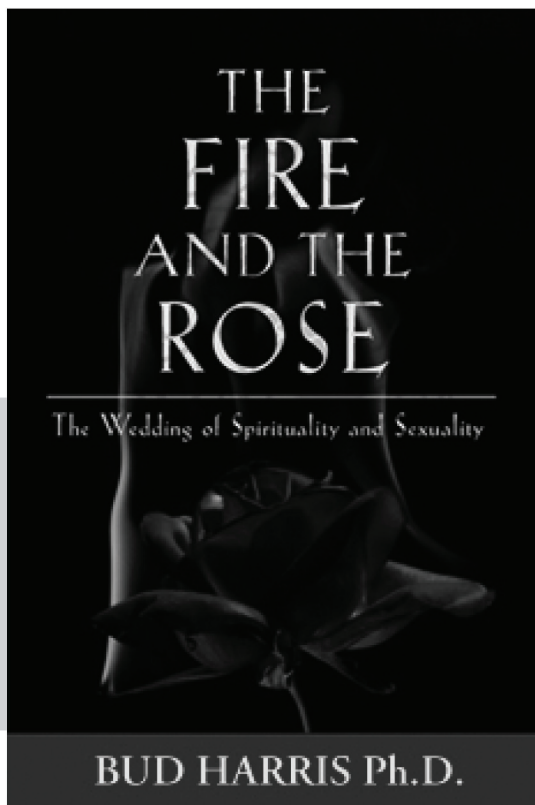
The Asyra machine shows a range of red, yellow, and green levels for physical conditions. Hope was in the red (dangerous) for blood sugar levels and cardiac stress. She was adhering to the diet/supplement program Jane prescribed. But the reading levels hadn't budged from red. Jane tested her right before she went on our Spiritual Travel Program to Mexico and immediately afterward—about a three-week lapse. The timing just happened that way and hadn't been specifically intended, nor was I aware of Hope's health challenge or this

process at the time.

In the post-trip test, Hope showed in the green (normal) for both conditions! Jane indicated that Hope had improved on everything and was now at the green level in almost all areas, with no significant conditions showing. She has maintained those levels as of this writing in April 2008.

Jane said to me, "I consider it to be a dramatic healing. These things just don't resolve that quickly! I know what to do to support the body nutritionally. But I know from work at the Gershon Cancer Center, if the emotional healing doesn't happen, then it doesn't work."

I expressed my excitement to Jane about this news. Finally, here's a way to study and show scientifically



*"Full of personal confession, case examples and exercises, this work offers both theoretical and practical tips to personal and cultural healings."*

—James Hollis, Ph.D., Jungian analyst and author

*"[Bud Harris] invites the reader to meander in the labyrinth of the Self and there to engage with one's particular monster. His wise counsel...is the Ariadne thread of a mature anima...."*

—John Beebe, M.D., Jungian analyst and author

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what I've witnessed happening for years in the work I've undertaken—consistent emotional healings with visible physical results periodically. Now here's also a way of showing the physical healing that doesn't necessarily present to the casual eye, but does happen quietly, like a return of normal blood sugar levels. We've agreed to collaborate on documenting case studies with people who are engaged with the programs I sponsor, at least those living in the Prescott, Arizona, area.

While I don't think in scientific terms, I most definitely appreciate the validation that research can bring, especially when I can only describe the occurrences in esoteric ways that are absolutely real, but may not make sense to the general population.

Recently, a friend sent me the link to an inspirational short video that's making its way through the Internet, called *My Stroke of Insight* (<http://www.ted.com/talks/view/id/229>), where Jill Bolte Taylor describes her personal experience of a stroke and, because of her background as a scientist, her awareness as it occurred and now as fully recovered. The beauty in the film also came through her description of what happens when we're in right and left brain functioning.

This allows me to point back to science to explain what transpires in our spiritual travel programs and during retreats. Those of us involved enter a predominantly right brain state—a state of higher consciousness that touches the God space. This is where healing occurs—in taking a vacation from the internal dialogue and finite impossibilities professed from the left brain perspective.

### Toward Non-Ordinary States

In the beginning of programs, I always discuss with the participants the nature of our work and the vessel which will contain us, already

extending it for them to enter. I relate the energy that will move within it and the visible to invisible levels of experience that will insert itself. That being so even when what we're doing seems quite ordinary, such as eating together or even riding on a bus. They shouldn't be fooled into thinking that nothing is coming about.

Well ahead of our time together I begin to communicate to them about activating their intent, so that indeed their intent will meet them as they arrive, even if they don't consciously know or have a clue what I'm relaying.

The ones who stare at me blankly are still entrenched in the predominantly left hemisphere of the brain where we are taught, in our culture, to live. Those who look at me in confusion are making a shift to the right brain state, and those who tear up at my words or gaze back with soft eyes have already made the transition. When people take a swan dive into this beautiful container and allow it to hold them, what seems like magic happens. But it's merely because they've given themselves permission to open to the sacred aspects of what resides there. What follows are just some examples of many occurrences over the years.

### Emotional and Physical Healings

This past weekend a participant of my *Navigating Your Lifepath* program reminded me of her experience at one of the retreats I led a few years ago. She woke up in the middle of the night, couldn't get back to sleep and was fretting about it. Then she remembered what was said that day about being open to what's present, not in a way of submitting, but of acceptance. She calmed. Her mind quieted. And when that happened, she suddenly



ROSS HILMOE

CARLITA WOODY

felt a presence. She heard her mother's voice clearly, saying how sorry she was that she hadn't able to be there for her when she was young. This woman felt waves of sorrow coming from her mother, spoke back to her and, in that moment, forgave her actions. A weight lifted and the presence gradually left. Her mother had passed from this life a number of years ago. I don't need to tell you the details of the emotional healing that followed for you to know the significance.

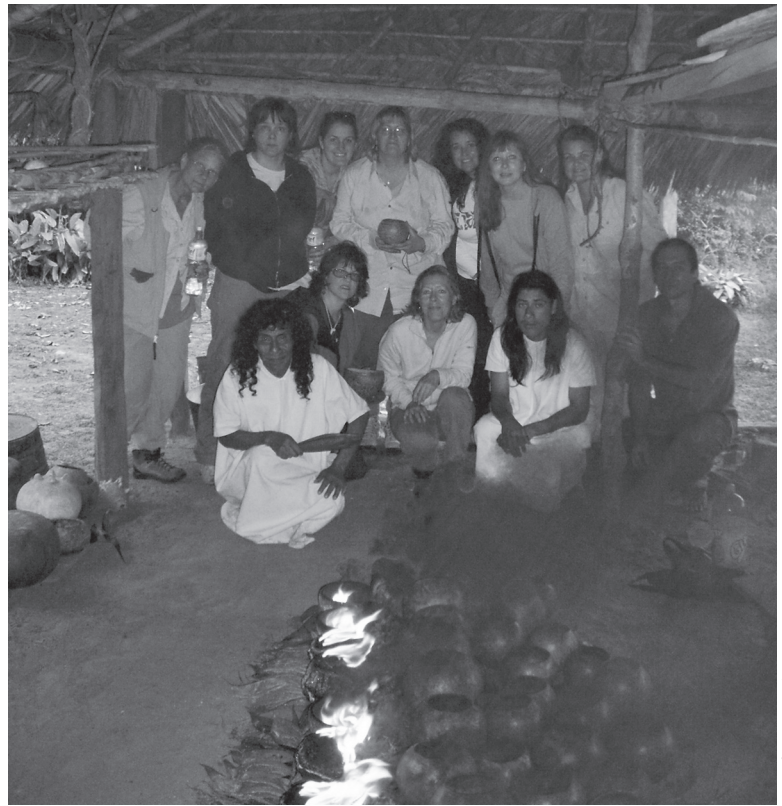
In one of the 2005 Spiritual Travel Programs in Peru, a woman in midlife underwent a healing from a fairly serious chronic asthmatic condition. She is still free from it today. Her full story is on the Peru testimonials page at <http://www.kenosis.net/Retreats/Testimonial/htm>. The synopsis is that she moved through a fear that had been with her since childhood. The powerful energy of the Peruvian jungle ate it.

This past summer a Hopi Spirit Keeper had a profound healing related to alcoholism, while he was with us in Peru, and which he has maintained. This is what he relays:

## NATURAL HEALING

“When I was in the Pachamama cave I prayed to be a better husband, a better man for my family. And when I came back from Peru I quit drinking and it’s been positive for me since then . . . keeping busy with my art work, tending to my family and things I need to do. . . . We had ceremony with the Q’ero people and I had my medicine pouch blessed by them. They’re good-hearted people. . . . This trip was very moving, very spiritual. It brought my son and me closer together . . .”

In an article I wrote in 2005 called *The Entrainment of Intent* (<http://ahpweb.org/pub/perspective/february2005/feb05cover2.html>), published by the *AHP Perspective*, I offered some case studies of what can happen in a refined energy state, which I will now add to, coming from almost total immersion in right brain functioning. A couple of them are my own experiences, one incident from a physical accident and the other involving a protective action. The third case study was of a traveler



Darlene Dunning

MAYA MYSTERIES GROUP IN DON ANTONIO MARTINEZ’S GOD HOUSE IN THE TINY VILLAGE OF NAJA IN THE LACANDON RAINFOREST, CHIAPAS, MEXICO.

in our group who avoided a usual allergic response, one that, back

home, would have brought about anaphylactic shock.

## CHOICES

Sometimes what’s held in the left brain—the internal dialogue—has to come up and smack us in order for it to attempt to vacate, creating difficult situations in order to recognize what we’ve been denying. Other times, the release just happens, almost like the exhalation of a breath, with no fanfare. It’s been my experience that what is necessary occurs in order to offer the opportunity toward whole health. Strangely enough, just the right people come together in a group and circumstances present themselves that support that process. Then it’s the choice of the individuals involved whether to create the movement.

Spirit Keepers such as Don Antonio Martinez of the Lacandón Maya, Don Américo Yábar and the Q’ero paq’os of Peru, and others like them are anchored in a more



Darlene Dunning

DON ANTONIO MARTINEZ, LAST SPIRIT KEEPER OF THE LACANDÓN MAYA, AND SACRED BALCHÉ CEREMONY.

## NATURAL HEALING

infinite state of being most of the time. Jill Bolte Taylor's description of the full right brain experience supports my statement.

We can live in these states, too.

of other realities. Having surrendered to a no-mind, expansive realm of infinite possibilities, returning to finite, sometimes hard-edged societal containers is jarring at best. No wonder I frequently hear, "I don't want to go home!" But return we must or, as Joseph Campbell said,

integrate and anchor the aforementioned experiences into everyday life. I offer these opportunities for integrity of the work and to support permanent transformation. See the calendar at <http://www.kenosis.net/Retreats/calendar.html> for scheduled offerings.



Darlene Dunning

UNRETOUCHED PHOTO FROM OCTOBER 2007 KENOSIS RETREAT SHOWS AN ENERGY PHEOMENON THAT WAS NOT SEEN BY PARTICIPANTS, BUT WAS REPORTED AS FELT BY SOME. THE PHOTO WAS TAKEN AT THE POINT OF FEEDING PRAYERS INTO THE FIRE TO BE CONSUMED AND RELEASED DURING A DESPACHO CEREMONY (AN OFFERING OR RITUAL PRAYER ORIGINATING FROM THE QUECHUA INDIANS OF THE ANDES.

The rub is that, as opposed to indigenous cultures, mainstream society doesn't value, understand, or support this level of wisdom or the people who hold it. The quest for those of us living in Western culture and traversing those outer reaches is to straddle both worlds and to integrate them.. Therein rests the magic and, in reciprocity from the gifts we've received, our service to the wider world.

From my perspective, Jill also scientifically explains the trial of re-entry for those intrepid explorers

we don't complete the journey.

For more information about the work of Jane Kohner, Nutritionist CCN, using live blood cell analysis and Asyra technology, contact Healing Winds Alternative Health Care Center in Prescott, Arizona, (928) 445-4401.

View the Kenosis programs page at <http://www.kenosis.net/programs.htm> for Spiritual Travel Program destinations and periodic retreats. The Navigating Your Life-path course work and private consultation are specifically intended to

*CARLA WOODY, MA, CHT, author of **Standing Stark: The Willingness to Engage and Calling Our Spirits Home: Gateways for Full Consciousness**, is the founder of Kenosis LLC, based in Prescott, Arizona, whose mission is to serve human potential through retreats and spiritual travel. She is also Founding President of Kenosis Spirit Keepers, a nonprofit organization, helping to preserve the integrity of indigenous wisdom and sacred cultural practices. [cwoody@kenosis.net](mailto:cwoody@kenosis.net). [www.kenosis.net](http://www.kenosis.net). (238) 779-1058*