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This personal account of a true life story is offered as support and inspiration for your own healing journey. It is not presented as a definitive method of healing, or seen as encouragement to pursue a particular path

### **Didn't Even Know**

One day I was lying in bed and my housemate came in and said, "I'm taking you to the hospital." And I said, "What for? I'm not going." She just dragged me, put me in the car, and took me to the hospital.

My blood pressure was very high and I was very scared. What this was telling me was that I was in a lot of denial about my health, in general, and that I needed to address my hypertension, which I didn't really know that I had. After I was examined I was told that I needed to go see a general practitioner to follow up on the medication that had been prescribed.

In the course of the examination she discovered a lump in my abdomen and said, "Honey, I think you've got a fibroid." I didn't even know what a fibroid was. She said, "I think we need to do an ultrasound. You need to have an internal examination, one of those probes that can look deeply into the uterus and see what's going on." So, I said, "Okay."

But I lived with it for a long time before I did anything about it. And that's the story that I'm going to talk about now.

### **Attempting to Heal**

That was about 1996. I attempted healing it as many different alternative ways as I possibly could. I began working with psychic surgeons. I began doing a lot of visualization, meditation, working with a sound healer, energy healers, and what was happening was it just kept getting larger and larger and larger.

I finally discovered a surgeon. Very few surgeons are willing to do myomectomies, which is the technical term for the surgery for uterine fibroid, when they are that large. They usually just opt to do a hysterectomy.

There are so many countless hysterectomies that are performed every single year that are totally unnecessary. Especially with midlife women who are past reproductive years, or not really concerned about reproduction. So, they say, "Well, what do you need your uterus for anyway?" That was the mindset then.

### **The Right Surgeon**

I found a surgeon, through the [Oprah Winfrey](#) show, in San Diego, who had written a best selling book called *No More Hysterectomies*. And I looked into the possibility of going out there. In the

process, I discovered that she had a very controversial reputation -- really, really high charges. Insurance companies would rarely accept the billing. So, I was looking at something that was really impossible for me.

I just went, "What am I going to do?" And it became increasingly obvious that surgical intervention was necessary for me, because I had tried everything else -- except for a radical diet shift -- I did not want to do macrobiotics! It just was not my personality. I love my food! I enjoy my sensuality. I wasn't going to go that route. No.

So, I found a surgeon through my Mother, who had read an article, the headline of which said, "Local Surgeon Passionate About Saving Women's Wombs." And he was in my hospital! I read the story and thought, "Oh, this is terrific!" So I went to his office and I had an examination and he said, "Yep, you've got fibroids." And he sent me down to the hospital to get further tests.

Within a month I had the surgery. That's one layer of the story.

### **A Rock in My Stomach**

After I had the first diagnosis, I naturally went right into a healing process. There was no getting around that. I had something growing in my gut. I had been told my body was producing about two or three times the amount of estrogen of most women. And estrogen feeds it.

I couldn't even do certain yoga postures. It was uncomfortable for me to lie on my stomach because I could feel this hard rock in my stomach and it would hurt to put pressure on it. It was hard for me to lean down and give myself a pedicure because I had this clump that was inflexible. So, I found myself really restrained from doing a lot of physical activities as a result of this tumor.

What was really thrilling for me was going deeply into the whole psychological layer of what was really underlying it. I don't recall exactly what the first trigger was for me. I know at some point I did look at Chris Northrop's work ([Dr. Christiane Northrup](#)) and she had talked about women who have fibroids often being women who have issues around having children. They are women who, perhaps, have had abortions, have not had children, given up children for adoption. That is often part of the psychological profile of women who have fibroid tumors. When I read that, I thought, "Yes, this is true for me."

### **The Best Possible Mother**

At that point of examination, I thought to myself, "Well, I never really did want children." I was an independent, free floating spirit, trying to grow up myself, making a very clear decision not to have children until I had grown up adequately. And I never grew up adequately! So, I thought, "Well, that's that!"

There were a lot of other elements too. In 1972 I started the practice of transcendental meditation and became very involved with that practice, and became a teacher of TM. So, I spent time with [Maharishi Mahesh Yogi](#) who was the spiritual head of that teaching. And there was great wisdom that was imparted.

Part of what was guiding not to have children at that point was a desire for personal enlightenment. So that I could be the best possible mother and be able to communicate perfectly with the child, even before it was conceived -- to attract the right soul, to communicate with it in utero, to give it the most spiritual and supportive, nurturing environment possible -- that was my motive in withholding from having children at that time.

I remember my mom had a psychic reading a long time ago, and the psychic was talking about me and mother said, “She doesn’t want to have children.” And the psychic said, “Oh, that’s just a cop out.” I remember mother sharing that with me and I thought, “The nerve of her!” And my mother said the same thing.

I don’t know the sequence, but I did come across some references in my writing about the fact that I had wanted children. Truthfully, until just a few years ago, I had no memory of ever wanting children. I was thoroughly convinced that I didn’t. So, it shocked me to discover that I wanted children at that time.

### **Desire for A Daughter**

One of the shockers was a letter that I had written to myself when I was eighteen, on June 2, 1966, in Mrs. Chester’s English class. We wrote letters to ourselves that she was going to keep until a certain time, and then send them to us, so that we could reflect on what our thinking was at the age of eighteen, getting ready to graduate from high school and go off into the world. I had totally forgotten about this. They had been in her attic and she had passed away and a relative had discovered this bundle of thirty-eight letters to all the girls in my class and she sent them out to everybody.

So, I opened up this letter – I just received it several years ago, after my surgery. I saw the handwriting and I thought, “I recognize that handwriting! That looks awfully familiar!”

In the letter it said, “Dear Cary, right now everyone is wondering what to write and I think that I could write a book. At the age of eighteen I shall write about who I am, in hopes that one day my daughter, if I have one, will be able to read this.” Well, I burst into tears, because this was the first time that I realized that I had ever had a desire to have a child.

### **Beginning the Tumor**

Shortly thereafter I got pregnant and had an abortion, my freshman year in college. It was a guidance counselor from the university. I was a freshman and we had had an evening together which ended up my getting pregnant. The moment we were complete with our lovemaking I knew I was pregnant. Biologically that was impossible, because it takes hours for insemination to occur. But, psychically, I knew that I was pregnant. I had an abortion that winter, and it was a time when abortions were illegal. I had to go to my family for help because I wasn’t going to do the “coat hanger” route. So I asked my father for help and he arranged for me to have a therapeutic abortion at a hospital in Philadelphia.

I went through it, but I received no counseling and no support afterwards, and I had to keep completely mum about it. First of all, it was illegal and at that point in time abortion was not something that was commonly discussed. Women were not encouraged to get the support that they needed to heal the trauma of that. So my feelings were put on hold. And what happened was the tumor began.

### **Not All Out**

After the surgery, my doctor said, “I think that had been growing a long, long time.” It was ten pounds, so, it was like a fetus. I can’t say exactly when it started growing, but for me that fibroid was the aborted child.

I remember waking up in the hospital after the surgery and I said to myself, “It’s not all out.” Physically, it was out. But psychospiritually it was not. That energy remained. And so, after my surgery it was out, and yet not entirely.

I wasn’t aware of that though. Some time later, a woman was at our Center and we did a little intuitive work. She said, “It will grow back.”

This is a risk that many women take with fibroids because they do tend to grow back. Which is why eventually many women will have hysterectomies rather than go through that over and over again. And that’s why doctors often recommend it in the first place. But it’s not curative.

So, I said to myself, “Okay, let’s deal with this. It’s time to deal with it.” Because I knew what she was saying was true and it was important for me not to deny it. In its own time, an opportunity arose.

### **Meeting my Dragon**

Sue and I were at a workshop with Jeannette Samanen on power animal work, which is working with the shadow. In one of the journeys that we did, I was working with anger and hatred. The animal that came up to help me learn how to work with that energy was a dragon. In the trance altered state of awareness, meeting this dragon was very intimidating, of course. The instruction was to go inside of the dragon, to literally go into the dragon. I called on all my courage to do that.

I found the dragon very, very helpful in terms of explaining to me how to channel anger. And he showed me his whole body, and how he was an open conduit where energy could just flow from one end to the other, in and out both ends, not getting lodged.

### **Into the Pain**

Later on that weekend, I was alone in the home because Sue was on a trip. That is a very rare occurrence that I am totally to myself for a few days. I had this intense pain in my teeth in the left lower quadrant. And I immediately flashed on the whole Freudian connection of how teeth and the vagina are very, very interconnected energetically. And I went, “Okay, there’s something here, connecting to my second chakra.” I immediately knew that there was unfinished business in my womb.

### **Letting Go**

Rather than drug myself, I went into the pain, completely. And I called on the dragon immediately. I said, “Dragon, help me move this energy, because the pain was incredible.” I was able to do a lot of roaring and growling, which was great. And also, I was able to go inside of my body and discover a creature. A young, terrified, wild eyed woman – myself at an earlier point in my life -- hiding behind a rock, dragging a dead baby.

I knew exactly what it was. And I said, “Oh, we need to talk.” So, I spent time with this part of myself in a very nonjudgmental way, just in total love. I asked for her forgiveness for not being there for her, to hold her during her loss. I said, “It’s time to bury the child. It’s time to let go.”

### **Completion**

So that was a very poignant part. A very powerful time in my healing process of being able to actually experience and visit that part of myself and spend time with her. This happened right after I had done polarity work where I had met the dragon. I felt it was divine providence just sort

of opening up that window of opportunity for me. I love how life unfolds that way -- the exquisite tapestry of life when you're in divine flow. It was just so perfect. I was able to spend all this time not worrying about being interrupted or having something to do, just being able to immerse myself in moving through this with complete grace, attention and love.

When I was finished with that, I really felt done. I thought, "We're done here. I have healed this part of myself." This was in April of 1999. My surgery had been in 1997. The diagnosis had been in '96.

### **A Feeling of Failure**

In the beginning I had a terrible time accepting the fact that I needed surgery. That was hard. I wanted to be able to do it without surgery. I wanted to have someone put their hands on me, or say the right prayer, or have the right moment of just being able to do enough deep psychological work, -- you know -- work through my rage, or work through my fear, or whatever. Then I could just suddenly one day say, "It's done."

For me, I felt that the surgery was an indication that I had failed. That was a big one. I did feel that I had failed and I had to overcome that. It took some friends talking me through that to say, "Look, you tried everything else, now you have to do this."

Actually one time someone came through the Center and did a little channeling and the spirits came through and said, "You will feel so much better if you have surgery and remove this thing. You will find just the right doctors to take care of you." That was very important, getting that little message.

For me the biggest difficulty was in choosing the conventional route -- I didn't want to have to go the route of medication or surgery. I wanted to stick strictly to the alternatives. And I was such a great believer in the healing of the psychological that if you thoroughly healed the whole emotional piece then the physical will follow. But it had just gone too far.

### **Complementary Healing**

I came to appreciate the role that conventional medicine plays in healing, and that there is a time and a place for all of it. And, being an educator of wellness, spiritual well being, and empowerment, I had a first-hand opportunity to see what happened when I combined both the conventional and the alternative. Each played a significant role in my process. Ultimately, I had to have the surgery. And, I also needed to visit that wild-eyed woman carrying the dead child. A surgeon couldn't have taken me there, the dragon took me there.

It was a wonderful marriage, it was truly the path of complementary healing. Very whole.

### **Searching**

I'll talk a little bit about my history with relationships because I think that's a part of whether one has a child, especially in my era. Women today have total freedom and society says, "Whatever you want to do." That was not true in the 60's and the 70's.

After the abortion I finished school. I was convinced I was going to be like my mother when I graduated from college, getting married and going on and being a housewife. I really wasn't thinking about having a career. I was a theatre major. I was doing that because I had this huge ego and I loved to perform. I needed to be up there on stage. And it was so much fun to put on costumes and wigs and do all the make up and be on stage and entertain people. I loved the

theatre. It was the perfect outlet for my personality. But, did I have the “stuff” to become an actress? Not really. My senior year I had atopic dermatitis all over my body, which is a rash, because I was in terror of how I was going to live. I’m coming out of the womb, I have no place to go. My parents are being very modern and saying, “Out you go!” And I’m going, “Go where?”

Suddenly the whole bubble burst and I went off to New York City. I lived in a hotel, looking for an apartment and for a job as a secretary, because I knew how to type. That’s all I could do. I learned it in Junior High in summer school.

I made my way by being a great secretary with a great personality. And I went from job to job to job, just looking and searching. I worked in the film industry with Woody Allen, and did lots of really neat things, auction houses in New York, publishing, a lot of different things.

### **Relationship Challenges**

Then I fell in love with this fabulous man and went off to live on his yacht in the West Indies. But he didn’t want to have children, and our relationship was entirely too challenging. He was eleven years older, but not emotionally.

I’d had a dream about him before I met him, which was a throwback to having been together at an earlier time in history. So, when I saw him I knew exactly who he was and I went, “Oh, my God!” Because I was twenty-two, I really wasn’t equipped emotionally to be able to process all of it. It was very difficult to know what was what! And the only way I could survive in New York was just being in my own little bubble. I was such a flower child.

So that was a meaningful and challenging relationship. There was a profound love and soul connection there. But I just went from one relationship to the next and never found myself with a sense of being able to settle totally into a situation and be married. These were really affairs. I never found myself thinking, “this is the one.” That just never, ever happened. And then fifteen years had gone by and I thought, “Wow, it’s just not going to happen.”

### **Initiation**

I did get married when I was thirty, and I was very emphatic about not wanting children, because I was very clear after getting married that I had made a terrible mistake. So, four and a half years later we got divorced. I still wanted to be enlightened. I still wanted that spiritual attainment to be a great mother. Then I got disillusioned with the spiritual quest, thinking, “Well, it’s not as easy as we thought it was. It takes a lot longer and we need to prioritize here.”

About that time, in my mid-thirties, my marriage dissolved. For about three years I had no primary relationship and it was the first time in my life, ever, that that had been the case. I was furious, because I had never been more physically beautiful. I thought, “Why aren’t I magnetizing the most fabulous men?” I was drawing some in, but they were not good-hearted men.

On some level I knew it was initiation for me. It was a time for me to be alone. But still I thought: “What is this about? I don’t want it. My co-dependent said, “Are you kidding me?” I really wanted to be in a relationship but it was not being granted. So there was a tremendous struggle.

### **Denial**

Right at this point, in the midst of all of this, I was lying in bed, and I touched my abdomen and found a lump, and then totally forgot it. Years later, when the doctor asked when I first noticed this kind of thing, suddenly I flashed on remembering, I had felt something, but was totally unwilling to explore what it could be. In my mind I just thought, “Oh, something’s just twisted.”

### **Many Children**

At that time, right in the midst of my anguish and my sudden desire to have a child -- the very next year I met Sue and we began a glorious journey into the Goddess and into women's spirituality. Now I had a chance to really mature my soul urges as an educator, a magician, an actress, and as a queen. I began moving into that energy. Then I discovered that I had many, many children. And I was always available for hugs, and still am. So, I think those have been some of the most important points that I came up with regarding this process.

### **Hidden Desires**

I don't remember exactly when I decided I wanted a child. I saw it in my journal. I think what was happening was I was visiting earlier relationships, and perhaps in my loneliness over romanticized, and fanaticized those relationships. So I was going back to remember earlier relationships and desires to have children, to be deeply needed and nested.

Without realizing it that desire came back up again several times. I was not aware of that. My story always was, "Nope, never had children. Never was interested. I did that other lifetimes." That was my pat response, always. "All the women who come to the Center, they're my children, I'm fine." And I don't really relate well to children. When Sue has her grandchildren over and I go, "Oh, that's nice, that's nice", and I go off on my own. My idea of a fun job at 60 would not be to be a playground leader.

### **The Child I Never Had**

But there was that wild-eyed woman inside of me. I think that was from being pregnant at eighteen, having an abortion, and not being able to heal that wound, which is a very deep wound -- not to mention the guilt over taking a life. Because it was never addressed, scar tissue built up around that. Let's face it. The tissue took a life of its own, because the emotion connected to it was never healed, was never released. So it just kept building tissue around it and creating its own blood vessel system and feeding itself. That's what fibroids do. So, they end up being the children we never had. It makes total sense to me, and when I went inside and discovered this woman, that made complete sense to me.

### **Invitation**

I had had a soul retrieval\* session after the diagnosis. I worked with [Ayala Guy](#), she's a good friend of mine, a wonderful shaman. In the soul retrieval she saw and shared with me how deeply connected the fibroid was with the abortion. She saw the young woman, around the age that I was when I had the child. She said that she is just sobbing. She is crying and crying and crying and crying. Afterwards she said, "You probably will not need to do any mourning yourself in the physical sense because that part of you has already done it." And I thought, "Okay, fine."

\* For more information go to <http://www.shamanism.org> Foundation for Shamanic Studies, Michael Harner, Ph.D.

Soul retrieval in the form that has been taught with Sandra Ingerman\* is fascinating work, but it happens in a very detached way. You're lying still and with your permission, the shaman goes into your history, and meets those lost parts of yourself at your request. "What is it that you wish to heal?" Then she goes forth into the different realms and puts the call, "Whatever soul parts are connected to this issue, I invite you to come home." These parts of the soul present themselves to the shaman and show the story of how the trauma came about in the first place. The shaman is

able to see the entire connected history, and the whole circumstances surrounding it, in the family of origin-- everything. Then she plays that back for you in exquisite detail after the journey is complete. All the while, you're simply lying there, just being receptive, but not consciously engaged in the process.

\* Sandra Ingerman, *Soul Retrieval: Mending the Fragmented Self*. Harper San Francisco, 1991.

### **Work to Be Done**

So, when we completed that and she had shared with me what she had seen, it was clear to me that I needed to do further healing. And some of what I shared with you in my story is what transpired. The work, when I went in and saw the woman dragging the baby came a few years after that soul retrieval. So there was clearly more work that had to be done.

One thing that I have learned very clearly is that when you do soul retrieval it's a wonderful opportunity to become conscious of all the facets of an issue. But then you must go in and do your own work, as the occasion arises, to create full integration and healing. And that's a very organic process. It can't be contrived. It just emerges.

The fibroid was connected to the abortion, and the shaman saw that the soul part that had left was the young woman at eighteen who had been pregnant. She had been abandoned, and I just went on with my life. That part of me just left.

I'm not sure if I was in the physically healing process at this time because this was before I had the surgery. I think she was speaking more psychospiritually. The shamanic soul retrieval is about welcoming that soul part back. Once the soul part comes back then it's my responsibility to communicate with it in an ongoing way, to build the relationship.

The soul retrieval is an exquisite shortcut to be able to just cut right to the core of what's fractured, bring it back, and then the work begins. Otherwise it can take years and years to have that part ever come back through conventional approaches. That's one of the reasons why I believe the soul retrieval work is so powerful, because it brings that part back immediately. However, then you must begin the integration, the dialog. You must find ways to continue to make it safe for that part to stay.

I think some people are wrong if they believe that when you go to a healer they heal you and then everything is fine and you can just go on with your life and not really process further. Nothing is further from the truth. This is an extremely important point.

### **A Sacred Moment**

That's why when this piece occurred, even a couple of years later, I realized that I had not been doing my homework, so to speak. But I didn't make myself wrong for that. Truthfully, when I had the pain, and then I had the methodology to be able to go in and to talk to the pain, that took me to the woman with the child. I was just ecstatic to be in this wonderful real-life drama of my own life in this sacred moment of healing. Because this was such a deep buried part of myself -- this woman hadn't seen the light of day in a long time.

### **In the Flow**

I think when the concept of healing first came to me I imagine I thought that it meant you heal something and then you move on. That there is a process that has a conclusion. I think I was very goal directed -- wanting to heal something and then it's healed and moving on. As I've gotten older



I realize that healing occurs in waves and all of our stuff is intimately connected with each other, so where one left off another picks up. And there is no destination, there is only the journey. I think we are all coming to understand this and appreciate this because it's a very important trigger for allowing us to be in the flow. To let go and let God, if you will. To be in the moment. To not judge ourselves or others and just be receptive. To be able to open ourselves to the extraordinary abundance, the stream of well being that is flowing to us and through us at all times if only we were open to it and allowed it, and allowed ourselves to be a conduit for it.

Even though I've made an issue of saying that part of my life has healed, and I do believe that's true, there are other parts that have not been thoroughly addressed, like the hypertension, being overweight. These are other areas that I'm still in process with. But with the fibroid there was just a deep, still, inner knowing that I had gotten to the root. I had traced it.

### **Unwinding**

Stress, trauma, to me is in layers. It's like a skein of yarn and you just start unwinding it. One experience leads you to the next, and the next, and eventually you get to the end of it and you go, "Aw, okay." So, that moment, for me, when I had that final experience, signaled to me that that piece was at rest.

I think it is unusual to get to a place that is thoroughly healed because I think for most of us our wounds can be re-opened. We do tend to re-create according to how we've been programmed through the traumas that we've incurred. So, it's a big, big thing to undo all of that.

One of the reasons I wanted to talk about this is because I actually feel that I was able to come to an end with it. When I reflect on other things in my life I don't know that I ever ended that much else! But this gives me hope, because I had such a deep intense desire to heal this part of myself. No one wants a tumor growing in their body out of control, or to come back. And, knowing, if I did, what the whole psychological causation was, I thought, "we really need to handle this. Because now I'm fifty-three, I'm not going to have children, so we really need to get on with life, so let's heal this."

### **It Kept Coming**

Actually, the next year I had a second surgery where I had half of my thyroid taken out. I went back to and did another soul retrieval before the surgery, and in the midst of what was going on, a spirit energy popped out of my neck. I didn't see it, but she did and it was energetically connected to the fibroid. What had stopped growing in my womb, continued growing here (in my throat). There was, on some level, a connection. And the second and the fifth chakras energetically are connected. They have to do with different levels of creativity and expression.

I had had a special rattle made by a Native American that I had her play during the soul retrieval, and there was a spirit that left the rattle (this is very far out!) and leapt out and grabbed whatever it was that had come out of my throat and devoured it. I had never used the rattle, I just knew it was made for that soul retrieval. He put a lot of energy into it, used a lot of animal totems in building it.

That's a whole other piece too. How the whole thing just kept coming. I had this notion that if I didn't get a grip on what was really going on with me that my body would have the tendency to keep growing things. This was part of my profile that I really needed to understand. I needed to really bring it out into the open and deal with it.

The fibroid was removed in 1997, and since then, I'm clean.

### **Connections**

When I was faced with the fibroid, I was able to connect with it by really focusing on a healing process. At that time I had been estranged from my father for eight years, and now he was dying. That was a big part because a lot of my anger was about the difficulties I faced through that relationship--involving abuse and not being able to fully express myself. Not being able to stand up for myself as a little child. I really didn't make a connection between the fibroid and that. The fibroid was connected to the abortion. But at that time of my life I was coming back to see my father to say goodbye to him, and then he passed away.

I think that the Center that I had been involved with was beginning to wane. I think perhaps I was questioning what else there was for me professionally. I was in a cycle of being overworked and being tired and not receiving adequate reward for the effort. I was so sincere in wanting to do something wonderful for the community and was being a little disillusioned. So, in effect, this business was our baby and it was beginning to go through metamorphosis.

There has been a lot of coming up and going down, and coming up and going down.

### **Compassion**

I try not to say "that was wrong" to myself because it's only experience. You do the best you can at every moment. I think at the time we are embroiled in the experience we might tend to beat ourselves up and go "that was wrong." But once we're on the other side of the process and look back, hopefully we've developed compassion towards ourselves and we don't judge ourselves as having done something wrong. We just did what we thought was best at the moment.

I could say, "I should have acted sooner." I could have said that when I first touched my abdomen in 1986 and felt a lump, I should have gone to the doctor right away. That is wrong for me not to go to the doctor. But I did what I did. And I created this whole journey as a result of it. I needed to go into denial then. I wasn't equipped to deal with it then.

### **A Fear Pattern**

The very beginning of this process was difficult for me, when I went to the hospital and had to come face to face with the fact that there was an unconscious death urge being activated that I needed to come to terms with. The life force was just leaving me and there was a hopelessness and a "giving up" in me that I had masked. It took someone from the outside to go, "Get her to the hospital. She needs a wake up call. Let's snap her out of her denial." So, that was difficult, and yet it saved my life. I think that's the hardest time.

Once you get engaged in reclaiming your health, reclaiming your energy, your soul, reclaiming your magnificence, who you are, why you are here, then whatever happens is okay. You're ready, you've invited it. But, being in denial, and then having something snap you out of it, is like being hideously constipated and not being able to do it. It hurts. What's behind that is a fear pattern. Not being able to let go. That's behind constipation. And its behind being in denial. It's the same thing.

Once I got past that denial, I could start to identify what was happening for me. Prior to that, no. I was disconnected. I was just sort of robotically going through the paces of performing my duties, not really discussing what was going on adequately.

### **Growing Rapidly**

Interestingly, after being confronted and then going to the hospital and getting the fibroid diagnosed, it grew rapidly after that. Sometimes I think when you become afraid, then that can exacerbate things. It can sometimes fuel things. The bliss of ignorance often doesn't activate things internally as much. I think also, after coming into a menopause often women will notice that fibroids tend to grow much larger than prior to the start of menopause. So, when the biological clock is winding down, for women who have not had children, that whole psychological piece comes up to be looked at and worked on. A lot of women go into tremendous despair when they go into menopause. A lot of it is due to the fact that now they'll never have children. What have I lost? And as they get older they start feeling the loneliness of not having offspring and then not having grandchildren and being all alone with no family caring for them in old age.

### **Pivotal Understanding**

The doctor who did my surgery was so compassionate and so perfect for what I needed. My experience there at the hospital was wonderful. I felt very, very nurtured. Very taken care of.

I pulled out all the stops for this process. That's what my work is about. The soul retrieval was extremely powerful for me as a diagnostic tool for confirming what was at the core psychologically. It was critical for my healing to know my history and what I had done, to know what would cause that to occur. I needed to really understand that. That was pivotal.

### **Loosening**

I did quite a few sessions with a Filipino psychic surgeon that was very good because it prepared me for being able to have the surgery and have the surgery go so well. He was able to loosen where the fibroid was attached. In fact, the surgeon apologized to me for having to do an incision through my stomach – he could have just done a bikini line incision --because when he opened me up he could just pull it right out. I had told him that I had worked with a psychic surgeon but he just couldn't hear that. That was okay.

### **Shifts in Consciousness**

When I was working with the Filipino psychic healer it caused a shift in consciousness, intellectually. Because of my work with Maharishi while living in Switzerland, I had seen a woman disappear. She was performing the tantra yoga sutras and she had perfected that particular sutra. I saw her disappear right before my eyes. She didn't physically disappear, but she was able to move the light totally into her body rather than reflect it, so she appeared to not be there. She was invisible. I knew that in the hotels nearby that there were men who had been reported to be walking through walls.

But, when I was lying there on the table and the psychic surgeon put his hand right through my body, and then came out with pieces of my tumor and there was no pain and there was no scar, then, I thought, "Okay, this causes a shift in consciousness, does it not?" Because you come face to face with "what is the physical body anyway?" You really know its energy and with a certain degree of skill we learn how to operate through different laws of nature. That was a wonderful opportunity for me to validate an intellectual understanding of something I really hadn't experienced at that level.

There was a shift of consciousness throughout my experiences around the fibroid --with all that diving in and coming up and diving in and coming up again. There were huge shifts of consciousness going on, between being in denial, seizing the moment, riding the wave, going with it, calling on divine help, flowing with the process, and empowering myself.

I also worked intensely with a physical therapist too, and she would go in and detach. Not internally, but she would just dig down. She found herself doing things that she hadn't been trained to do, but she just knew how to do it. She could feel, and just pull away the tissue where the adhesions had occurred with the tumor. So, that made the surgery go very well.

### **Cooperative Healing**

I think that sometimes there's this notion that I, in and of myself, have no power, cannot generate healing. I had to come to terms with asking for healing outside of myself and drawing healing from within myself and having those forces work cooperatively, knowing that nothing can be valid unless I'm fully present and willing to be in the process. You don't go to a healer and the healer heals you. You do your own healing. They just help energetically to set things up.

### **Helping Guides**

There were many guides for me. The dragon was a guide for me. I had a snake guide. And a good friend of mine who is a Barbara Brennan\* trained graduate, energetically came into the hospital room when I was having my surgery to ask if there was anything she could do to help. There was a huge, huge snake standing in the corner overlooking everything. And the snake said to her, "Everything's okay. We have everything under control."

She did share with me that she saw the guides of all the surgeons. The surgeon that worked on me is an Israeli doctor and he has quite a sense of humor. He's a good man, he was just totally focused. She saw his guide, and she said they really had quite a sense of humor, just like him. So all the different guides were there working together.

\*To learn more about Barbara Brennan's school go to: <http://www.barbarabrennan.com>

### **More Helpers**

I've been doing MAP\* work for a number of years. I'd opened the map coning before I went into the surgery so I knew that I had my MAP team with me. That made me feel very secure. I said a prayer and invited those in the hospital room to pray with me so that we could all be aligned spiritually. Then I opened a coning so I knew I had the MAP team.

The night before going into surgery I had invited several women friends to come. We had prepared a room downstairs for me since I wasn't going to be able to go up and down steps for several weeks. They all came in and did a healing and prepared me and stayed with me. That was very sweet. One of the women said that she saw Isis behind me. So, I'm sure I had great mother goddess energy accompany me as well as animal totems and the MAP team.

I was aware of being very much held by guides. And being very appreciative of that. We all have our guardian angels and ancestral spirits on many, many levels. I don't often have a chance to see these entities. But I am aware of their presence in different ways.

\*M.A.P: The Co-Creative White Brotherhood Medical Assistance Program, *Machaelle Small Wright, 1990. Perelandra, Ltd.* <http://www.perelandra-ltd.com>

### **The Warrior Wants to Know**

During the most difficult times, what I discovered inside myself that kept me moving through this process was my desire to get to the end. My desire to say, "I'm done, I'm healed, I've conquered it!" It's the warrior energy that wants to know that you've won the battle. That you've handled it. That the healing has occurred. For me, I needed to come face to face with that part of me that was the most meaningful. She was so buried. Coming face to face with her and knowing that she wasn't just a character. She was me. That weekend home alone with myself and the soul retrieval were peak experiences for me. Those two were really the highlights. One was on the diagnostic level and one was on the healing level.

### **Illumination and Individuation**

This process started with denial. Then, the wake-up call -- the call to action. The whole journey, from 1966 to 1999, was a long process. In 1966 I knew I was pregnant. That was the beginning of being in crisis. I was not going to have that child. It's interesting, to start a process with illumination.

Then, what ensued from there was this journey of individuation. Being a young woman, just starting college and just discovering myself, often through relationships. None of which provided me with adequate security and love to feel that I could nest and have a child. I never had that. I became impregnated by a "guidance counselor!" We dated a little bit, but we were only sexually intimate the one time.

### **Call to Action**

So, it was illumination, followed by denial, and an individuation process where my desire for stability in a relationship never succeeded. The call to action was that it was time to get real. Time to focus. Time not to be so outer directed. Time to go inside and take care of business at home. That was the call to internal action. And then full engagement, very much internally, which led to the external extraction.

### **A Transformative Process**

After the surgery, I would work with my physical therapist from time to time and she said there were no adhesions, the wound healed well. It was real clean. The surgeon had done a superb job. It retained its softness, there were no adhesions. On that level it was good.

So, it was extraction, followed by clarity, then reunion with the young woman, then the integration, and the completion.

The process of being with the dragon that weekend was a transformative process. Because I was working with the pain, I was transforming at a very deep level. I was not going into denial or suppressing, I went in completely and met with it.

### **Today's Healing Challenge**

The healing challenges that stand before me now have to do with morphing my body into a form that would make me happier. I have settled into being around forty pounds overweight and I don't think my body is very happy with it. I think the blood pressure would naturally go down if my weight were down. I do love fun clothes and now I'm a little limited to what I can wear. Truthfully, I do find that I hide sometimes, and that shouldn't be.

I've visited some of my writings and I realize that's been a theme of hiding from people that I knew from before. There is definitely a big piece there that needs to be worked on. I do admittedly have a sugar addiction. I fall into the pattern as seeing food as love. Food is reward for when I might be feeling depressed or unhappy about something and I know it's time to focus on healing this.

I think many overweight people do tend to keep very private about it because it is just so painful. For me, having had a slender figure for quite a long time, I do know what it's like to be trim, so there is a longing in me to reclaim a healthier me.

### **The Stream of Well Being**

On a daily basis, I'm trying to fill myself with more positivity. Several months ago I read Lynn Grabhorn's book, *Excuse Me, Your Life is Waiting*. It's a fun, upbeat style, easy to relate to. I went behind what she was saying to the inspiration for it, the Abraham teachings, and began to really listen to a lot of those channeled tapes. I very, very deeply resonated with these teachings. In fact, earlier in this interview I shared a little bit of it by talking about this eternal stream of well being that is flowing towards us at all times. For me, a technique of reminding myself to have what is naturally mine is something that was said in one of the channelings, "Are you letting it in?" I hear the voice, and the energy of that divine coaxer, and I create it within myself, "Am I letting it in?" And I let it in.

More and more I am triggering that flow so I am full with that and I know that by having that flow moving more I am digesting better. I am nurturing better, and that's really key for me. I do tend to chastise myself for what I call being "weak willed." It is very challenging for me to discipline myself to be on a particular diet. I have at different times done it very briefly, no longer than thirty days with great results, but I've been miserable, just miserable. And, its often been said to me, "It's really not about what you're eating, it's about something different."

The blood pressure is tied into the pressure that I put on myself not to be as huge as I am energetically. It's about holding back my energy, suppressing my life force, not allowing my soul to fully shine. It's a self-imposed kind of thing. That was fascinating to understand about myself. That also came up in another soul retrieval that I did specifically on the blood pressure. Wonderful, valuable information.

### **Filling an Emptiness**

I work a lot with breath and check to see what's happening with my anxiety level. The weight thing is about filling an emptiness that needs to be addressed differently. Through more personal fulfillment, that emptiness is no longer there. So, the space being taken up through the weight will not actually be there. I'm still working on that. Because of what I learned with the thyroid work it's about creative expression. It's about putting myself out there in the world in a bigger way and thinking bigger.

I've made a commitment to begin writing. Losing your voice when you have made a living as a public speaker is a very interesting piece of karma. Some of my greatest joy in life has been lecturing before hundreds of people and I haven't done that for quite awhile. I do see that some point down the line I will be doing that again in a different way than before.

Part of my work is now is cultivating my voice so I can draw tones from deep within myself and evoke healing. I want to create the space to reclaim that and work with sound in a sacred way. The healing of my voice is part of that. I'm aware of the initiation I am presently in.

### **Layers of Healing**

We teach who we are. We teach our own story. When we tell stories as analogies for what we're teaching, giving our own stories is a great way. We teach by example. When we allow ourselves to be vulnerable enough to share our own healing journey, it creates a trust in our audience, and an appreciation. They go, "Oh, wow. If you could have this awakening, I could too." And because I've had it, I know they can too. So, a relationship occurs that is a very heartfelt exchange. It's very authentic because you're teaching your own life.

As I do that, I bring another layer of healing to myself. Another layer of appreciation for the wisdom I've gained, which creates more and more love being generated in the cells of my body, which overflows out into the audience and they get it and it's just wonderful. It fills me up. I need more audience, because I am a generator, a great inspirer. I think a lot of my personal anguish is because I haven't had a platform. I was behind a counter, and that was okay, but I need to think bigger.

### **A Pivotal Time for Women**

In the last twenty years I've spent a great deal of my professional life working with women, through my reading, my own journey, and listening to their stories. There is such a pervasive low self esteem that underlies their disempowerment, their lack of trust, their fear, their unwillingness to do what they need to do to fulfill their desires, to get in touch with their dreams and to manifest them.

That problem has been supported through the cultural mindset that we have been exposed to, referred to as the patriarchy, for thousands of years. So it is really encoded in us and passed down ancestrally from mother to daughter. The sons and husbands, fathers and grandfathers have all been a part of it.

We're at a pivotal time in history right now and have been on the cusp of it for awhile, where that's all being reexamined. Some women are at the fore and are very deeply involved in their healing and making a commitment to help heal others. I would consider myself to be one of those. That's what I've observed in the female population.

I haven't focused as much on men, and I think in the new Center (Springhaven Center <http://www.springhavencenter.com>) we'll have more opportunities to do that because men have their own healing to do-- the awakening and embracing of their own feminine. I really see that what we're moving into right now is this new androgyny where both sexes need to incorporate the yin and yang energies within themselves in order to come into wholeness. I'm very struck, as I have been for many years now, with what I have identified as a pervasive low self-esteem at the core of women's disempowerment.

I have seen women come into our Women Wisdom (<http://womanwisdom.com>) program, which is a year-long training, convinced in the beginning that they were novices, that they didn't know anything, feeling anxious about the whole experience. A lot of performance anxiety: "Oh, I'm not going to be able to sing. I'm not going to be able to dance. I'm not going to be able to drum. I'm going to ask stupid questions. Will I make friends?" And I've seen a transformation. We've gotten letters that have been such a wonderful reward, because they find their voice. They find their spirit. They open up creative talents they never imagined they had. They make friends where they had been feeling lonely.

Many women, when they go through shifts, find themselves not able to retain their old friendships because they're moving along and their friends aren't. So they need to find new friends. We provided an opportunity for that, for people to make friends. That's been really nice.

### **Empowerment**

I've witnessed growth all the time, with women opening up, being able to express themselves more, and providing resources for them that they can use on a daily basis. They are able to understand themselves better, to dialog with parts of themselves, able to understand their relationship to the greater cycles of nature, relationships with one another, and getting in touch with what they're really passionate about.

Oftentimes we get letters back where women have changed their relationships, changed their careers, made huge shifts in their lives which they attribute to the resources that they gained during that year's journey with us. So we know that when they come in they'll be one way, and when they leave, more than likely, there will be a huge shift. That's what I've seen, transformation. More and more empowerment. That low self esteem becoming considerably healed and women simply understanding themselves much better. Making bold moves that maybe they had been talking about for awhile but had not been able to really do before.

### **Many Stages**

Healing is a process that has many stages, beginning with denial, and a wake up call. At least for me that was true. I think that healing is about coming out of denial. It's about becoming conscious, and then making a commitment to engage in a process that must be nurturing in order to be successful. Staying with it and riding it out. And coming back to it when you forget, and staying with it again.

The intent to heal is very important. Just being aware that healing is needed is not enough. One has to really have the intent, passionately. Otherwise, one would continue to sabotage and run away and compound the process.

### **Let It In**

For someone going through an especially challenging part of his or her healing process I would say, "Are you letting it in? Are you letting in the universal stream of healing energy that is surrounding you fully at this moment with divine guidance and love – all that you need to take you through this experience and bring you that which you truly desire. Are you letting it in? Do you know that you have the right to ask for help? Ask, and it shall be given."

### **Choosing Wellness**

I think that when we sink into low self-esteem we don't feel we are worthy of healing so we beat ourselves up and make ourselves wrong for being in crisis in the first place, which compounds it. So if someone's in the midst of a healing crisis they may go through that. They can move through that and get passionate about a desire to heal – and it could be asked as simply as "What feels better, being sick, or being in joy and health and wellness? What feels better?" It's a real simple choice. We need to actively choose wellness. Bring in intention and then put it out to the universe that you receive the inspiration and support from the outside as needed, so you don't isolate yourself.



There were times, as I experienced in my journey, where I needed that alone time. Then there were times when I needed to be in the hospital, or on the healer's table, or whatever. And I was able to engage adequately in that process so that I could invite healing from all sorts of sources.

Maybe you just pick up the right book and turn to a chapter and something is there on that page and you go, "Wow. That clicks for me. That's absolutely what I'm going through right now." Having that change in consciousness is part of the healing, relative to whatever is going on.

Just engage in this wonderful process of life where a miracle can occur and you can be healed, regardless of what the issue is.

The following websites are provided as sources of information about resources mentioned.

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|---|---|
| Oprah Winfrey   | <a href="http://www.oprah.com/">http://www.oprah.com/</a>   |
| Dr. Michael Toaff   | <a href="http://www.netreach.net/~hysterectomyedu/Default.htm">http://www.netreach.net/~hysterectomyedu/Default.htm</a> |
| Dr. Christiane Northrup:  | <a href="http://www.drnorthrup.com">http://www.drnorthrup.com</a>   |
| Maharishi Mahesh Yogi   | <a href="http://www.maharishi.org">http://www.maharishi.org</a>   |
| Ayala Guy   | <a href="http://www.springhavencenter.com/guy.htm">http://www.springhavencenter.com/guy.htm</a>                         |
| Foundation for Shamanic Studies   | <a href="http://www.shamanism.org">http://www.shamanism.org</a>   |
| Barbara Brennan's school  | <a href="http://www.barbarabrennan.com">http://www.barbarabrennan.com</a>   |
| Springhaven Center  | <a href="http://www.springhavencenter.com/">http://www.springhavencenter.com/</a>                                       |
| Women Wisdom  | <a href="http://womanwisdom.com">http://womanwisdom.com</a>   |
| chakas  | <a href="http://www.sacredcenters.com/">http://www.sacredcenters.com/</a>   |
| M.A.P: The Co-Creative White Brotherhood Medical Assistance Program,<br><i>Machaelle Small Wright, 1990. Perelandra, Ltd.</i> | <a href="http://www.perelandra-ltd.com">http://www.perelandra-ltd.com</a>   |

To order books referred to, click on them in the story or go to [www.Amazon.com](http://www.Amazon.com)

Anodea Judith, *Wheels of Life*

Anodea Judith and Selene Vega, *The Sevenfold Journey: Reclaiming Mind, body & Spirit through the Chakras*

Anodea Judith, *Eastern Body, Western Mind: Psychology and the Chakra System As a Path to the Self*

Sandra Ingerman, *Soul Retrieval: Mending the Fragmented Self*. Harper San Francisco, 1991.

Lynn Grabhorn, *Excuse Me, Your Life is Waiting*

Dr. Vikki Hufnagel, MD., *No More Hysterectomies*

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