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Boxing The Inner Terrain

Continued from Page 16

different and virulent trauma. Next we assess the pneumacyst and working with this unbinding of the harmful bundle. The unbinding at this deep level is facilitated by the practitioner. The unbinding facilitates a re-establishment of the proper flow of energy and harmony within the mind, body and spirit.

It is optimal to work with a practitioner who is comfortable working in these deep places and in such a manner. As the unbinding begins, the pathogenic factor may twist and turn in many unexpected ways and the practitioner must follow and be certain of a complete unbinding. You, however, might consider delving within yourself to find the inner terrain.

Finding The Inner Terrain

- Sit quietly. Use your breath or another technique (xigong, meditation, cranial-sacral) to develop a deep repose.
- Open yourself to the core of you. Sink your consciousness deep into your body along the spine.
- Allow yourself to literally "fall" into yourself, below the core spirit.
- Be attentive and observe. If an issue is to be addressed, watch for anything in this ter-

- rain that peaks your interest.
- Box the terrain; look in all directions.
- Carefully write down all that you observe. This could be colors, shapes, a whole scene or even an epiphany. Watch in what direction you saw these images.
- Breathe your spirit back into your body. Feel your breath throughout your body.
- Still yourself and return to the room.

As you get comfortable with this work, you may begin to observe what deeply moves you in elemental ways. You have accessed the inner terrain. If you regularly work with this simple protocol, you may deepen your understanding of you, your perceived limitations and how to unwind those things that hamper you in your life.

Robert has been engaged in the healing arts since 1973. In following his First Nation (Ojibway/Huron) roots, he was trained by the elders in the Yukon Territories and Northern Alberta. Robert is available for private healing sessions at his office in Ballard. He will be hosting several classes in early 2009, including an on-going mentorship group. He can be reached at (425) 308-7270 or rblester2@gmail.com for more information. Visit his website at www.rblester.com for updates.

Spiritual Discernment

Continued from Page 13

The realization was this: If one is wanting to treat a situation "holistically" then one will examine all options available. The word holistic means just what it suggests: Considering the whole of human experience, mind, body, emotions, spirit. She eventually chose surgery as a treatment option, and we made sure steps were taken to view this as a sacred event rather than a last-ditch option. She is now a healthy woman.

Lesson:
Whatever you are involved in, occasionally ask, "Is it working?"

I wonder how many crises could have been averted if we

as individuals or as a culture or as a planetary people had asked that crucial question: "Is it working?" Perhaps it is time to ask that question. Perhaps it is time to re-consider our path. Perhaps it is time to check in with our intuition. Perhaps it is time to re-choose.

Rev. Elke Siller Macartney has been a spiritual teacher and aura seer for 30 years. People from around the world travel to small town LaConner for inspiring aura portraits, and her compassionate and accurate spiritual guidance. Webpage: www.inspirationu.com and www.inspirationu.com/blog

EVENTS

SATURDAY, MARCH 7, 2-3 P.M. FREE EXPERIENTIAL HOLISTIC HEALTH workshops sponsored by the International Brain Education Association and Dahn Foundation. Open to all ages. 206-223-9642. Ballard Public Library.

THURSDAY, MARCH 19, 12-1 P.M. FREE EXPERIENTIAL HOLISTIC HEALTH workshops sponsored by the International Brain Education Association and Dahn Foundation. Open to all ages. 206-223-9642. Central Public Library.

MARCH 21 AND 22 AMMA SRI KARUNAMAYI 2009 WORLD TOUR. Experience the blessings of the Divine Mother Discourse and Darshan Saturday March 21, 10:00 a.m. at Seattle Unity Church, 200 8th Ave N, Seattle. Retreat March 22, 8:00 a.m. to 6:00 p.m. Embassy Suites Hotel. To register and for more information, www.ammakarunamayi.org or call. 425-337-2940.

MARCH 29, 8:00 AM - 1:30 PM LABYRINTH WALK for Lenten season of reflection, renewal, and rebirth. Seattle Unity Church, 200 8th Ave N, 425-605-0805, hibrau@comcast.net, www.seattleunity.org.

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