Loveletter to Trauma Healers

Notes from a Godfather's Life Quest

First, note that you can watch or listen to me read aloud all that follows here on the video of the same title available alongside and included with this e-book.

How great you've come, dear caring soul, you who can hear this title calling to you.

4 Key Questions We will Address here:

WHO are you that full healing is a gift you can bring into your life and all life?

WHAT experience pervades all our distress as the trauma of traumas, yet to be recognized and soothed?

HOW as a daily practice can you bring healing all the way in, down and through, simply, pleasurably, effectively?

AND HOW to revise familiar psychological, transformational, and spiritual mindsets so as to reveal the ultimate source of healing as intrinsic to our nature?

To aid your efforts in healing, I share here some discoveries of the past half century from healing trauma in myself and others.

You can expect from reading this to notice an enhancement of your abilities to be healing with yourself and others, not from recommendations of what to think, say, or do so much as from who you emerge as in any healing moment.

Some of this involves experiences that are more subtle than familiar concepts can do justice to. So occasionally I will alert you with my tone that I am about to use unfamiliar phrasing. You can find a free written version of this, same title, on Medium.cim.

Put in other words, what is new here is not so much information but rather my invitation into more subtle ways of knowing and being.

And as guidance, I will occasionally use phrasings that echo the tradition of loving wisdom, which we know by the Greek word, philosophy.

This means that some of my phrases will be worded so as to call up the understanding needed to make sense of them.

So, on first reading of these challenging phrases you may scratch your head. By the third time through you are more likely to go, "Ah, I get it."

As further context, this essay is a distillation of a lifework, made as succinct as I can manage, which makes it something of a meditation, and therefore all or mostly all is likely to reward reading or listening more than once.

As for a brief summary of my background, since coming home from the Vietnam War, healing has been a major focus in my personal and professional life, and so for my destiny this time around.

To mention first the most humbling realization, and key to all I have to offer here, 40 years after coming back is when it came. I had become psychic from decades of energy healing, boosted by meditation, yoga, subtle body work, and prayer, and got curious to use that ability to check my work.

The humbling surprise that burst in was eventually followed by an even greater gift, a revelation that from hundreds of sharings over the past decade seems to hold immense promise for the future of healing trauma among us, individually and together.

Now for some more of the story, beginning with the headline:

The Humbling Surprise

Drawing on what I now call, “subtle energy literacy,” I found by checking myself energetically that all the techniques, modalities, and technologies I had learned and shared in therapy, healing, teaching,

and writing for 40 years of mental, emotional, and body-based processing ***had only reduced symptoms***.

Some ***underlying traumatic energy was unchanged***, among my "successful" clients as well as with myself.

And ***I was not alone***. Checking energetically also among dozens of ***colleagues claiming to treat, release, or heal trauma***, I found that they had similarly reduced symptoms, which is, of course, valuable in itself. But underlying trauma energy was unchanged, in themselves and among their clients reporting positive results.

Why was this so humbling? here's some Backstory

I need to fill you in a bit on the ground I had covered in the first 40 years since coming home.

I had coordinated the first veteran self-help groups in NYC while finishing my PhD in clinical psychology in the '70's. During that time, I also established what would become life-long practices of meditation, yoga, energy healing, prayer, and body-based therapies.

Then, after enlisting the help of the National Council of Churches in lobbying Congress to fund a study of us Vietnam veterans as a basis for designing better services, the team of social scientists I had gathered

to join me in a pilot study was chosen to execute the national mandate when the funds were voted.

We collected the first national data linking PTSD with combat exposure in our study named, “Legacies of Vietnam,” of 1981.

These results were reported in all the major US news media, and moved Congress to approve “Outreach to Vietnam veterans” as the only extension of a social program voted in the first years of the Reagan Administration.

Next, in my book of 1985, “Healing from the War: Trauma and Transformation After Vietnam,” I laid out the stages that seemed to cover the journey I had witnessed in myself, in fellow veterans I knew, and in the lives of a sample of veterans interviewed across the country.

“Healing from the War” received a Christopher Award for “affirming the highest human values,” announced in the NY Times.

A decade later, my paper, “Hearing People through Their Pain” in the Journal of Traumatic Stress, laid out how 4 levels of ever more subtle listening can be healing as meditative dialogue. This work, too, received critical acclaim from colleagues.

So: What had I been missing in these decades of work?

And it was not just me, but, as best as I could tell, then and still now, missing throughout a field that is growing in influence?

Blessedly, an answer came a couple of years later.

The discovery dawned after I had gone searching for ways to share the skill of "subtle energy literacy." My goal was and remains to aid others in checking their own work and teaching this skill to clients as well.

What seemed most promising to help in this project was a two-year intensive training in teaching subtle body awareness, an off-shoot of the work of Moshe Feldenkrais.

During that training, on the morning of my 67th birthday, I got up from devotions — meditation, yoga, energy healing, prayer, and subtle body awareness practices — and found myself moving effortlessly.

Put most simply, I was experiencing a spontaneous, self-created, harmonic blend of all those long-practiced disciplines into a seamless fusion.

This Brought Relief Beyond Any Mental, Emotional, Body Based Processing I know

Amazingly, along with intense good feeling, I found by reading energetically that my aura was doubling in minutes, exponential

growth, the possibility of realizing truly galactic proportions of subtle energy.

AND for the first time ever, I found underlying traumatic energy diminishing.

What is going on here? How is this possible?

Three observations during practice through the months and years that followed became the basis for a way to share this experience, once considerable research revealed how and why what was so striking is also so significant: the ***pattern*** of moving, the ***pace*** at which it was happening, and the ***path*** of unfolding of this experience.

Now, I will go extra patiently through these next few short paragraphs:

To summarize in advance, this fusion offers an unusually effective means to accomplish at once:

- a way of relating soothingly so that you, as who you truly are, can turn toward who you have been and remain defensively shriveled as hurt, pissed, scared, sad, lonely, hopeless, numb and so on, all from the earliest moments of life

-this is also a way that opens as you enact and direct inwardly what I like to call "the hug of hugs," you with you, or as a colleague and fan

exclaimed, "it works! You get an embodied feeling, hugged by arms greater than ours, so good your mind can't argue with it."

-and all culminates as you begin to experience concretely your surpassing any identification as "traumatized self" and come into a grounded intuition of who you are as Divine cosmic uniquely invaluable heavenly messenger

I will flesh all this out more in what follows.

So now let's take up the Pattern, Pace, and Path

Here briefly is some of what I share in more detail in other writing that you will find in a forthcoming book that you'll be one of the first to find out about if you sign up at Harmonizing All of You with All.com ***1st The Pattern***:

Observing carefully as moving would move me in this fusion, I found that all major joints were tracing something like figure-8's — ankles, knees, hips, shoulders, elbows, wrists, head on neck.

Later I realized from study and research that this is the way we move as infants so as to crawl. So, in literally and bodily "becoming again as an infant," a prescription given by both Lao-Tse and Jesus, we recover original suppleness, organic in us before defensive rigidity becomes in childhood our lifelong unwitting, energetic armoring.

As for some formal understanding of the figure-8, it is now known in physics as the path of energy through all energy fields, from quantum to cosmos, the cross-section of a torus, the shape of a cylinder end-toend with infinitesimal hole. The torus is also the geometric solution to Einstein's equations for curved space-time.

What amazing, elegant beauty in these correspondences.

I came into a way to understand how a new fusion practice can generate boundless, subtle energies by turning up one of the key teachings in the 400 volumes of collective works by Rudolf Steiner, philosopher, scientist, clairvoyant cultural innovator who lived from 1864 to 1926.

Steiner was updating timeless wisdom, from both indigenous sources and sacred texts, East and West, as he taught that we are not only spiritual but also cosmic beings.

Let's linger on Steiner's words:

"the human is the world stage on which the great spiritual-cosmic forces play out, time and again, and ever newly."

Checking psychically, I find that moving in this way, along with the pace and path that I´ll describe below, is experienced at the most original levels of embodied being in our lives as a soothing hug.

Translated into “you and I talk,” your moving in this way reaches soothingly into how you from many past moments still live on inside as self-defensive shriveling going back even to your earliest moments after birth.

What is obvious to sensitive parents is that you calm a troubled infant with a skin-to-skin, consoling hug, usually with gentle rocking as well, by someone implicitly trusted to be loving and safe.

Also, crucial to emphasize is that hugging inwardly reaches where mental or emotional processing, or working on the body as currently “packaged” in materialist concepts as various parts or systems, do not get all the way through.

Again, what is most soothing for any infant, including moments you carry from your youngest times of feeling hurt, scared, sad, lonely, pissed, and so on is this:

— a loving hug from a trusted caregiver, and with this fusion practice, the hugging comes from you, offered to younger instances of you, only now wielding the healing powers of your ever newly emerging, Divine cosmic essence.

2nd The Pace: from years of clair-sentient testing, using subtle energy reading, here’s an additional finding:

The energetic benefits from this fusion are only so pronounced when you invite the Pattern of moves to come patiently, gently, sensitively, and pleasurably.

These are refined expressions of our 4 major energetic gatherings that we use to think, to feel, to act, and to desire. These are energies commonly associated with our head, chest, belly, and genitals.

People who exercise, do Hatha yoga, or ecstatic dance genuinely report many benefits. But if you check with "subtle energy reading" my strong hunch is that you will find what I have: which is that the benefits from intense, physical exertion do not necessarily result in the rapid cleansing and balancing of chakras and auras, and expanding energies as much as doubling in minutes.

So, what makes the difference with this Pace?

By tracking intuitively, I was able to discern the wordless message in this pace, conveyed to how our youngest moments live on within, and how they are still reacting defensively, as the sources of all our "triggers":

Patiently says, "I have all the time in the world for you, so you don't need to rush"

Gently says, "I feel with and for you so you don't need to be so harsh"

Sensitively says, "I am with you, experiencing how life is and has been, so no need to be so forceful"

Pleasurably says, "I enjoy being with you to aid you in feeling safe, so no need to stay numb"

In other words, this pace is unusually effective for opening energetically where and how you usually close without being aware.

So, "trauma" is no mere "thing" or "condition" that can be likened to a medical lesion, somehow "lodged in the body" needing be fixed, released, or worked on with some technique.

What endures as psychic wounding consists of your long-maintained, self-defensive, self-squeezing into protective armoring, enacted as ongoing, unwitting stiffening.

You, and I, and virtually all of us to some degree, go about living by being rushed, harsh, forceful, and numb, all so practiced that we sleepwalk through what we have long taken to be "that's just me," or "that's just my way."

For you to soothe in you, any, let alone lots of this, calls for a new practice, with no more expectation of instant results than any traditional discipline to enlighten, endear, empower, and enjoy life more fully.

And so, here, distilled, is the ***Path*** I found invaluable to guide and then share for practicing the ***Pattern*** and ***Pace***:

3rd The Path: Words to guide people in refining action so as to experience being moved by moving, came as an inspiration, just as the Pattern and Pace did.

Here's an image to give you the idea: imagine someone you are expecting knocks at your door. So you first open the door, then you let them come in, and if it's right to, you literally welcome them with open arms.

As an experience to link this idea with the feel of the sequence, of inviting, allowing to enter, and welcoming, try this:

Make a tight fist, then let it open slowly, and finally, just sense your open hand.

This sequence of INVITING by squeezing, ALLOWING by letting open, then WELCOMING by sensing is one you can introduce as a way to refine any action, at least in principle.

Learning anything, on any learning curve, will trace sequences similar to this Path, on the way to "getting good" to the point of feeling and appearing graceful, a word that originally meant, "filled with a gift or blessing."

Now to say how this experience can lead to a fuller realization of who you are, we have to think and speak not only out of the box, but also out of all boxing:

The culmination is that when you welcome, as in sensing your newly opened hand, you can notice that the increased feeling is, in a subtle way, welcoming you to welcome it.

And so it is with refining any action to this level of subtlety.

Welcoming most fully meets with a subtle echo of itself, a partner welcoming that welcomes your welcome.

This brings a pleasurable experience in which all strain or effort has melted away.

Also worth noting is that refining inviting to allowing then welcoming fulfills the promise of "non-doing" celebrated in Lao-Tse's immortal classic, "The Way of Life," and implied in a Kabbalistic understanding of the 7th Day in Genesis in the Bible as "the finishing touch of restful blessing and making holy."

A decade of teaching all this has led to inviting people right from the start to INVITE by noticing breathing, ALLOW by inviting breathing to come on Her own, I say Her own because She is feminine in the gendered languages I know, and then WELCOME as "breathing breathes you."

Welcoming can then open further, as breathing moves you, chest figure-8-ingly, which I demo and guide you in, by way of a free video at HarmonizeAllofYouwithAll.com.

Most briefly, you invite your in-breath to raise and turn the middle of your chest in a circular motion up and around toward your dominant hand, and then as you breathe out, your mid-chest comes down and back to the middle.

Then you reverse, with the next in-breath raising and turning the middle of your chest to the other side, then down and back to the middle as you breathe out.

Count each pair of moving to both sides as one lap and let breathing move you for about 10–20 laps and notice how you feel.

Best done for a cumulative total of 108 laps each day – 20 each in the morning and evening, then before each of 3 meals, and you got it!

Eventually, with practice, welcoming breathing to breathe and move you reverberates vibrantly, first head-to-toe, in a way you can sense all through you, and then, still further, filling and spilling beyond any discernable bounds, a direct experience of ever new, moment-to moment creating, and boundless or essentially cosmic proportions.

Obviously, study and practice are essential for turning this Pattern, Pace, and Path into experiencing the promise that you can realize for yourself as bringing you to "Harmonize All of You with All."

Then, carrying such harmonizing into healing dialogue can unfold through how you listen, to invite, allow, and welcome being moved to respond with others

And now, let me share a way of distinguishing levels or degrees of subtlety in how we can listen as "hearing people through their pain."

This title, ***Hearing People through their Pain***, first appeared as the name of my 1993 paper in The Journal of Traumatic Stress. I will summarize it here, with a few revisions composed in the light of all the above.

Consider that "hearing" as I mean it is a way of tracking what could be called, "four voices that play, often soundlessly, through vibes in a fugue-like unfolding," as our listening deepens into healing and becomes "meditative dialogue."

As the 1st VOICE, we begin with, and always return to listening carefully, for exactly how this person is saying what matters to them, of what happened and is now going on, in this situation that concerns them.

Yes, this is the legacy of Freud's "talking cure," the name given by a patient of his who appreciated having him pay attention and let her speak freely. Freud observed that most crucial is "listening with evenlyhovering attention" and to what end? "To hear what we do not yet know."

Not well known is that Freud learned this way from watching a French neurologist in the 1890's in Paris. Jean Charcot was a progressive and humanist who came up with the idea of inviting his women patients in an insane asylum to join him one at a time on a stage in front of students and colleagues.

He would sit facing them fairly close and in contrast with the way these women had long been treated in their lives, at a time when beating women and using girls for sex from an early age was legal and common in marriages and homes, he drew them out with gentle questions, and listened sympathetically.

Charcot was able to demonstrate over and over, that this simple procedure would be enough for his patients to begin to appear perfectly sane.

An American minister-turned psychologist, Carl Rogers, later refined the instructions in the 1950's to what he renamed "active listening" as an expression of "unselfish love," combined with "accurate empathy," which means hearing in terms that match the speaker's intent, and

“congruence” which involves feeling along with what and how the speaker is feeling.

As I write in 2021, current practices of “Circling” and “Authentic Relating” and “Nonviolent Communication” and other communication skills packets taught in schools, companies, personal growth workshops and online, include some version of this original sense of listening.

As a 2nd VOICE, which is like the first, a mostly wordless and soundless expression of full-hearted intent, this aspect of listening brings us to hear that any telling of personal experience, and especially of being hurt, sad, pissed, lonely scared, and numb, conveys much more than simply the specifics of some event that happened.

To an intuitive, appreciative, and compassionate listener if you are the one speaking genuinely of painful experiences, you can be heard also telling, in some way, if only in hints and implications, the story of your life.

Then, a contemplative, sensitive, step-by-step inquiry from who is listening can guide you in “saying more” of what feels most relevant.

Sensitive questioning can then invite you finally to say out loud the long-mute agonies that are likely woven into any massively painful past.

Hearing your fuller experience can bring you to confess, protest, lament, mourn, cry out like the rousing of a long-censored chorus of many lived moments, “inner you’s,” never fully granted before the respect, or patient understanding that you most generously would say everyone is entitled to.

As a 3rd VOICE, and just as crucial as the first and second, which involve listening both literally and intuitively, is listening for who you are most really and truly, in the light of timeless, loving wisdom.

In a dialogue unfolding between you and me, for example, our exchanges begin to be meditative once I see, hear, feel, recognize, and acknowledge you, at least wordlessly, as the singular someONE before me, some ONE-ness, who live and lead your life.

Stated more fully, listening dignifies and becomes uplifting when I hear you as Divine cosmic uniquely invaluable heavenly messenger.

And my knowing you in this way includes recognizing that you are someONE in this sense from before birth, and destined to realize, that is, recognize and feel as real, to whatever degree you awaken in this life, as who you will surely be as well after death.

Listening to and for you as someONE in this sense can become an energetic precedent for your realizing that ULTIMATELY you are not negated by pain, even horror, wound, loss, threatened death, near death, even death itself.

Important to add is that hearing you as someONE is most healing as unspoken vibe. That you occur to me as at once boundless, timeless, deathless, will be most valuable to you if I pass up the common tendencies to try to talk you into or out of whatever, whether to bust your negative beliefs, alter your mind-set, or assign you to script a new story.

How I hear you is intrinsically healing or wholing as you see, hear, feel, and realize for yourself how and who you are coming through to me.

Then, on your own, you can emerge into seeing, hearing, feeling, realizing who you ultimately are, all facilitated by our communing, as a fourth "voice" wordlessly sounding as we listen together.

This 4th VOICE emerges when you, as someONE, get new hints of who you truly are, and realizing as well who I am in so guiding and accompanying you.

Our meeting then occasions mutual witnessing, coming to live in fuller harmony as deathless beings, not ultimately at the mercy of our suffering during this passage.

And when You get THIS, and us together, our joint listening catapults us into people who truly hear each other through our pain, pain having served as birth canal for emerging in this way.

So, meeting occurs as a new, yet timeless, echo of such ancient promises as, "When two or three are gathered in my name I will be there," said by Jesus, the promise of the redeeming, healing powers of love.

We enter a chorus across all time and space, chiming in with all sacred traditions and ceremonies as realized enough to join as elders, at least in spirit if not by chronological age, all holy communing, Darshan, divine marriage, holy of holies, sangha of two or more.

Next, Communing with All that is IN You As You

In my seeking to understand the unusual benefits from this fusion practice, I came on many hunches. To sift among them, I have "walked my talk," as best I have been able, resorting to "subtle energy literacy" to check the degree of validity, hunch by hunch.

SO I CAME TO WHAT SEEMS TO ME BEST CALLED THE TRAUMA OF TRAUMAS:

I followed cues to the heart of what is so traumatizing, for virtually all of us to some degree, to "the trauma of traumas," as the unspoken message that has greeted all of us as newborns in our civilization, with rare exceptions.

Putting words to the vibe we meet:

"We will love you, and do our best to train you to fit in, so you can grow up and get yours. But, forget about where you've come from and where you are ultimately going. We don't live in touch with any of that and even if we talk about God and good values ultimate reality is not part of what we know."

So, before any of us develop thought, emotion, or speech we react self protectively in our original mode of expression: which is gesture.

We make faces, move, and in the face of the vibe, "you're not you" we shrivel, pulling inward, energetically.

This is no mere "body reaction." This how you and I and all of us comment on danger or threat.

To underscore that the traumatizing endures in how "you carry you," we have to question the state religion of materialism.

How we carry traumatizing experience has been linked with neuro- and endocrine correlates. But the widespread failure to adhere to the truth of "correlation is not causation" has given rise to the error in thought and speech that "the trauma is carried in the body," implying that some impersonal, merely physiological process is at work.

Once we pursue meditative and insightful inquiry far enough to challenge the postulates of materialism, we can intuit and even feel the truth that all IN you IS you, the same for me and all of us.

We free ourselves from the reductive caricature that holds all reality as "really" only physical forces and chemical elements, which coagulate as biology.

Instead of "life comes from unlife," we awaken beyond the assumption or belief that THE truth is "bottom up," all dumb, numb, dead stuff that results in what some renown scientists have called the happy accident of life and us.

And then we can retrieve and revere what materialism has banished as non-essential: you in your life, and the singular someONE in ANYone — at once unique and also endless and intimately related with all that lives, including what timeless wisdom, updated as "spiritual science," can be said to reveal:

"We are the cosmos — She is alive."

THEN WE CAN MOVE ONTO INNER HEALING BY COMMUNING:

Once you have engaged enough in "hearing through pain" with being heard and hearing others, you can then turn this practice inward.

You engage the inner vestiges of the many moments of your life by inviting and welcoming how you have lived, shriveling, self defensively, not as some part or piece of you, or set of symptoms, or some merely physical whatever, but as YOU, from then, still alive inwardly now.

That this inner relating, you with you, is possible only dawns clearly as you welcome a meditative opening beyond familiar categories, concepts, and patterns, as in the following:

Consider that living arises far more intricately than any conceivable system or scheme. And so do you. We can analyze aspects into useful fictions we name as pieces, parts, systems, and so on, for some purpose or another.

But met directly by any of us who look, see, listen, hear and feel fully, you and living come at once all together, such that any identifiable whatever infuses and is infused by each and all others, every newly.

And so, you, and how you carry you from all moments you've lived, come just so, as immediate "all together," available to sense as boundless living immediacy, in any moment you attend and widen inclusively.

Within such immediate sensing, you are also able to "turn to learn" by addressing you from any previous time or times, with the intent to listen and be moved so as to respond genuinely.

This is simply engaging inwardly as you already likely do well when at your best with others.

And what can this sound like?

YOU WITH YOUR "LITTLE OR YOUNGER "YOU'S" can unfold as in any genuine exchange, all coming as creative improv, in what I often call when guiding others, "channeling you back to you."

As a sampling of how to begin, you may talk to your inner ones like this:

"Oh, in there, what you've gone through was hard, and still is, right?

"And what have I not yet heard?

"What has not yet been responded to that would be good to take into account?

"What do I have to learn from you?

"Can you feel me near?

"Do you need to take more time?

"Do you know that's fine with me?

"Can you tell, I don't really have something better to do than this?

"And that I finally found my way here with you is fabulous for me?

"So to whatever degree you can let me in is wonderful.

“Can you get that?”

Overall, I talk to my little ones inside like I talk to any children, as people whom I respect and honor and appreciate so that they get how they are for me.

And in fact, how they are beyond human as is currently assumed: they are, each one, Divine cosmic, uniquely invaluable heavenly messengers.

And so with all my little ones who have never been dignified like that.

So, as I shared above, deft and effective listening insinuates by vibes the most powerful healing message, one that whoever is speaking comes to realize for themselves.

They emerge most truly and fully by virtue of being seen, heard, acknowledged and so loved that all of this nurtures the self-seeing, self-hearing, self-acknowledging, and self-loving always waiting to flourish from within them.

And Here is The Promise

When it comes to you healing you, you insinuate good news simply by relating inwardly, inviting, allowing, and welcoming you who have suffered to respond.

What's the news that's so good?

It's the core message of all great wisdom teaching:

That you're engaging, relating with the worst you've lived, testifies to how you've coped, endured, and grown by learning. And now are called to return as never before.

You've learned a good deal of what your unique journey through the sometimes-agonizing passage that all of us go through has had to teach you.

In realizing as much, you can then bring this news home in your own version of something like this:

"Dear ones, when you're ready to notice and take this in, I am you. All you've had to deal with has served like human compost, fertilizing what has had to grow in us, so I could come back now, in this way, offering the understanding, care, and support you have never had until now."

This is the promise implied in the Western tradition that announces a journey to the Promised Land only after a Divinely aided liberation from slavery. And in the East by the Buddhist teaching that the First Noble Truth is suffering. All else, including "The 8-Fold Path," follows.

Writing at the same time as Freud and Jung, but drawing on far greater depths of scholarly and clairvoyant knowing, Rudolf Steiner put the point this way:

"He who is actually in the throes of suffering manifests in this suffering something that is an inward lack of harmony. He, however, who has overcome the pain and suffering and bears their fruits within him, will always tell you that through suffering he has gained some measure of wisdom." GA 55 — Occult Significance of Blood/An Esoteric Study — Berlin, October 25, 1906

Hearing You're Being Heard then Becomes a Calling

Once you've experienced hearing that you're being truly heard, you realize how communing holds an invaluable promise for healing.

Then, your bringing this home to your inner family consummates an initiation, for all time.

You become a healer for life — for your whole life, and for all of life.

Then, any way to practice regularly and often how to "harmonize all of you with all" will appeal to you as more self-evidently invaluable than ever.

And you will hear, through all of you, how you have been called, into who you are as Divine cosmic uniquely invaluable heavenly

messenger, taking on world-healing as a simple expression of growing your "inner family" from inside-out, to include your whole human family.

Now, to End by Revering the Source of Healing, Mama Cosmos, Divine Mother, Indra, Isis, Schechina . . .

Whence such power to spur on wise loving that brings joy? That assures healing as wholing lies within like a seed, awaiting to germinate and spring to fuller life in all pain, horror, and vileness?

The implied answer for thousands of years from the most lofty and venerated traditions has been reverence for the ultimate, unknowable mystery as ruling King.

Only now does mystery's consort return and call us to revere as well the majesty of creation, Mama of Mama's.

Two hundred years ago, a great prophet heard and felt Her coming. Johann Wolfgang von Goethe, who lived from 1749 to 1832, and was the towering genius of the German Enlightenment, composed the following last lines of "Faust," his most vast, dramatic poem, which many read as an allegory of the great tension between forces of light and shadow creating our momentous challenge in this time:

"Holy virgin, mother, queen, goddess on thy throne,

. . . the eternal Feminine lures us to perfection"

And here's Kryon, an ascended being channeled by Lee Carroll in our current time, proclaiming in his, "The Twelve Layers of DNA: An Esoteric Study of the Mastery Within" (2010):

"Can you see the feminine in the masters who walked the earth? Can you see the compassion in the eyes of the men, the strength in the eyes of the women? This is a balance that is sacred, divine . . . since gender can cause division, hatred, bias, and worse . . .

"Where do you go on your deathbed, dear one? Since many of you don't remember, I'll tell you. You go to your mother, first! She is there for your last breath just like your first one. . . Her smile greets you and the reunion is one of the most beautiful events on earth . . .

"On all the battlefields the mothers were there to greet their sons . . . The divine feminine is one of the strongest forces on the planet. It is the commonality of death and birth and represents the compassion of God."

So, let us nod to our source of sources. All true healing, any effort to advance wholing, arises through harmony that originates as Divinecosmic gift.

Healing's quintessential expression is the smile radiating through all genders from the Divine Mother, to whom this writing is dedicated as

blessed offering, and in the soundless Name of the Ultimate One, Eternal Mystery.

Artie Vipperla, PhD

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