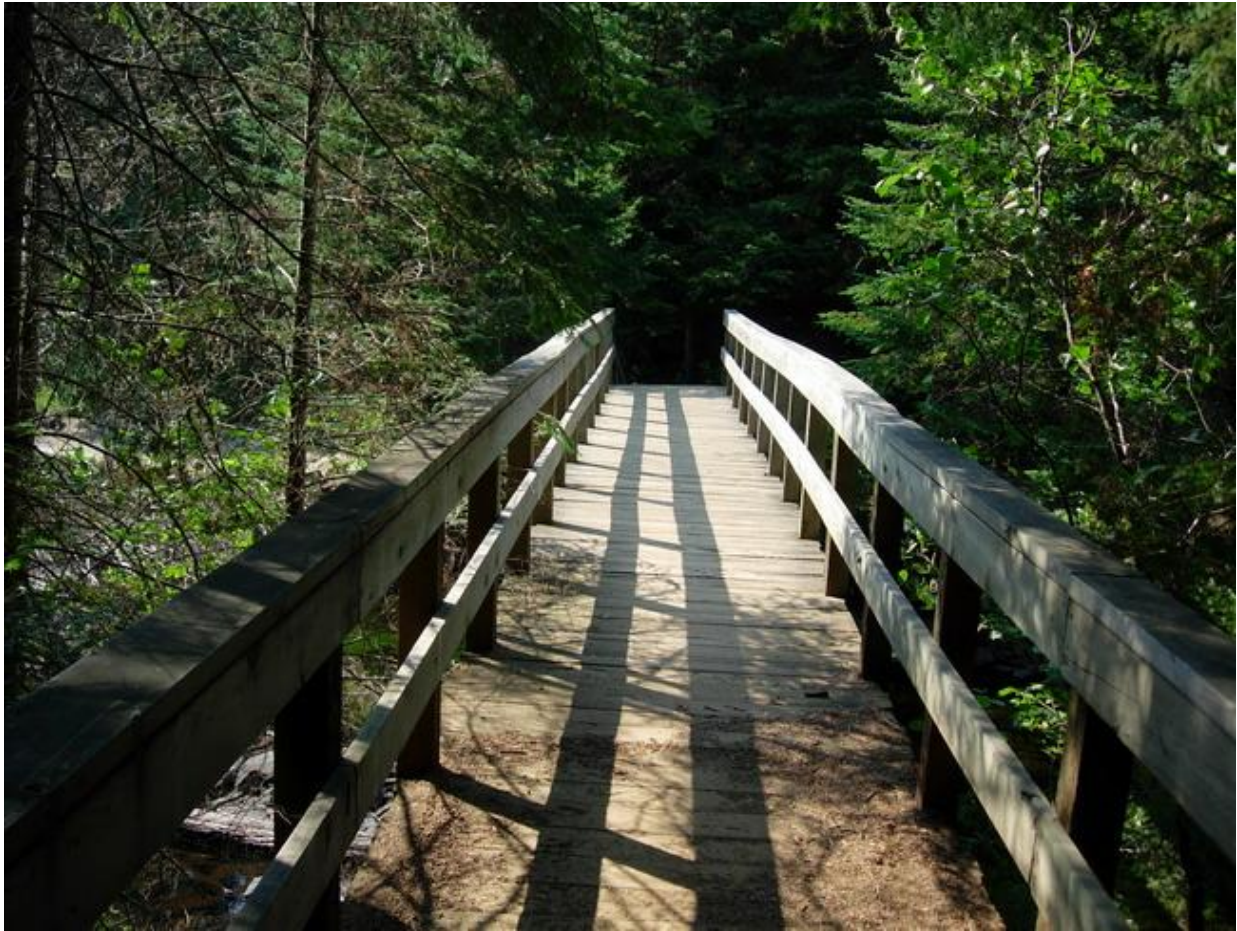


# **CROSSING THE BRIDGE:**

## **An experience of using Raven Essence vibrations in the Body Harmonization<sup>©</sup> process.**

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**Published in the International Journal of Healing and Caring, January 2007, Volume 7, No.1**



In July of 2005, my friend Elaine (not her real name) was told by her Oncologist that she was being sent home to hospice care because there was nothing more they could do for her. The cancer that had started around her esophagus had taken over her entire body. I happened to be in her hospital room to witness this moment. Having energetically supported her in living productively despite the cancer in the previous four years, I knew that it was now my role to support her in her journey to the other side. When the doctor left her room, she looked at me with tears in her eyes and said, "There is so much more I want to do in my life. I can't believe this is it. I don't want to die!" I told her that I would continue to support her highest good with whatever energy work was most appropriate for her at that time.

Over the next few weeks, after she went home from the hospital, I worked with her mostly remotely sending distant healing for her highest good, since she was rarely awake during the day. A few times I had the opportunity to work with her in person when she was awake. Each time we started with talking about how she was feeling physically, mentally, emotionally and spiritually that day, and what her intention or goal was for the session. This particular time, her intention was to "move forward with grace

and ease.” We each centered and connected with our High Selves by focusing our consciousness deeper and deeper into the heart center. I muscle tested for permission to work together at that time and asked for the most appropriate modality for that session. Body Harmonization tested.

Muscle testing indicated that her laterality and her chakras needed to be balanced. Following the balancing protocols, a vibrational infusion of one of the Raven Essences called “Crossing the Bridge” was indicated. I read aloud to her the words that Andrea Mathieson, the creator of Raven Essences, had written for that essence, and offered the vibration to her Crown Chakra (as indicated by muscle testing). This was the passage I read:

*As the womb-time within the Circle draws to a close, she stands poised on the bridge that linksher to the outer world. From this place, everything before her appears strangely different yet familiar. Pausing, she gathers her confidence and summons her creativity while protecting the sacred fires within her heart. She nurtures these rather than old doubts and fears. Feeling full and complete, she lets the world draw her forth, knowing that at some level, it welcomes her truth and the new fires within her heart. Scanning her world she looks thoughtfully for her allies and new avenues of expression.*

*How can I align myself with life’s flow and explore my soul’s passions? What are the ways to ground my new vision? And how do I express my love without imposing it upon others? These and other questions she ponders as she carefully steps across the bridge.*

*Though the waves of the world begin to ripple around her, she holds fast to her sacred root while gently yielding to the winds of change. Like a seed, the center of the circle has taken root within her. At her deepest core, she knows that all is well. Her heart holds the warm embers of the Circle as a living touchstone and in her hands she carries the golden balm of Love. With this, she can nourish herself and others that she meets.*

*The living web that she established with her sisters in the Circle is eternal. Moving into the world, she recognizes this spark of life in many people, men, women and children. Filled with joy, this knowledge banishes her fear of loneliness and gently swells the Circle’s seed within her. Crossing the Bridge back into her life, she marvels at the parts of her being that have been touched by beauty and joy, swept clean with loving honesty and infused with sacred power. As she walks with her head held high, her eyes fully open, the sound of her footsteps echo the heartbeat of Mother Earth.*

Although this essence had been created to assist women leaving a Sacred Circle event, these words resonated strongly with Elaine in her situation. Following the session, she seemed more at peace within herself, and more accepting of “Crossing the Bridge.” On a warm summer evening a week later, she passed peacefully to the other side while her frail body, ravaged by cancer, lay resting on her bed. When I heard of her passing, I said a prayer of gratitude for the friendship we had shared, for what we both had learned in the four years we had known each other, and for the opportunity we had to serve and support each other on our journeys.