

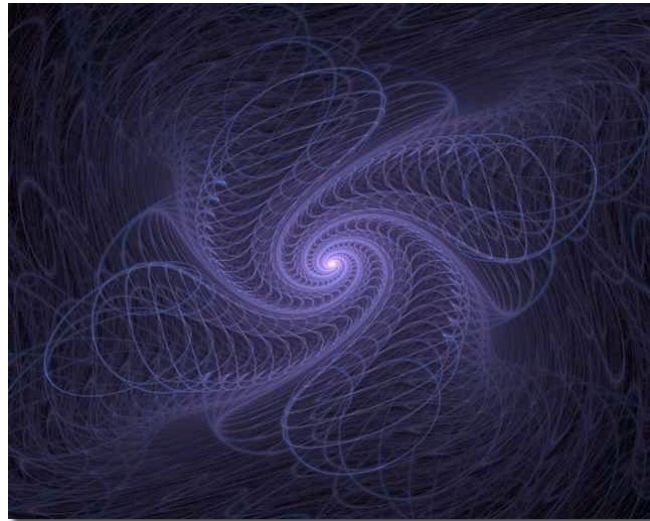
HEART OF HEALING NEWS

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A Gift From
Nancy Lankston, RN, CST

www.heartofhealing.com
nancy@heartofhealing.com
913-206-4531

Open to Your Flow
Essential Flow Therapy



Fractal Image

Bloom

This is an excerpt from an essay that I wrote one Spring many years ago. It feels like many lifetimes ago when my writing was still shaky and new. And I had not created my therapy practice yet. But it also fits with what's happening in my life right now.

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*My hard eyes broke and grew a rose
Whose one huge eye saw only you
Flowering in cosmos after cosmos
Laughing as we grew.
- Rumi*

I stomp down the pond path this morning, spewing mean and ugly thoughts. I am at odds with myself, questioning myself and my purpose... I search my thoughts and find nothing worth sharing. It is as though my creative faucet has stopped flowing. I throw down my pen and walk this familiar trail, hoping to find a few moment of peace.

What I find lining my path is flowers. Flowers are everywhere. The meadow overflows with so many blooms that the green of the grass is now just an accent. Tiny white daisies, pink clover, lilac liatris, yellow goldenrod. I am surrounded by small whispers of color and large fragrant displays. All sizes and shapes of flower are trumpeting life from every corner. I am drawn to these blooms – I stop and study all the shapes and hues and petal variations. No two flowers are exactly alike, yet all are similar.

Is that what human souls are like - infinite variations of shape and hue that reflect the divine in unique ways? I think of fractals; never repeating geometric patterns in nature. Their pattern is no pattern, yet they are made up of the same shapes underneath it all. The same essence is the foundation of everything.

I have a sudden sense of knowing that no matter what I choose to do with my gifts, no matter how much or how little writing I produce, I am always connected, always loved and supported by the Universe. I am a fractal among fellow fractals. My feeling of connection fills me with peace.

From my little book of essays: [A Still Place](#)

*Love is the Force that holds
the Universe together.
Love is the Source of all things.
Love is God. God is Love.*

1 Essential Flow Therapy combines CranioSacral, Heart and Energetic Flow in one seamless session.

Integrated Healing for Body, Mind, Heart & Spirit

Akashic Patterns

It is years since I walked through that meadow and saw flower fractal patterns everywhere. But everything cycles and spirals back around; God gives us one chance after another to make sense of it all. Last year I began exploring Akasha and the process of accessing Akashic Records. And now, when I meditate in the Akasha, I find myself looking again at a field full of fractal patterns. Only this time, the fractals are human beings rather than flowers.

Akasha is a Sanskrit word meaning "space" or "aether". Many of the world's ancient spiritual traditions (Taoists, Buddhists, Hindus, Sikhs, Mayans, Druids, etc.) speak of Akashic Records that contain all of your soul's experiences from every lifetime since the beginning of the World. These records are held in a vibrational form that can be accessed through intentional meditation. Your Akasha are believed to hold the vibrational patterns of YOU in lifetime after lifetime. Your Akasha hold the patterns of action and reaction that have come to define you; your beliefs, your decisions, your experiences and the impact (AKA karma) of your experiences. Accessing Your Akasha gives you a wide broad view of yourself across space and time.

Whether you personally believe in reincarnation and multiple lifetimes for the same soul or not, understanding your vibrational patterns can be profoundly helpful. Akashic Readings (and many other so-called "psychic" readings) can be taken literally or metaphorically. For example, I get valuable information about myself no matter how I choose to view a lifetime where I was tortured and killed because people thought I was an evil witch rather than a wise intuitive healer. I can view the vision of that lifetime as something that literally happened to and traumatized my personal soul, leaving me paranoid about expressing my intuitive gifts. Or I can view it as an event that happened to a female ancestor of mine and had a lasting impact on the women in my family for many generations. I could also view the vision as a story or fairy tale that holds a message about how I act and react today as a healer. However I choose to view the information in my Akasha, it holds a message for me.

For me personally, accessing my Akasha is like suddenly being able to clearly see the intricate fractal patterns within patterns that define me. I find that Akashic Readings give me a wonderful way to look at the patterns of belief and behavior that I have dealt with / struggled with over and over and over. And I have discovered how many ancient patterns and hurts have dramatically affected me in this lifetime.

In the last few months, I have been offering Akashic Readings to a few of my regular clients. Now I want to offer Akashic Readings to all of you. I find accessing the Akasha to be invaluable and I believe many of you will too. I recommend combining an Akashic Readings with my normal Essential Flow Therapy session. Reading your Akasha during a therapy session creates a very safe and sacred space where you can dive in and explore the heart of any chronic issue or problem that has been puzzling you. Or you can use the session as a way to examine your spiritual journey. And at the same time, I can use Essential Flow Therapy to help your body-mind-heart-spirit release any residual trauma or beliefs that no longer serve you from those past experiences. You can heal in a deep and integrated way.

If Akashic exploration appeals to you, I would be honored to take a journey into the Akasha with you. Just call or email me to set up a combined Akasha / Flow session. And if accessing your Akasha is just not your thing, no worries! Just tell me to hold the Akasha. I still offer my traditional Flow sessions that are a mix of CranioSacral, Heart and Energetic Flow methods.





The Solution to the Problem

“The significant problems we face cannot be solved at the same level of thinking we were at when we created them.”

- Albert Einstein

It does not take a genius to know that this country is in a deep financial mess; billion dollar bank bail-outs, massive numbers of mortgage foreclosures, record debt levels for both individual Americans and our government as a whole - we have dug quite a deep hole for ourselves. And it's not just America, the crisis is worldwide.

And it is not just financial news. Add to that my worries about the sickening state of this country's food supply and healthcare system, and oh yes, let's not forget global warming and the state of the world's oceans. Just 15 minutes with the news and I may decide to curl up fetal and never leave my bed again.

How does a reasonable adult deal with the state of our world today? What can I possibly do that will help turn this mess around? Anyone with a firm grasp of reality would look around and be very worried. But spending my days in a stressed out, worried state is NOT going help me or anyone else. And I don't want to ignore the problems either. That would be like Nero fiddling while Rome burns. So, what's a woman to do?

Well, my solution is mostly spiritual; I spend way more time in prayer and meditation. I increase my connection time to God. That might seem to some people like running away from the world and our problems. But I think it's just the opposite. Connecting with God or Spirit calms me and keeps me grounded in a reality beyond all the horrible news. It reminds me that I never see the entire picture and that God has got this. God has got this under control, even when it looks like everything is going to Hell.

The other thing that happens when I take time to meditate or prayer is that my mind clears; I stop ping-ponging from one problem to the next. And I find that I can calmly get out of bed and happily go out into the world and face our global problems without panicking. But if I don't stay “prayed up”, I am constantly freaking out about the future and predicting gloom and doom. Connection time with God is key.

One of the thoughts that keeps coming to me in meditation is that the solution to our problems will not be logical at all. The solution to this mess will NOT come from logical, linear thinking. A right-brained, holistic view of this mess is needed before the solution will become apparent. My left brain looks at the mess we've created and screams in panic because the hole we've dug is so deep that my logical brain cannot conceive of a solution. But my right brain intuitively KNOWS that there is a solution to every problem - even this one. My right brain also knows that the Universe is a helpful place, not a malicious torture chamber. We will figure a way out of this mess. And the solution will be holistic, global, non-linear.

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I look around at my kids and their friends and I see the PERFECT minds to tackle these global problems. Please don't send the straight-jacket, I am totally serious. This is a generation that excels at right-brained thinking. They may lack in the linear thinking department, but right-brained networked thinking is their forte. Attention Deficit Disorder gets a bum rap, in my opinion. ADD should be called Extraordinary Right-brained Thinking! It is a strength, not a weakness. Unfortunately our schools are using 19th century methods to teach 21st century thinkers.

This generation surfs the internet and intuitively knows that there are no national boundaries. They know that we are all in this mess together. My suburban kids have friends from every ethnic group and sexual persuasion. A global economy makes complete sense to them. A global solution will come naturally to them. So, I read the news and still I am filled with hope. I cannot WAIT to see what happens next. God (and my kids) have got this one under control.

"There are two ways to live your life - one is as though nothing is a miracle, the other is as though everything is a miracle." - Albert Einstein

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Upcoming Classes

Join me on March 27 for Exploring Energetic Flow

Do you want to learn the basics of energy healing? Then, come explore the human energy system with me. Learn easy and effective Reiki healing techniques. Earn Reiki I Certification AND have fun in the flow!

This 1 day workshop takes you on a journey through the chakras and energy channels that are the foundation of the human form. You also learn an ancient healing method brought to the west by Usui Reiki Masters that is amazingly powerful



Join me on May 21 and 22 for CranioSacral Flow Beginnings

Come explore the miracle of your own development and birth. This 2 day workshop takes you on a journey through prenatal development and the birth process. We will explore how humans grow from a tiny spark of energy into a miraculous and complex baby. We will look at normal prenatal development as well as common problems and traumatic experiences that can deeply affect a baby both physically and emotionally. This class includes practice session time where you can explore your own prenatal and birth experiences.

Basic CranioSacral training is required before taking this class. Prerequisite: CranioSacral Flow I & II. If you have Milne, Upledger or Biodynamic style CranioSacral training, you can still attend this class. But I require several private sessions with me first to prepare you for "flow style" CranioSacral work.

All classes are held in Lenexa, KS. Visit my web site for more class details.
Contact me directly to register. Each class is limited to 8-12 students.

What I Know About Healing... Ten Years Later

I wrote the first version of this essay in 2001. That was 10 years ago - definitely time for an update.

"Be the change you wish to see in the world." - Mohatma Gandhi

What is Healing?

The word healing comes from the Anglo-Saxon word "haelen", which means to be or become whole. Balance, resonate and heal are all words for the same concept.

To heal and to cure are not necessarily the same thing. You can cure or "fix" the physical body whereas total healing involves not just the physical body, but also a person's thoughts, emotions, beliefs and spirit. In the end, the only difference between cure and heal may be about intent; does a doctor / healer / sage intend to touch and heal body, mind, heart *and* spirit? Or just fix the body?

You can be emotionally or spiritually healed and still physically die. Hospice workers witness this all the time. Death may not signify failure. This is a totally foreign concept for many Americans to grasp, but yes death may actually be a positive healing outcome for some people.

Where Does Healing Come From?

No one can heal you but you. There may be a drug, a doctor, a shaman, a sound, an herb, or a therapist that helps you heal in some way. But all healing ultimately comes from within you. Don't expect any drug or therapy to "fix" you. Everything you need to heal is already inside of you. Find treatments or therapies that help you uncover your own sense of knowing, your own sense of yourself. In the process you will uncover how to heal yourself.

There is more than one way to skin a cat. And there is more than one way to heal. One person may use a drug, another meditation. Or you may use massage or surgery or acupuncture or writing or primal scream therapy. Or maybe you require all of the above. Your path to healing will be as unique as your fingerprints. Do not let *anyone* dictate to you what you methods you use to heal. Honor yourself and follow the path that feels right to you.

Body Wisdom

The healing wisdom inherent in the human body is so vast that it is hard for the conscious mind to grasp. It is as though your body holds all the knowledge of the world's most gifted healers. The wisdom of the ages is held there in your body-mind. The trick is to figure out how to access all that knowledge.

Humans beings healed from illness and survived with no pharmacies for thousands of generations. Modern pharmaceuticals should be viewed as aids to healing, *not* the ultimate answer. Antibiotics and other modern drugs do not cure you or "fix" your body. Your body's amazing physiological systems take care of the problem with help from the drug. It may sound like I am splitting hairs, but it is an important distinction. It means that ideally you only want to use pharmaceutical and herbal compounds that work with your body's immune system. Drugs that suppress your body's natural immunity are working against you.

Many people believe that symptoms such as a runny nose, fever, and/or diarrhea are evidence that their body is in trouble and needs help from a pill or potion. In actuality, these symptoms usually mean that your immune system is alive and well and doing its best to eliminate some bug or toxin from your body. Allergies complicate the picture; allergies are caused by the body's immune system overreacting. When you have allergies, your immune system is like a toddler throwing a tantrum; it's desperately asking for help to calm down! But even with allergies, suppressing your symptoms will not eliminate the issue permanently.

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The Language of the Body

Bodies never lie and they always know what the real problem is. The trick is learning how to speak your body's language. Many times pain is the only way that your body can get your attention. At the heart of chronic pain or illness, there usually lies an emotion or issue that you are ignoring or avoiding in your life. Those emotional issues that are too painful to face have a direct link to the chronic pain you experience in your body. Chronic migraines, back pain, that trick knee; learn to listen to your body closely and you will uncover what your body is really upset about. As Wilhelm Reich, psychoanalyst turned bodyworker, once said, "Our Issues are in our Tissues." If you can uncover the issue or emotion and deal with it, then your physical symptoms will resolve.

Back in the 1980's, an NIH scientist named Candice Pert did some ground-breaking research; Pert and her colleagues showed how your thoughts and emotions trigger a cascade of hormone release that literally alters your physical makeup. In layman's terms, the research proved that your thoughts and emotions are so interwoven with the tissues of your body that it is virtually impossible to alter one without altering the other.

Feed Body, Mind and Spirit

Food is very powerful. Food can help you heal or make you ill. Your body is literally created from whatever substances you eat. Choose your food with care and wisdom. The body makes no distinction between the chemicals it obtains from food and those it gets from a pill. A chemical is a chemical to the human body.

Beware of ingesting man-made chemicals that the body does not know how to use or eliminate. This applies to food, shampoo, soap, hair dye, room fresheners, etc. Any man-made chemical that you put on your body, eat or inhale has the ability to make you sick. These chemicals get stored in the body and create havoc. They are implicated in the development of many chronic diseases including: Multiple Sclerosis, Autism, Cancer, Alzheimer's, & Allergies. Know what you are dealing with - check out the ingredients in every product your family uses!

Your physical body needs food to survive. Your soul needs quiet contemplation or prayer. Feed your soul regularly. And remember to feed your mind with hopeful, uplifting ideas and images. If you really want to be happy, present your mind with joyful words and images. Today's thoughts create tomorrow's reality.

The Power of Belief

What you personally believe about yourself and your world dramatically influences the way you heal. For example, if you believe that you need surgery to repair the herniated disc in your back, then you will need surgery before you get better. If you believe your colds always turn into sinus infections unless you take an antibiotic, then guess what? Your cold probably will turn into a sinus infection! Persistent thoughts and emotions become beliefs. And your beliefs have a direct and very real impact on your physical body.

To complicate matters, children may go through illnesses that teach mom or dad some important life lesson. Or a spouse may manifest an illness that reflects an issue in the marriage. A family member may manifest an illness that forces the family to confront a long-standing issue. It can even be an issue that has plagued their ancestors for generations. It is as though they "donates" their body to the cause of healing the family.

Examine your beliefs about yourself closely; they can literally make you sick. Examine "family rules" or beliefs passed down to you from older generations. And examine your beliefs about how the world works. Your beliefs determine how you interact in the world. And those same beliefs also have a strong and lasting impact on the health of your body.

Healing the World

If you hope and pray for this world to heal, then start at home. Heal yourself. Virtually everything that is healed within your body-mind will ripple out and help your family to heal. And ultimately that is how this world will heal, one person and one family at a time.

Our beliefs become our thoughts...
Our thoughts become our words...
Our words become our actions...
Our actions become our habits...
Our habits become our values...
Our values become our destiny.

Author Unknown

Therapy Sessions with Nancy

Session length:

30-45 minutes for babies & kids
45-120 minutes for teens & adults.

Sessions can be done in person or over the phone.

Session Fee:

\$50 for each 30 minutes of session time, or \$100 per hour.

Get those Issues out of your Tissues!

And before you email me to ask... Yes, I actually *can* treat you effectively over the phone. All of my Essential Flow Methods (and Akashic Readings) are available as long distance sessions. And clients who have experienced Essential Flow sessions both in person and by phone, tell me my phone sessions are just as effective. About ¼ of my therapy sessions are now done over the phone. You can have therapy your way; either in person or by phone.

“When you know who you truly are,
there is an abiding alive sense of peace.
You could call it joy because that’s what joy is:
vibrantly alive peace.
That is the joy of Being, being who you truly are.”
Eckhart Tolle