

SACRED FEMININE AWAKENING



WISDOM FROM MARY MAGDALENE
ON HEALING THE SELF

M I S A H O P K I N S

BESTSELLING AUTHOR OF *THE ROOT OF ALL HEALING*

SACRED FEMININE AWAKENING
WISDOM FROM MARY MAGDALENE ON HEALING THE SELF

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Acknowledgments

I am in infinite gratitude to the Source of all Life, the Mystery of Creation, to be here living and loving as an expression of Divine Consciousness. What an amazing experience!

I'm so honored, Mary Magdalene and my Native ancestors, to be delivering this message from you. I certainly did not predict this. ;)

My beloved husband, Jeff Burger, you still awe and amaze me in the most wonderful ways. Because of you, this book actually made it from my hand-scribbled notes written in the middle of the night into a work that could be read by others.

Thanks to the remarkable team at New Dream Foundation for being so dedicated in this journey with me and creating a platform for this sacred work. Special thanks to Ariann Thomas, Judy Cole, Ixchel Tucker, and Janet Akers.

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To you, my brothers and sisters, who feel an affinity for our beautiful Mary Magdalene, I'm delighted to be her hands and voice, so that you can experience some of her timeless healing insights.

To the grand journey!

Introduction

If you had told me even a year ago I was going to write a book that included direct insights from Mary Magdalene, I would have smiled, laughed quietly and shaken my head. I would have told you that while I knew I had the ability to channel messages, it is not the foundation of my work in the world. I would rather teach you how to receive your own direct messages from the Divine so you could deepen your personal relationship to our Beloved Source.

But the Divine has its own ways of entering into our lives, and sometimes we are asked to fulfill some small piece of destiny for the sake of those who seek insights that historical research has not yet uncovered. I said, “Yes,” to Divine will as the guiding force of my life a long time ago, and now sometimes I am surprised by where “Yes” takes me. When I received the vision about writing this book, I knew I had the option to say, “No thank you,” but I also knew someone, somewhere wanted to read this information that could come through me. So, I opened my heart to what wanted to be revealed, and now here we are—you and I—exploring and processing through our own individual filters insights I was asked to share with you.

To my delight, I discovered that Mary Magdalene was not only a beloved disciple of Jesus, she was a wise woman, healer and teacher. What she asked me to reveal are healing insights that are as valid today as they were during her lifetime. Her insights about healing, as they are revealed here, are elegantly simple—which is what makes them so profound.

Please know that it has been my commitment to offer her words as purely as I possibly can—to be an open vessel through which her words could flow. So I wrote down her thoughts as I received them as exactly as I could. That said, I am very much aware that whenever information is channeled, it comes through the experiences, knowledge, and viewpoints of the receiver. Therefore, it seems important to me that you understand a little bit about who I am and how I was prepared to receive these messages through a series of visions and experiences I believe led to this moment that we are sharing now.

If I were a fiction writer, I’d create a wonderful and elaborate story full of intrigue in which to share these visions, simply because it would be far more entertaining. But that’s not the gift I’ve been given. I tend to be fairly direct and straightforward with my writing. Hopefully, what I offer here will stimulate the memories of your own visions and peak experiences, or perhaps, it will inspire you to open to that potential within yourself. There is no fiction story or movie in Hollywood, as fabulous as they can be, that can compare to direct, mystical experience. Therefore, the sharing of my experiences will pale in comparison to having your own.

I share some of my mystical experiences that relate to this book, with the intention that perhaps as more of us share what is happening in our inner worlds, we create a safer place for all of us to share what happens in the worlds beyond the obvious. For in sharing the secrets we have been keeping, we just might discover there is a great wave of energy awakening us to a greater understanding of our purpose and potential.

History and wisdom not only live in what we are able to validate through what has been recorded and translated, history and wisdom also live in our DNA. It’s part of who we are right now. It is accessible in areas of our mind typically accessed by shamans and saints. But it lives inside each of us. It is an area of the mind that can be cultivated, and then provides you direct access to wisdom of the ancients through direct experience.

Once you have had a direct experience, speculation holds little allure compared to actual, personal experience in other realms of existence. Even recorded history is less enchanting, when you realize records are incomplete documentation, influenced through the filters of those who benefited from what was written. If we had historical documents from hundreds, or even a dozen, of individuals who experienced a single event, we would actually have a more complete view of any moment in history.

Imagine how the story of life on a plantation would vary from the perspective of a plantation owner compared to one of his slaves. If you have ever had a direct, visionary experience, you may have found that historical truth is in a constant process of unveiling itself, not only through the documents and artifacts we retrieve, but also through memories and insights unveiled through direct experiences.

After attending one of my first Native American sweat lodges, I remember lying on my stomach on Mother Earth, inviting my body temperature to normalize, next to her moist and cool body. My eyes were closed and my head was spinning, when suddenly everything calmed down inside me. I could feel myself as this tiny being lying on this huge sphere that was rotating. Had I lived during a time when it was believed that the world was flat, contrary to any evidence anyone could have provided me, I would have *known* the world was round. To be clear, I would not have *believed* the world was round, based upon research or because I wanted it to be true. I would have *known* it, because the peak experience was not speculation. The experience was direct.

Such is the nature of direct experience. Because it is tapping into universal consciousness, where everything is already known, an experience can demonstrate a reality to the one receiving the vision, before the knowledge of that experience can be scientifically proven. I actually wonder how many brilliant scientists had a visionary experience of reality that was not yet proven, and then set about to prove the experience scientifically.

Visionary or direct experiences, which can be experienced through any of our senses, or a combination of them, come through visual or auditory means, tactile sensations, taste or smell. All come through impressions and personal filters. You have experienced and now *know* something profound, but interpreting it into language that has meaning for others can be challenging. And it is even more challenging to refrain from adding your own meaning and interpretations to the vision, without eventually turning the pure vision into an expanded story about your original experience, expressed through the filters of your spiritual, cultural and social beliefs, or simply your interpretation of the experience.

So it is with me. I do my best to share with you Mary Magdalene’s insights about healing as purely as I can possibly share them. That said, everything is coming through the filter of my own beliefs and experiences, so it seems only appropriate that I share with you some of the visions and experiences that led up to the writing of this book. In this way, you will understand some of my background as context for reading her insights about healing.

Mary Magdalene’s Calling

A few years ago, I was inspired to spend some portion of my 56th year in France, following in the footsteps of Mary Magdalene. I was born in 1956. My mother died when she was 56, and since I was coming up on my 56th birthday, it seemed like an appropriate year to

commemorate the emergence of the Sacred Feminine, at least in my personal life. I had dreamed of visiting France since I was a little girl, so I used the momentum of my birthday to get me there.

The emergence of Sacred Feminine nature is, for me, the feminine nature of the Divine. I believe the Chinese have defined it most precisely as the dark, still, cool, all-accepting womb of life (or what we call space)—the Yin nature of life. It exists in contrast to the Yang or masculine principle of life, which is the brilliant, ecstatic, hot, expression of light. These two energies live inside every person, irrespective of whether you are female or male.

As it is with me, the only way I was really going to understand these two fundamental energies of life was to experience them. That manifested as a mystical experience in Egypt in which I was initiated into the Sacred Feminine, followed months later by an initiation into Sacred Masculine energy. These were powerful and wonderful spiritual awakenings, but before I could open spiritually, apparently I had to open physically and did so twice—once as I healed from producing as much testosterone as a teenage boy, and the second time as I healed from MS.

In both cases my Yin and Yang energies were completely out of balance. When my body was in balance, both the spiritual awakenings and healings took place. So when I talk about Sacred Feminine energy, it comes from a very embodied experience of being out of touch with Yin nature, and also of *being* absolute Yin nature. (If you are interested in knowing more about this, I share a deeper perspective of this in my book, [Sacred Feminine Awakening: The Emergence of Compassion](#).)

Acknowledging the synchronicities of the number 56, a trip honoring my mother and I seemed like the perfect tribute to our lives. When my mother was alive, we lived with a lot of tension. We were not very compatible with each other in many ways. Now that she was watching over me from the other side, I realized how close our souls were to each other, and I looked forward to a trip in which we could find deep and lasting peace with each other, as I honored her at the age she was when she crossed over. Why France? I could feel my ancestors and the land calling me. My father's family was originally from Northern France, so the trip would allow me to experience my own familial roots. In the beginning, I didn't know Mary Magdalene had anything to do with it. That was a surprise.

Following what is believed to be her exile at the hands of the Romans, Mary Magdalene spent many years traveling and teaching in Southern France. There, in the churches, you see numerous altars and statues dedicated to her memory—to Marie Madeleine, as the French know her. It is easy to fall under her spell, for here she is not so much honored as a penitent sinner, but as a saint of great mystery. It was Pope Gregory the Great in the 6th Century that asserted Mary Magdalene was a penitent prostitute, and although the Catholic Church recanted this misconception in 1969, the reputation stuck.

In Southern France, statues and paintings often depict her with a skull, a book, and an earthen jar—all lending to her aura of mystery. And then, there is her actual skull encased in gold at the basilica in Saint-Maximin-la-Saint-Baume. When I began doing research for my trip to Southern France, I realized I had seen this skull before. Many years ago, I received a vision of a skull encased in gold, but had no idea what it was or why I was being shown this rather macabre scene. While looking at photographs of the skull of Mary Magdalene in Saint-Maximin-la-Saint-Baume, I realized the skull in my vision was the skull of Mary Magdalene. It seems she had been calling to me for some time.

As I shared this revelation with the board of directors of New Dream Foundation, my non-profit organization, one of them suggested I dedicate this journey to Mary Magdalene. It was a perfect suggestion, and so the journey was now dedicated to my mother and Mary Magdalene.

For reasons I have never completely understood, mystical experiences are a part of my normal experiences of life. So it was rather amazing to me, as I reflected on my journey when I got home, that in France my experiences were not as mystical as I expected. What has lingered with me is how I felt while I was there. My heart became lighter and lighter with every day that I gazed upon the rolling green and red clay hillsides, sparkling rivers, vast vineyards of the Languedoc and Cathar country, the oak forests around Saint-Maximin-la-Saint-Baume, and the Mediterranean Sea near Saintes-Maries-de-la-Mer and Marseilles, that Mary Magdalene must have loved. The people of France are deeply generous and kind. It is easy to imagine them receiving her into their hearts, and she receiving them into hers.

At selected locations in France, I recorded my impressions of these magnificent places, as well as how Mary Magdalene touched my heart, in a video series called *In the Footsteps of the Magdalene: An Exiled Woman Brings Hope to Our Future*. Those videos can be viewed at: [SacredFeminineAwakening.com](#).

As I opened to the sacred energy of Mary Magdalene, her spirit resonated with the healer inside of me. Her very being is an invitation to know your own pure essence, and to lovingly witness the Divine essence of those around you. In fact, that recognition is fundamental to Mary's invitation for our healing.

If you have a personal affinity for Mother Mary, you might find it helpful to know that I find Mother Mary's energy and Mary Magdalene's wisdom to be very similar, as though they shared a school of perspectives and teachings. While in France, my husband suggested we spend some dedicated time in Lourdes, which is where Bernadette Soubirous had visions of Mother Mary. There the water from the spring, that Bernadette was directed by Mary to find, is said to heal. I have meditated, bathing in water from the spring, and it is indeed quite powerful. The water itself can help you become clear about beliefs and feelings that need to be released in order for healing to occur.

While in Lourdes, I discovered that Mother Mary's energy is quite palpable. There she taught me about the meaning of the prayer the Hail Mary, and its implications for healing. Even though I had grown up Catholic, until that moment, I never really understood the prayer—though I prayed it many times as a child and young adult. It is a prayer for healing, and what I came to understand from Mother Mary about healing aligns perfectly with teachings from Mary Magdalene.

If you have a deep resonance with Mother Mary, you might even associate some of what I reveal from Mary Magdalene as aligning with wisdom you understand to have come from Mother Mary. That happened for me as I was writing for Mary Magdalene. Four steps she teaches about forgiveness are exactly the same four steps Mother Mary taught me in Lourdes. I suspect there is a reason our two beautiful Mary's might be offering the same teachings through the ethers.

Just a few months ago, I was awoken in the middle of the night with a vision. I was shown that Mary Magdalene wrote four books about healing. But in the vision, I saw covers for these books as though they were contemporary books. On the cover, was an image of Mary Magdalene, dressed in red robes, with her feet elevated off the ground. (You can see a portion of this painting at [SacredFeminineAwakening.com](#).) I took the red robes as confirmation that this was indeed Mary Magdalene's work, since this is one of the colors in which Mary Magdalene has often been depicted in art. I then saw these four books merging with the book I had already written, [Sacred Feminine Awakening: The Emergence of Compassion](#).

The merging of these books felt absolutely delicious. My entire body vibrated in the most exquisite light and love. Even though *The Emergence of Compassion* focused on teachings passed on to me from Native elders about how to access Sacred Feminine energy, it felt absolutely perfect for these two sets of teachings—Native wisdom and insights from Mary Magdalene—to be merged together. Ultimately, they are indeed part of the same teachings in the Sacred Feminine, from the same Divine source, so naturally the teachings work together perfectly.

I thought I would approach these four new books as “inspiration from Mary Magdalene” so that I could avoid channeling a book. But Mary had a different idea. I could hear the words of the book coursing through my mind as I dreamed at night. In order to quiet my mind, I went to my desk and began to write. The words that came to me were very precise. At that point there was nothing to do but surrender. Clearly, these four books were going to come to me as closely as possible to the way they were originally written (differences in language translations notwithstanding.)

You hold the first of these books in your hand now. Mary Magdalene outlines four areas of focus in her first book for healing the self, and each area of focus has four steps to follow. So I refer to her work throughout as “The Four-Fold Path to Healing the Self.” It is not a lengthy work in the way we think of books today. As I was writing, it occurred to me repeatedly that the equivalent of paper in Mary’s day was precious and not to be wasted. As a result, teachings needed to be clear and concise. So what you are going to read from Mary Magdalene about how to approach healing is elegantly simple and profoundly deep. In a few words, volumes are conveyed, if you read slowly and allow concepts to sink in.

Mary Magdalene has her own way of writing with me. Periodically, I feel myself being pulled in to a light sleep and as I come out of the sleep I’m taken into a short and sweet vision with information from Mary about what is important to convey at this juncture in the writing. It is as though she is anchoring knowingness deeply into my subconscious and body before I continue further with the book. I convey many of those insights throughout the book, separated from Mary’s direct words, so that you can easily tell the difference between her words from 2,000 years ago, and additional insights to convey. It is the most extraordinary writing experience I’ve ever had, but certainly in keeping with the ways of my Native ancestors who awaken me in the middle of the night with visions, insights and suggestions.

The Merging of My Native Teachings with Insights from Mary Magdalene

Our ancestors intimately knew the ways of deep energetic healing. They understood what must happen within one’s mind and heart in order to be a clear vessel for the universal healing energies available to all of us for healing. They understood that the body responds to the directives of the mind and the wisdom of the heart.

For hundreds of years in our past, revealing that kind of knowledge could get you, at the very least, criticized or ridiculed, ostracized or institutionalized, and at the most, killed. To be safe, many of us learned to bury our access to ancient wisdom through mystical experiences, visions and channeling. But fortunately, those teachings still exist for those with the courage to receive them. These teachings are in the ethers, they’re in our hearts, and they’re waiting to be awakened.

This is not the first time I’ve been called to bring forward ancient teachings during the course of my life’s work as a spiritual teacher. Two other times prior to Mary’s calling my Native ancestors reached out to me through visions to reclaim teachings and practices that had quietly been living in the ethers. Many years ago, I could feel a calling to take people on what I thought would be Vision Quests. This was quite disturbing to me since I perceived I had not finished my apprenticeship in my Native tradition to be able to hold this kind of space for anyone. Feeling a bit lost and confused, I told my elder what I was experiencing. Harvest Moon was a wise woman. She suggested I get still and listen to what the ancestors were asking me to do for them.

As soon as I let go of my ego’s worries about worthiness or unworthiness, and opened my mind to my ancestors, I was taken into visions of what they wanted from me. They did not want me to hold space for people to have Vision Quests. They wanted me to hold space for people to receive their sacred songs, and I had been preparing for that all my life. I spoke with my elder and we agreed I was ready. I was relieved and with her blessing, I brought back a nearly lost ceremony in which people prepared and then sat out on Mother Earth for days, quietly listening to receive their sacred songs.

Yet again, I was called to bring old, beautiful Native ceremonies back to life, when I was given an ancient medicine bowl. With it came conversations and visions with my ancestors, helping me remember practices, ceremonies, and songs that had been dormant for over 100 years. These practices had been created to help women shed their limited bodies to become their limitless selves. This beautiful pathway opens doorways to Sacred Feminine consciousness that lives in both women and men.

The practice takes you into the essence of the Sacred Feminine, most directly accessed through a meditation we call The Holding. The meditation is so profound for experiencing Sacred Feminine nature that even though it was once taught to women, it is now taught to both men and women. For our purposes, this simple, but life-changing meditation serves as the foundation for using the teachings revealed by Mary Magdalene about healing yourself.

It really is no surprise that Mary Magdalene also had teachings she wanted to see reawakened and made available to people who love her. As I listened to her words and later in meditation felt the healing energy move through her words and into my body, I understood why they aligned so perfectly with Sacred Feminine concepts I have been teaching for years, especially the practice of Holding. It seems that part of my path is to remember and bring back old, but valuable wisdom to people of today. What has delighted me is how perfectly wisdom I have learned from Native tradition aligns so beautifully with wisdom from Mary Magdalene. It has been said, and I believe rightly so, *all paths lead to the Divine*. We might also add that all healing wisdom comes ultimately from the same benevolent Source.

All of the Native and Mary Magdalene teachings I received call each of us to love ourselves more deeply and profoundly than we have ever loved before. The teachings guide us into our personal awakening in Divine consciousness. They show us how to open to the Divine messages that come through our intuition and creativity, as we release layers of attachments that have kept us constrained and in pain. The teachings show us how to open in such a way that we naturally receive help from beings in the spirit world, healers of various types here on earth, all the gifts of Mother Earth, and any approaches that will work best for us. We are able to solve our problems and heal using insights and energy previously inaccessible to us. Our own healing energies are stimulated to assist us, especially in meditations and dreams. These teachings help to open a pathway for accepting ourselves and others unconditionally, as we become the compassionate love that heals.

This isn't just theory for me. I've opened my consciousness to the love that heals many times—to heal MS, cancer, a collapsed fallopian tube, plus the normal cold and flu viruses, cuts, burns, sprains and abrasions. I tend to heal fairly rapidly as soon as I release all remnants of my fear and doubt. As a dedicated healer and teacher, it has been my honor to help others do the same.

What Mary Magdalene shares is a way to gently release fear and doubt, so Divine healing energy can flow through you and heal you. You are likely to discover that her suggestions take you to a deep, powerful, and loving place. I've used her approach, and it has been my experience that the more I surrendered, the faster healing occurred in ways I could never have predicted. So you might want to give yourself permission to surrender to her wisdom with something you are healing right now—whether physical, emotional or otherwise—and observe how her approach works for you.

The content in this book has shaped my life in the most magnificent ways. My perceptions have been profoundly enriched by Mary Magdalene's teachings about healing. I began using Mary Magdalene's healing recommendations as soon as I received them. I've been challenged by bronchial, lung and sinus issues this year, and was making very slow progress, until I incorporated her steps.

As soon as I did, I started stumbling upon research that gave me new insights. I saw the remedies I needed to take in my dreams. The healing results my acupuncturist got with me increased ten-fold, as I entered into some of the most profound healing states I have ever experienced. I've watched layers of karma and past life issues peel away as I created meditative space for Holding, while simultaneously using Mary's Four-Fold Path for Healing the Self.

The more I incorporate Mary's work, the faster I heal. That's because I fundamentally change. I see and understand more quickly what is at the root of the illness, as well as the most effective way to address what I've created (or allowed to be) and heal it. Her insights have inspired me to really look at myself in new ways, and quickly let go of old paradigms.

The ancient ones that have been with us in this journey committed to our evolution as humanity, and while they may have lived here on earth long ago, they are available to help us now through communications of the mind, heart and spirit. Their wisdom is profound and wonderful, and I'm delighted to explore with you The Holding meditation from my Native ancestors combined with the Four-Fold Path of healing wisdom from Mary Magdalene.

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If you would like to get the most from Mary's teachings, you can download an audio recording of a my companion guided meditation, Heal Yourself, combining her Four-Fold Path for Healing with the ancient Native practice of Holding here:

SacredFeminineAwakening.com/mary-magdalene-healing-self/.

Sacred Feminine and The Holding

Everything we are about to explore with Mary Magdalene is founded in an energetic state of Holding. Holding was taught to me by four Native ancestors, the Grandmothers, from the other side of the veil. It is both the practice and energy of the Sacred Feminine. We will define and explore the powerful, healing qualities of Holding throughout our exploration of Mary Magdalene's teachings for self-healing, but first let's consider the nature of the Sacred Feminine and why it matters as you heal your mind, body, emotions and spirit.

As I share in my book, *The Sacred Feminine: The Emergence of Compassion...*

The Sacred Feminine is not a religion—it is an energetic and spiritual concept that simultaneously exists outside of religious definitions and applies to many religions. Indeed, the feminine aspect of the Divine is present in the gnostic or mystic roots of numerous faiths. So, if you are a religious person, the Sacred Feminine can provide a new perspective in appreciating and exploring your faith. And if you are a spiritual seeker, it can add a new dimension to your journey.

The energies of the Sacred Feminine and the Sacred Masculine, two halves of one whole, have existed since before time. Most of us today are familiar with the Yin-Yang symbol—darkness on one side, light on the other, representing masculine and feminine energies. The concept of Yin and Yang energies can be found in written records dating as far back as 1,400 BC. The Chinese have written about these energies for thousands of years, and they tell us both energies live within each of us—indeed, within all of life.

The Sacred Feminine is not merely energy for women. These two distinct energies complement and balance each other, and they are always working together inside all of us. One does not exist without the other. The Yin energy is associated with female qualities—dark, cool, and receptive—with a focus on nurturing and compassion. And Yang energy is associated with male qualities—bright, hot, and active—with a focus on vitality and bliss. Both are necessary parts of being alive and creating life.

When you think of the Sacred Feminine, think of these qualities: stillness, intuition, receptivity, compassion, potential and reflection. Its energy is associated with darkness and space—both inner and outer space. Metaphysically, it is the limitless capacity to lovingly hold all of the potential for life.

The Sacred Masculine is exactly the opposite. Its energy is about action. Rather than a compassionate love, it's an ecstatic, blissful love. This is about expression, achievement, generosity, logic, and light. It is the endless and limitless capacity to lovingly express all of life."

In our world today, across religions and spiritual traditions, great emphasis is placed on the importance of the light in spiritual awareness and practice, and indeed the light is a blissful experience of Divine love. It is powerful, awesome and primary to the sacred nature of life. There are no words to adequately describe the limitless, blissful love of Divine light.

But it is not the only expression of the Divine. The dark, Yin energy, which has too often been associated with evil, is actually the more feminine aspect of spiritual energy. Just as it is impossible to find the right words to describe the blissful love of Divine light, it is equally impossible to give words to the all-compassionate, all-accepting love of Divine darkness.

So, together, Sacred Feminine and Sacred Masculine energies form the complete and sacred nature of creation. Any emphasis on one without the other creates imbalance—spiritually, socially, and physically. This includes physical impact on our Mother Earth and on our bodies. Currently, with so much emphasis placed on the Sacred Masculine quality of achievement, we find ourselves achieving ourselves to death, and damaging the very planet we rely upon to sustain our life. In the name of achieving, we overextend in order to demonstrate that we have value, attempting to fill a sense of deep-rooted unworthiness through action. But it is not action alone that helps us feel worthy.

It is through Sacred Feminine perspective that we intrinsically know we have value simply because we exist. We discover we are loved, regardless of what we have or have not done. This is the source of still, all-accepting love. When we value ourselves as we are, feeling all enveloping, all accepting love, we have nothing to prove for value's sake and make very different choices. We are more inclined to act in ways that benefit ourselves while also benefiting others (including our earth), because we see their intrinsic value as well.

Think of a child in a mother's womb. If you are carried in the womb of a mother who is emotionally stable and aware that she is loved simply because she exists, as a child in the womb you experience the wonder of Sacred Feminine love as she carries you. She does not love you for what you might or might not do after you are born and grow up. She loves you as you are in that moment in her womb. Even with a difficult pregnancy, and the pain she might experience physically or emotionally, there is nothing that diminishes her love for you. What healthy mother can put a limit on the love she has for her child? It is endless, isn't it? Such is the nature of Sacred Feminine love.

Expand this concept exponentially, and you experience the nature of Sacred Feminine love as it Holds all life in all-accepting love. There are no limits on the potential of this love in its purest state. In the gentle, watery ebb and flow within the limitless, all-accepting womb of the Sacred Feminine, all life is lovingly Held in its suchness. It is the womb of all potential, where probabilities have been born and are waiting to emerge.

When we look up into the night sky, we call this womb—space. We know it as the place where celestial bodies have been and are born. And we as humans, and all of creation were, and continue to be, born through this same womb of potential, or space. From this dark, womb-like space all life was born—the first wave of sound and the first ray of white light—the Yang, or Sacred Masculine energy, expressing itself from the desire to know itself.

Sacred Masculine awareness is the ecstatic expression of love through light and bliss. As that, Sacred Masculine energy is embodied in humans and experienced as the qualities of generosity, action and achievement. The nature of the Sacred Masculine expression is consistently Held within the quiet, ebb and flow of the Sacred Feminine womb.

Space is not just an external construct. Physicists tell us that molecules and atoms are comprised of primarily empty space, and since you and I are comprised of molecules, we are also primarily space. In other words, the same space of potential, or the primordial

womb that gives birth to sound, light, supernovas and planets, lives within you. Imagine the healing you could do if you knew how to access that energy.

To be clear, the womb is not the same as the void. It is not empty and “void” of life. The womb is full of life and all of life’s potential, including your healing, held within limitless stillness and silence. The Sacred Feminine womb holds the endless possibilities of our existence, and you experience that potential through intuition, creativity and compassion. Once you access the best potential for your healing, you engage your Sacred Masculine energy to take the best and right action on your behalf.

Engaging these two primordial energies of Sacred Feminine and Sacred Masculine consciousness gives you access to tremendous creative potential, and therefore, for healing. For those who know they have been overachieving, the journey into balance begins by providing yourself a deep experience of Sacred Feminine. Even if you have not been over-achieving in the physical world, but feel an excessive and constant internal pressure to achieve, you can experience some of the same emotional challenges of overachieving because the pressure to perform to a preconceived standard is ever present. One of the ways you can restore the balance of Sacred Feminine energy is through the practice of Holding.

The Practice of Holding

In Holding, you Hold everything and every emotion in accepting love. You enter into and embody the Holding nature of space—as you now know—the great primordial womb from which all life and all potential for life is born. As you Hold, you receive new insights about yourself and the action you specifically need to take in the world. Being able to access this space provides wonderful healing insights for both men and women.

To Hold, as I was taught by four Native Grandmothers, is to return to the limitless potential from which you were born. In the experience of unconditional, or all-accepting love, you remember your original intent for this lifetime on earth—to be the experience of love expressing itself, and in that memory, you are born anew in loving intention. Holding trusts that you and I were perfectly created and if you return to the awareness you are loved just as you are, you will be reborn in the light of that awareness once again. As you Hold yourself in endless love, and as love becomes a constant awareness, what you create and attract into your life becomes a reflection of that love, uniquely inspired by and for you.

This ancient wisdom of Holding has been buried deeply in our subconscious minds and has not been as highly valued in our age of achievement, and yet it is this soothing, compassionate energy that brings balance to our lives. This awareness is coming to life in every sector of humanity because we need to know we are loved for who we are, as well as for what we accomplish in order to make wiser choices for our selves, our communities, and our planet.

Imagine a world where every human being, whenever they were feeling pain or stress, Held their problems in profound love until the fundamental fears behind their stress and pain dissolved. Life hungers to know it is loved, and when love is realized, the pain and stress that occurred when we disconnected from love no longer exists. Once the core fear is gone, we can then enter the expanded nature of creating as we Hold our dreams and visions fearlessly in profound love until they easily and beautifully become reality.

In a world where the masculine energies of planning, action, expression and achievement are highly valued, women and men can find themselves overwhelmed and exhausted, in an attempt to demonstrate personal value. Working, cleaning homes and yards, getting the car repaired, driving kids to activities, buying groceries, and taking care of family needs absorb huge amounts of time, overriding a deep, personal need to be still enough to experience the healing life-giving energy that lives within the restful nature of the Sacred Feminine.

How can our intuition possibly be heard, when we are so busy? How can we set down the burdens of regret, shame, pain, numbness, confusion, anger and sorrow, if there isn’t time to be compassionately present to ourselves? How can we be reborn in the wonder of our truest Divine desires, if we do not enter into the sacred womb from which we came so we can be consoled and release our burdens? Without returning to the womb for its comfort and love, we can find ourselves being driven by fear and living within the constraints of our own perceived limits, rather than in the full delight of who we truly are as Divine beings.

However, something beautifully freeing occurs when you slow down enough, even for minutes during the day, to Hold. When you Hold, you hold everything (good, bad, wonderful and terrible) that is going on with you in unconditional love and without intention to fix or improve yourself or someone else. It is about honoring yourself and loving every experience you are having right now that is being brought to your attention through your feelings. As you Hold, your emotions become doorways to spiritual freedom.

When your emotions and correlating thoughts and physical sensations are painful, you Hold with compassion for yourself and all the experiences you have had that have led you to this moment in time. As you Hold, difficult feelings, thoughts and sensations dissipate. Sometimes, you will feel a permanent dissolution immediately. Sometimes dissolution happens after you have held daily for 30-90 days. It just depends on how much internal work you have done up to this point, and how deeply the emotions are embedded in you.

When your emotions, and correlating thoughts and physical sensations are happy, you Hold in the pleasure of your happiness. Your feelings and sensations of happiness and delight expand until you are Holding as much joy as you possibly can. This is a good time to stop and bring your expanded awareness into action.

As you become more familiar with Holding, you will discover that your emotions, and your experiences, are in a constant state of contraction and expansion, as you move through your limiting feelings and expansive feelings. Both are powerful states of awareness, and honored as such. In Holding you do not make one state better than another. After all, there are doorways to happiness in the middle of the pain you are feeling. You are very likely experiencing pain because at some point you set into place a limiting belief that allowed you to navigate life with greater ease, or to feel safer. So the limit has served you. Limits allow you to experience “otherness” which allows you to have a journey of multiple and unique experiences exploring the meaning of Divine love in your life. Sometimes that journey is grand and wonderful. But when the limit begins to feel too restrictive, life becomes uncomfortable or even painful, and it is time to once again enter the womb of creation, so you can become recreated in the awareness of a new, expanded view of yourself and your potential.

Because the potential of creation itself is in constant evolution, redesigning its own experiences by exploring what it is and could be, learning how to be with your own personal states of contraction and expansion can afford you the ability to create greater peace in your life, and in harmony with the waves of creation. You become conscious of how much you are naturally influencing your own

reality, and your feelings provide a natural feedback mechanism for you to recognize whether what you are creating is working for you.

You might discover that undercurrents of negative feelings are often the true driving force behind the decision you make. Holding is one way in which you can help those negative feelings finally rest, so you can now be inspired and motivated by the exhilarating positive feelings that naturally emerge when the fear behind negative feelings has at last been recognized and loved. Your emotions, if you attend to them, lead you back to the silence where you can be reborn in compassion and intuitive wisdom, able to express your creativity from the reawakening of yourself as limitless love.

Holding honors your evolutionary process of constantly exploring your true nature. The moment you attempt to define your experience, it has already changed, and the experience itself was far more than you could possibly express in words. Simply the act of Holding and observing a feeling, and associated events, changes the experience of the event. Your love is at work all the time. Your focused attention to love allows you to see the breadth and depth of your soul's experience. Are you in this moment reacting to something in the past, a future that hasn't happened yet, someone else's feelings, or an awareness from another dimension? Are you reacting to something happening to you, someone else, or the planet itself? If you are empathic, it can take a while to figure out what's going on, if you ever do. All the while, you might be uncertain about whether the discomfort or pain, or even gladness and joy you are experiencing is originally from you or someone else.

If you choose to Hold in love whatever feeling and thought arises in relationship to a specific event, you quickly discover there is no need to name your experience, define it, or to even know its source. The original experience has already changed, but love is a great time traveler. In love you can be present to what was, is and will be. As you Hold any experience in love, the entire experience can rest and ultimately blossom in love. When emotions are honored in all-accepting love, you emerge clearer and able to make new choices based in love. It is in this state of Holding, that Mary Magdalene invites us to review our lives and discover the great love that heals all things.

In my own experience healing myself and helping others heal, I have discovered what Mary Magdalene knew—many physical conditions have emotional roots. And if an illness doesn't have emotional roots, your emotions are often effected when you feel limited and constrained by an illness. So attending to the emotions you are experiencing plays a significant role in healing. Holding is a simple way in which to be present to and heal your emotional body.

The Holding was not originally taught as a guided meditation. An elder walked a young woman through it, and the woman was then invited to make it her own, allowing her own spiritual perceptions and gifts to open as she discovered Holding for herself. This is the ideal way to be with The Holding—to make it your own. Since we now have recording technology available to us, my non-profit organization, Sacred Feminine Awakening, makes this meditation available to men and women all over the world in the form of a guided meditation. You can read how to do The Holding here, and/or you can download a free audio version of it at SacredFeminineAwakening.com.

Here is a written version from my book, *Sacred Feminine Awakening: The Emergence of Compassion*. You can read it and then do it on your own.

—The Holding—

Create a quiet, uninterrupted time where you can focus completely on you. Turn off the phone, the TV, stereo and any other distractions. Do not answer the door during this time. It is important to maintain your focus for the entire meditation. You might want to light a candle or place a bowl of water near you, but most of all what you need is your solitude.

Before you begin, consider a situation or emotion that has been troubling you. This emotion will be the state of "I am," that you bring to the meditation, as in: "I am frustrated," or "I am sad," or "I am numb," or any other feeling that comes to mind. You do not need to be able to identify the feeling with a name, but it does help to be able to feel whatever is present for you.

Sit or recline in a comfortable position. You want to be relaxed, without falling asleep.

Breathe gently and sweetly, accepting the nourishment of the air, the day, or Spirit—whatever fills you with peace. Breathe into the space of your body—the space between the cells and within the cells. We are more space than physical matter, so become familiar with that space.

When you have become aware of the space you are, think about some moment that caused your heart to open and feel your heart open once again. Expand into the love you feel. Become aware of your expansive capacity to be love.

Now focus on your energetic womb. (Both women and men have energetic wombs.) Your energetic womb and the primordial womb of all life are one. Breathe into the space that holds all life with love and compassion.

Become aware of the situation or emotion that has been troubling you. If you are focused on the situation, become aware of the feeling associated with that situation. Become aware of the most predominant feeling, whether or not you can name the feeling. Hold this feeling in the compassionate space that you are.

Do not try to fix or change your feeling, for that would dishonor the wisdom that lives within the limit of that feeling. Simply be with this feeling, acknowledging that it seems to be limiting your life. As you hold it, feel compassion for it. If compassion is difficult for you, reflect on a moment with a child or an animal in which compassion was easy for you to access. Imagine how you would hold a child or animal in pain, and then hold your feeling in the same way. Simply be in compassion. Do nothing, except be with it.

When this feeling has experienced enough compassion, it will begin to dissipate. It might take one session, or a session each day for weeks, or several sessions a day for months. Eventually, the painful feeling will soften and disappear.

Often, as one feeling softens, a new one arises. As the feelings ebb and flow through you, simply hold whatever feeling rises to the surface, moving from feelings of discomfort to overall peace. Before you end your meditation, be sure you are in a peaceful state.

At the end of the meditation, you might hear a word or sound; see a symbol, color, or vision; smell something; taste something; feel something; or know a truth. This is your new “I am,” for your well-being. The “I am” comes from deep within your subconscious and might not even make sense to your conscious mind, but it is your intuitive wisdom guiding you.

It may be helpful to find or create a symbol of this “I am” to put in a special place in your home to remind you about the beautiful reality you are creating within yourself.

Then breathe long and deep, exhaling through your mouth to bring your awareness fully into this reality. Breathe and exhale through your mouth until you can easily feel your body, hear the sounds in the room and feel the temperature of the air around you.

The Holding is the first step of a three-step meditation process called the Creation Meditation, taught in the Sacred Path of the Feminine—the path I am honored to share with women and men around the world.

In the other two steps of the Creation Meditation, you bond with your Sacred Masculine energy and then give birth to yourself energetically. It is this first step, the Holding, in which you immerse yourself in the nature of the Sacred Feminine to discover the freedom and wisdom that lies within her depths—within the space of you.

This version of The Holding meditation focuses on feelings, which can be very healing if you are feeling depressed or struggling with any emotion. Imagine how helpful this was for young women who were experiencing a tremendous range of emotions as they entered puberty? We have discovered it is equally healing if you are deeply empathic. Holding allows you to very quickly move from experiencing difficult emotions to feeling centered and at peace. Whether the source of those emotions come from you or you are picking up emotional energy from someone else, Holding allows it to dissipate, opening up a peaceful state for you, and any one else connected to that feeling.

It has also been used successfully with depression. A dear friend and colleague of mine who had been clinically, genetically depressed for 15 years used this meditation every day for 90 days. At the end of 90 days, she called me telling me she had watched the cloud of depression leave her. Three years later we were having tea in my sunroom and she told me she had not had another bout of depression since that day.

I too have experienced the power of Holding. I took an issue into Holding that I’d had most of my life. After 30 days, I knew the issue was completely gone. I picked up the phone and called the same friend and colleague who released her depression, excited to tell her my life-long issue was complete. She was very excited for me and naturally asked me what issue was gone. I paused for a moment completely baffled. I could not remember what issue was now dissolved. It was truly and completely no longer a part of my emotions or thoughts.

I also used The Holding meditation with a tumor in my breast. Within days, I watched layers of emotional pain lift out of my psyche—the pain behind the tumor—as the tumor itself shrank.

When you heal emotionally, you give your physical body greater opportunity to be open and receptive to healing energy. I talk about this extensively in my book, *The Root of All Healing: 7 Steps to Healing Anything*. Stress and strained emotions play a role in many illnesses. Some illnesses are rooted in emotional traumas or deep-seated beliefs that lead to injury or a predisposition for particular conditions. In some cases, emotional stress is the result of an illness. The more stressed you are, the more pain you experience. The more you can relax at every level, the more resources your body has available to do its natural healing work. So healing your emotions plays a vital role in your physical healing.

As you explore Mary Magdalene’s recommendations for healing, you will see that she places the emphasis on healing the emotional body, so you can enter into a state of love that allows you to fully receive what you need for physical healing. She shows you the depth of compassion and self-love that is required for the soul and body to mend.

If your body is in need of attention, and you are not sure about the emotional root behind the physical pain, you can still use The Holding to help you heal at both levels—physical and emotional. You do this by focusing on the area of your physical body that needs attention. Hold that part of your body in compassion. Breathe gently and easily caressing that part of your body in love through your breath. As you Hold your body, any painful emotions that might be blocking your physical body from healing will rise up to be loved. Let your emotions and body guide you as you fluidly move between your emotions’ need for love and your body’s need for love. Remain in compassion until you feel a sense of overall peace or happiness. Let that state of consciousness build until you feel your own energetic gifts come up to assist you or until you feel complete.

I have done this many times, and watched layers of beliefs, emotions, karma and childhood pain drift away until my body could remain present to love so that it was able to fully receive direct healing energy from me through sound, light, or I could sense what food, herbs, supplements, or behavioral or environmental changes I needed to make—some of my preferred methods of furthering my healing.

Now that you understand the basic principles of Holding, Mary Magdalene brings another way to work with your body, mind and spirit—within The Holding meditation—with her Four-Fold Path for Healing the Self. It is elegantly simple to merge these two practices together. It is best, I have found, to do it daily. I sit quietly and enter into The Holding meditation. When I can feel the emotion that wants to be released and I feel myself Held in compassionate love or caring, I then begin with Mary Magdalene’s first step of the Four-Fold Path. I talk myself through each step, until I feel my heart soften and open. Then I simply notice the clear ways in which I receive guidance and direct energy from the Divine for healing.

Now it's time to discover Mary's Four-Fold Path for Healing the Self so that you can merge it with the Holding—experiencing its healing power for yourself.

Mary Magdalene and the Four-Fold Path

When I was shown the four books written by Mary Magdalene, each had a specific focus in this order: 1) Healing the Self; 2) Healing Others; 3) Healing the Soul of Humanity; and 4) Healing the Spheres. As I received these titles, the order seemed important, as though mastery of one positioned you to learn and master the next area of progression in healing, until eventually your healing energy affects the cosmos.

Healing is an important part of human evolution. Every single act of healing you do for yourself right now contributes to shifts in our collective consciousness, for all of us in this moment, for future generations, and all of creation. Healing helps us restore our love and connection to the Divine. It all begins with the self.

It makes sense that the first of Mary Magdalene's four books began with Healing the Self. It is important to know how to heal yourself before progressing on to helping others heal. From Mary Magdalene's perspective, all of us have the responsibility to help heal other people, all of humanity, the planet and even the spheres. She considers this to be a natural state of service to one another, and the natural outcome of opening to Divine love and your innate healing abilities.

When you are healing, you need to be able to recognize when you are in a pure, Divine flow of energy that truly helps another's healing and when your own personality and issues have entered into the energetic space. In order to be a true healer aligned with Divine energy, you need to be a clear conduit through which pure healing love can flow. Therefore, you have a responsibility to heal yourself when your personal issues arise, so that you can be an unencumbered, clear conduit for another.

It is very likely that at some point as you develop your healing skills, you are going to attract someone who wants your help, who triggers emotional issues for you, as they reflect back to you some unresolved wounds inside of you. Sometimes the issue is so significant, you need to step away from the healing session altogether, so you can be present to your own healing. Sometimes it means recognizing that you have personally been triggered and making a mental note to come back to this at another time for your personal healing, then re-opening your energy once again for the person you are assisting.

Regardless of whether you step back completely for a while, or make a mental note of what needs attention in you later on, healing begins with the healing of the self. Whenever you meet resistance that prevents you from holding clear space for another person, it is your responsibility to return to yourself and your personal need for healing.

Being able to care for and love yourself, and as a result of deepening your relationship to the Divine and your ability to assist others, is the great work of healing. So we shall begin at the beginning. In this book we focus on the first in Mary Magdalene's progression of teachings, Healing the Self.

Exploring The Four-Fold Path

As Mary Magdalene explained to me what is involved with Healing the Self, a Four-Fold Path emerged. She may or may not have called it a Four-Fold Path, but for our purposes in studying this work, I'll refer to it as such, so we can easily see the steps she outlines. The Four-Fold Path for Healing the Self includes these areas of focus: 1) Forgiveness; 2) Gratitude; 3) Receiving; and 4) Service.

It would be easy to read the title for each of these four cornerstones of the Four-Fold Path and think that you completely understand Mary Magdalene's instructions for Healing the Self, but she has powerful and unique insights for each element of the path. These insights are vital to understanding exactly what Mary Magdalene meant, for example, when she said, "forgive," 2000 years ago, and from her unique vantage point.

Periodically, I attempt to put into words the feeling or state that Mary is inviting us to enter into, as I experienced it. Of course, words never describe these states of being. At best, they simply point the way. The state itself is far beyond verbal explanation, and it is in these states of expanded consciousness that the greatest revelations for healing can occur.

Mary Magdalene had a deep relationship with God as she knew God. Yet, as I have come to know Mary, she is respectful of your own unique experience of God. She would not presume to define God for another. She would let you experience for yourself what God means to you.

Like Mary, I would not presume to define God for you. The principles in this book apply regardless of your personal experience of God or what name you ascribe. For me, the word God is clouded by early childhood images of a powerful, white-haired man in heaven, and it is not my adult experience of God. I tend to think of God now as the Divine, which incorporates so many more qualities for me, including a feminine as well as masculine essence, and a profound sense of limitless Mystery, wonder and love, expressed throughout life.

Several times as I wrote, I was inclined to write down "Divine" when Mary said, "God." It seemed to me it did not matter to her. There were a few times, when "Divine" just seemed like the better word, as though it conveyed a nuance or description of God that I did not yet fully grasp according to her perception of Godness. And so, in those places the word "Divine" has been used instead of "God".

At times she was conveying concepts more than words, and she corrected me if the word I was about to write down did not convey the concept accurately. But interestingly, she never corrected me when I wrote down Divine. I corrected myself, doing my best to write what I heard, and express the concepts, as exactly as possible to honor her.

There were times when as I wrote, a question popped into my mind. True to a teacher's nature, she answered my questions. I did my best to organize the material in a way that would make sense to the reader, leaving her Four-Fold Path as close to her original teachings as possible. However, I do suspect a couple of sections may be reorganized because of my questions. So while the order might be changed slightly, the words themselves and the concepts are as true to her as I could be.

From my own experiences as a healer, I offer some of my own perspectives about Mary's wisdom, not in an attempt to interpret her, for her insights are clear enough. Rather, I believe it is helpful to understand how these insights could apply directly in your life. As a result, I offer some of what I have learned about healing.

Mary Magdalene's words as I heard them are in italics. All other content are impressions I received as I listened to her words, or are insights from my healing practice. I had no sense of titles, numbering, or paragraph breaks as I wrote what I heard and sensed from Mary. However, I inserted titles and paragraph breaks in her narratives for ease of reading. Words in parentheses indicate that we

don't have a word in English that exactly conveys Mary's intention. The word preceding the one in parentheses, plus the word in parentheses is closer to an accurate meaning.

Requisite Qualities for Healing

Love, Faith, Hope and Intention

Mary Magdalene's Four-Fold Path of forgiveness, gratitude, receiving, and service is predicated on specific qualities that are necessary to the healing process. They include love, faith, hope and intention. Let's discover now, what she wishes for us to understand about these fundamental qualities. (Again, Mary's words are presented here in *italics*.)

Love Is the Great Healer

Love is the great healer, and God is the source of all love. God is without and within, and permeates all life. When healing, before doing anything else, open your heart to love, for it is the gateway to God's creative powers. All life recognizes itself in the presence of love. Love restores life. The greater the love, the greater the restoration.

There's but one true healer and that is love. In all its shapes and sizes and forms—love. You may try many things in your attempts to heal. You may hear of many formulas of herbs and potions to use, but without love, the results of all you use will be temporary. Lasting healing requires love. Do not let yourself become distracted by the methods. Learn them and use them with skill for they have much to offer, but remember always, the greatest healer is love.

When you love yourself through your highs and lows, your beautiful feelings and your painful ones, you enter into a state of constant love. Imagine for a moment what your life would be like if you lived in a continual state of love. If you deeply loved your body, what would you attract into your life for the wellbeing of your body? If you profoundly loved your emotions—all of them—what beautiful experiences of inner peace would you experience as difficult emotions finally rested and wonderful emotions could soar? Every part of you hungers to know that it is loved. Healing is the great opportunity to deepen your experience of love. It is the great elixir of healing.

Other qualities contribute to the healing process, but none are as great as love. And yet, they too are required for healing to occur. They are faith, hope, and intention.

Faith Is Trust in God's Love

Faith is trust in God's love—that it never fails. God's love is constant and ever present. There is nowhere you need to go or anything you must do to be deserving of this love. Because you exist, you are loved. Even if you have committed the worst crime imaginable, you are loved. You are loved as a parent loves a child—limitlessly and endlessly—regardless of what you believe and the choices you make. God's love never dies. So this love is there for you, regardless of anything you may have done that you believe would exempt you from God's grace. You can rest in the knowledge that you are already loved and there is nothing you could do that would make you unworthy of that love. That is the vastness of Divine love.

Mary Magdalene suggests to us that faith is trusting God's love, not in what God will do. This is a real significant difference from the way I remember learning about faith as a child, where faith in God's power was more like a faith in what God could do for me with an outcome I desired. That's very different than faith is trusting God's love, that God's love is constant. As soon as you rest in it, you experience its wonder and you experience its creative power.

It can be quite comforting that there is nothing you need to do to be deserving of that love. It simply exists because you exist. You are an emanation, a spark of Divine love. So Divine love is of you and of God.

This might be a little difficult to imagine in a world where many of us have experienced love and approval bound together, as though love is something you earn. When, as children, we have experienced approval, the withdrawal of approval, or disapproval as measures of our parents' or guardians' love for us, we can find ourselves a bit confused about unconditional love.

We interpret love as being our reward when we do things right, and lack of love as punishment when we do something wrong. Love and approval, or right and wrong, are separate energies from pure love, though often entwined in our young minds. Then we extrapolate this into our relationships with the Divine. If I do right, God will be pleased and love me. If I do wrong, God will be displeased and I will be punished by being removed from His love. This runs completely counter to something we intrinsically know—that God's love for us is eternal. So we question ourselves. How is it possible for God to love me if I do something wrong? Won't God reject me and send me out of reach of His love?

In order to experience unconditional love, we must unhook love from our beliefs about approval or disapproval; and right or wrong. You can love yourself, but not approve of a choice or the choice of another person. Naturally, you can also love yourself and approve of your choices and the choices of others. Mary invites us to experience God's loving nature beyond our earthly propensity to approve or disapprove, to judge as right or wrong. She invites us to go deeper.

Mary invites us to believe in love itself—in its constant ever-present nature. In that way, at any moment, you can recognize you are worthy of love, rest in that love, and in the experience of that cathartic love for your thoughts and feelings, find true forgiveness. In forgiveness, you are redeemed from the regrets and resentments—the fears of the ego—that distance you from Divine love. As you learn to trust in a love that is ever constant, you live from love, constantly.

Hope Is Surrender to God's Love for You

Hope is found when you surrender to God's love for you. When immersed in this love, worries and doubts leave you. This creates an opening through which God's will is made known to you. In this love, struggle ends and you are free to enjoy wellness through an extended life or deliverance into God's hands on the other side—all in accordance with God's will. So, enrapt in God's love, either reality is a blessing in grace.

Hope is one of those concepts to which we develop a very interesting relationship as children. Think about how you learn to acquire what you need as a child. You discover your meaning for hope as you ask your parents for what you want. Let's say you want a bike. You might give careful consideration to how you're going to ask for it, when you're going to ask for it, and to which parent or guardian you are going to make the request. You might think about how you're going to position that request in such a way that there's the greatest likelihood you are actually going to get your bike.

You might even throw in a little bartering, as in offering to do a specific chore for a specific amount of time. All the while you are hoping you made the right request on the right day at the right time to the right parent, bartering wisely so that you will get what you desire. In other words, you hope you get what you want because you have done the right things.

As you grow older, you take this form of negotiation into your prayers with God and become deeply disappointed when you don't get results. The reason you don't often get results is that you are positioning yourself in an earthly way, rather than in a Divine way. In a sense, you are trying to manipulate the situation so your request will be heard and answered. It is an innocent and sweet way in which a child tries to influence his or her reality. But if you take it into your adulthood as your means of interacting with the Divine, you are likely to find it is not very effective.

Because you pray with the concept of hope as God doing something for you, you may find yourself at some point saying, "Why is God not listening to me? Doesn't God care? How can God let all these bad things happen?"

Mary suggests hope is found when we surrender to God's love. It's not about getting. If you have surrendered fully to God's love, you will sense and feel God's intent and you will know it to be exactly right for you. You will naturally act in accordance with God's will. You naturally attract what you love and desire when you are in alignment with God's love.

The key to the manifestation of your health, wellbeing, and to the life you desire is feeling just how profoundly you are loved. When immersed in this love, doubts and worries leave you. This creates an opening through which God's will for you, as an emanation of the creative force of the Divine, is made known to you—your sacred contract. Within this sacred space, your desire and Divine desire become one, and so you receive all kinds of guidance and synchronistic encounters to help you manifest Divine desire expressed through you.

In this context, when we look at painful events we experience personally or globally, we might begin to ask ourselves different questions such as: "How could I have let all this happen? How could we as humans have let all of these tragedies happen? How could we have fallen out of love with ourselves and with God and with the Divine? When did we let go of our trust in Divine love? When did I lose my faith in Divine love?"

When you ask these questions, you are taking responsibility for your part in your personal sacred contract, and our sacred contract as humanity. You are choosing to look at where you, or we, are out of alignment with Divine intention. You realize you, and we, can choose once again to surrender to God's love so that Divine intention can flourish.

Intention Is Attention to God's Will

Intention in healing is presence and attention to God's will, which is sometimes extended life on this earth and sometimes life in the next world. Once you know God's intention for you, you can direct your energy and attention in such a way as to fulfill that purpose. In the instance of prolonging life, you might be guided to attend to specific parts of the body or address circumstances in your life requiring change. You might review your thoughts and beliefs to adopt more life-giving perspectives. You might consider new ways to nourish your spirit or calm your emotions so that your life becomes one filled with daily acts of loving regard for yourself and others.

It is helpful to understand that alignment with God's will, as Mary refers to it, happens naturally when you embody love, and you become aware of your soul's original intent. With this understanding, intention is predicated on truly knowing God's will for you, and knowing is different than thinking you know Divine will, or assuming Divine will for you is what you want right now. This deeper knowing arises in your consciousness after you have fully surrendered to God's love, and you are completely at peace in Divine love. When you are in oneness with God's love, the greater intention that wants to be fulfilled becomes clear to you, because the Divine, you and the intention become a single and beautiful expression of Divine love.

People who cross over to the other side and return often speak about how the moment they thought about something they still wanted to experience or fulfill, they immediately returned to their bodies. Their unfulfilled intentions call them back into their earthly experience. Through intention, you embody the creative force of the universe.

You use this creative force of the universe when you focus on what is working in your healing. Life responds to your attention. And so the result or outcome you create is a reflection of where you have placed your attention. Your desired outcome, aligned with Divine will, manifests as your focus remains strong and clear.

What pulls you away from Divine will, and your intention to manifest it, is fear. When you fear, you feel worry and doubt. Frequently, you try to get control of your reality, and in the process lose your alignment with the Divine, making it all the more difficult to bring your intentions to life. Fear and doubt keep you in a state of limitation. As a result, you are not able to manifest in your fullness because you are in a constrained or restricted space.

Through doubt and fear, you put your focus on what is not working and what is not happening in regard to your healing. By doing so, you create a negative and fearful environment, away from Divine intent and love. In that

environment, healing slows down or comes to a complete halt. That's why in healing, it's so important to attend to those doubts and fears with love because if you don't, those fears and doubts get stronger than your embodiment of God's will in you. Once you understand and embrace God's will for you, guidance emerges as it is needed.

For example, if you are clear that your healing journey is ultimately about crossing over, then doubts and fears about the process naturally arise. By Holding your fears until they release, you might find it easier to relax and trust in Divine influence. You might be unencumbered enough from your worries to allow yourself to feel the inner urge to surrender to Divine love, as you sink into revelations from the other side, preparing you for your journey. You are not expected to do it alone, and you can find wonderful assistance in beings that have assisted you for most or all of your life.

If Divine will is for you to remain here, you are probably going to go through a range of feelings in your healing process. It's okay to recognize you are not feeling well and wonder if a healing treatment is working. It is appropriate to wonder if you are reacting to a treatment? It is helpful to pay attention to whether you are curiously wanting to understand your current state, or whether you are sinking into feelings of worry or doubt about Divine will for you. Clarity comes as you remain connected to Divine love for you.

Having a difficult time or a difficult day doesn't mean the Divine doesn't love you. It doesn't mean you have failed. It doesn't mean you did something wrong. It means there is something you need to be aware of that will move you into a greater state of healing. So at difficult times, you can ask yourself what you need to be aware of in this moment. Consider what you have learned or what you have recognized as being important at this phase in your journey. Consider how Divine guidance might be coming through to you through mundane and natural channels, or meditate to receive better insights. Use the difficult times to gain clarity.

Healing, like all matters of creation, takes time. This is why daily practice is so important to healing. When you are healing something chronic, healing has probably become one of your full-time jobs, or your only job. It's a good idea to create regular self-healing sessions multiple times a day when you focus on your intention. I recommend at least three times a day—in morning as soon as you get up, some quiet moments in the afternoon, and in the evening before you go to sleep.

Focus on the cells of your body. See, sense, feel and know your cells rejuvenating. Open to finding your relationship with the healing gifts of creation around and in you. Discover a new relationship with whatever is causing the illness that you are experiencing. Most of all, open your heart to love's healing balm. If you are preparing to cross over, use your days to make peace with yourself, those you love, and the Divine so your heart and mind can open fully to the process.

When you are in pain, that's naturally where your attention goes. As you focus on the pain, you are bringing your attention and presence to pain. When you are feeling depleted, you might find yourself brining your attention and presence to your depletion. As you focus on what is not working, you bring your attention to it, and create more of it. So the great opportunity in healing is to really embody your creative force so that you are focusing on your true intention in concert with Divine will.

Here is a question that will help you refocus on your intention when you are feeling in pain or uncomfortable, "How will I feel, when I'm completely well?" Or if you are making your crossing, "How will I feel when I am on the other side?"

If you are healing to spend more time here, give yourself permission to get creative as you open up opportunities to feel better. Creativity has been proven repeatedly to be a powerful source of pain relief. It also gives you a reason to keep going on your path of healing, as you find greater enjoyment in your days.

Healing to Live or Cross Over

What I found so striking about Mary Magdalene as a healer is that she perceives healing as the pathway to living longer here on earth or to crossing over to the other side. She did not describe healing as a way to fix the body because something is wrong with it. She described healing as a way to re-establish your connection to God.

In a world where we are often fearful about death, going to extreme measures to preserve a life, and feeling guilty if someone dies, Mary Magdalene offers a very different perspective. She sees the beauty in both life and death. Notice she does not raise one above the other, because she suggests death is a form of new life. So whether you move through a portal of healing in order to continue living on earth or to transition to life on the other side, both instances are gateways to greater love. Both are valid. And love, not fear, is the place from which to become aware of God's will.

She is also clear in stating that healing needs to be in accordance with God's will, and part of the process of healing is in knowing from your own direct relationship with God, just exactly what is God's will for you. She is not suggesting you act from what you think might be God's will. She is talking about a deeper state of personal relationship with God, so you clearly know the greater will for you. This greater knowing is typically communicated through your spiritual gifts and your direct relationship with the Divine while you are in a relaxed, meditative state focused on love—the healing state.

If you are called over to the other side, you will want to purify your spirit. You do this by releasing your attachment to all earthly things. This includes releasing your responsibilities to those you love and anything you have not yet completed in this lifetime. You may perceive you are on the earth to complete specific tasks for God, but are now unable to fulfill them. These too, need to be released, so that you can turn your attention fully to God's new requirements of you. After you have released and purified, you are ready to fully receive the blessings of this life into your heart as you enter a pure state of grace in God's love, where the heavens open to receive you.

In either case, whether you are healing to live or healing to cross over, you will need to forgive yourself and others of the harm you have perpetrated against one another, intentionally or unintentionally. You will also need to forgive the harm you have done to yourself. In this way, your soul is free to receive Divine grace.

If you know your healing is about preparation to cross over, consider allowing your mind and heart to open to the beings on the other side of the veil, as they show you how to prepare your spirit to release. A wonderful world of colors, sounds, scents, and feelings awaits you. The more you experience the beauty on the other side of the veil, the less you will feel the discomfort in your body.

Whenever there is struggle, restriction, or resistance, it is an opportunity to open again to Divine love, and to discern Divine will in this moment. It is an opportunity to ask yourself if you are willing to surrender to infinite love? What you discover might bring you more deeply into your body, or it may carry you over to the other side. Remember, Divine intention is within you, and you were perfectly created for it.

The Healing State

This next section on the Healing State was in response to two questions I asked: 1) How does one access a state of consciousness in which one's connection is pure enough to experience the power of love for healing? And 2) Does the state of loving consciousness for healing correlate with the state The Holding Meditation can induce?

Indeed, she does recognize a state of consciousness that is ideal for healing, and The Holding Meditation is quite useful for taking you into this state. If you have ever been in a healing trance state, it is a powerful state of consciousness in which you certainly can feel as though you are "between heaven and earth". You are relaxed, open, and able to easily shed limits and open to Divine instruction or energetic healing. Each individual's spiritual gifts are more easily experienced so you can assist yourself in your own healing.

The healing state is a space between heaven and earth. It is a meditative state in which earthly concerns fall away. Your entire focus is on God and God's counsel. You must be at rest and your mind must become still. With your heart open, you are ready to receive guidance and healing. In this state your inner senses come alive with sight, sound, feelings, tastes and smells.

Some are actually able to see the inner workings of the physical body, while others see its spiritual form. Still others receive guidance about changes to make in their lives. Some receive direct healing from God or chosen assistants in the heavenly realms. Most have such profound experiences of tranquility and love, that their lives become reflections of the compassion and healing they have experienced. They become ambassadors of peace in a troubled world. Some come away with revelations, wisdom and insights to share with others. Once someone has entered this state, they are better able to receive healing support and assistance from a brother or sister healer. Their wounds heal more quickly, hearts become lighter and they become stronger.

Many experience greater ease in life as their dreams and desires unfold readily. They are transformed in God's love and their lives reflect that transformation in many ways. Young men find their beloveds, couples that have been together for many years fall in love again. Merchants become more cheerful in their hearts and their businesses grow. Mothers are more relaxed and at peace with their children. Many restore their faith in God.

To enter into this sacred state, sit still and breathe. Focus on your breath until you feel quiet inside. In the stillness, open into the spacious awareness of God inside you. Open to God's love for you. Remember God's love is limitless, so open your mind and heart to such expansive and eternal love for you.

When you are healing yourself, you must step aside from worry or doubt to allow God's love to fill your entire being. As doubt and worry arise, compassionately and consistently refocus your attention on God's love for you. Notice the blessings you have received in your life. Reflect upon the ways in which you have witnessed God's bounty and experienced God's regard for you. Cast your mind to the love and tenderness you have experienced in your house with your family, for such love is evidence of God's love.

The Four-Fold Path for Healing the Self

Forgiveness

Forgiveness is the natural outcome of an epiphany of both mind and heart.

The feelings that have been driving you crazy, the pieces you haven't been able to reconcile, and the forgiveness you haven't been able to feel matter because they are calling to you for transformation. It is your calling to transform the limits of your beliefs and the pain of your emotions and body. You were not created in a static state. You were created as an ever-changing being within an ever-changing universe. As you choose to grow and expand, you tap into the hidden powers of the universe within you. And in healing, change begins with forgiveness.

In my own experience, two energies that often alienate us from our alignment with the Divine are regret and resentment. This has to do with the things we wish we had done, or the things we wish we had not done. Resentment is what we wish others had done, or had not done. Both resentment and regret can feed greed, and greed is fundamentally the willingness to meet our own needs at the expense of others, rather than in regard for the needs of all. Regret and resentment are important to address because they can be found at the root of many illnesses. They become platforms for resisting life, as we focus on the pain we have experienced by our own hands or at the hands of others.

In the practice of Holding, we take whatever resistance we are feeling, from the past, present or assumed future into the arms of all-accepting, all-understanding love. We take into meditation sorrow, anger, regret, resentment, jealousy, numbness, and fear—any feeling that causes us to feel limited and restricted in our lives. In the arms of love, the painful feelings naturally, as the ancestors taught me, “Die a natural death.”

In Holding, we discover that feelings of doubt and worry are reflections of fears. Doubt and worry usually occur because we have deep-seated regrets and resentment that have not yet been resolved in forgiveness, and so we are afraid there is not enough love for us in such an unworthy state. Mary Magdalene assures us this is not true. We are always worthy of God's love. And healing is an opportunity to align with Divine will so we can experience the love we yearn to remember.

Mary Magdalene is not suggesting forgiveness in terms of letting people off the hook, or in not requiring people to be responsible for themselves. She is suggesting that through forgiveness, you create peace in your heart so you can restore peace in your mind and body. Then your own state of being becomes a clear reflection to those that would hurt you. In your clarity and state of non-judgment, others more easily see their own frailty and truth. Your presence, love, and clear boundaries catalyze transformation in others. Loving another when they are feeling or acting out through their wounds is a strong and powerful transforming love. Your love opens the space of Divine potential between you, and therefore, gives them an opportunity to reestablish their own direct connection to love, once again.

Forgiveness allows you to enter into an even greater awakened state of Divine self-awareness, but it cannot be done through the mind alone. You cannot think, “I forgive myself,” and consider it done. You must actually feel compassion for yourself. When you feel your heart open to self-compassion, you enter into a field of awareness that prepares your mind, body and emotions for greater healing.

You can't force forgiveness. It happens spontaneously when you have felt enough compassion, through the layers of pain, in order to finally feel free. In that freedom, there is no longer a need to blame yourself or anyone else for what you have experienced, because you have a greater, more Divine, view of the choices that were made. You see the struggles of humanness, and forgiveness is naturally what you feel—the natural outcome—of true compassion, as both mind and heart awaken in freedom.

Forgiveness is the natural outcome of an epiphany of both mind and heart. Here are the four steps of forgiveness that are required. Forgive yourself for the choices you have made that have harmed you. Forgive others that have harmed you. Forgive yourself for harming others. Forgive yourself for any pleasure you derived in the harming of yourself or another.

When you forgive, you forgive yourself for your fears that kept you from feeling and acting in Divine love. You forgive yourself for the ways you cut yourself off from love, and the ways in which you did not accept yourself fully.

To forgive, open your heart to love. Whether earthly or Divine, your heart must be open for true forgiveness to take place. Where there is love, God is present, so do not be concerned about whether or not you immediately feel Divine (Godly) love. Earthly love will take you to Divine love. Only when your heart is filled with love can you recognize the frailty of human existence and truly forgive yourself and others for these natural weaknesses. We may strive to live in Godly awareness at all times, but our human nature often prevails, and therefore, in healing we are called to be as gentle and loving with ourselves and each other as God is with us.

To see in another, that any choice a person has made, given the same set of circumstances, is a choice you could have made, gives cause for compassion. When you acknowledge that you have harmed others in much the same way that others have harmed you, your only freedom is through compassion.

Perhaps the most difficult aspect of forgiveness is the recognition that harming oneself or another can actually feel good. This can be difficult to understand when you are in great pain. In some way, the pain serves you. It can be as simple as a reminder to be more careful or to be aware of what your body will or will not accept. Such knowledge is a blessing and makes you wiser. Wisdom can be pleasurable. Extreme physical pain has been known to take a person into states of bliss and connection with Divine awareness. Inflicting pain upon yourself can be a way in which you are attempting to ultimately create a better life and greater connection to God. It is necessary to forgive yourself for choosing such a painful path to experience Divine grace and pleasure.

Harming another is often accompanied by a state of righteousness that is pleasurable. There is a kind of pleasure that is derived from exercising power over another that is seductive. It is this kind of pleasure that needs to be forgiven.

Some choices have an addictive quality. You feel compelled to repeat the action even though you know it is harmful to yourself or another. When this happens you are substituting something else for God's love. What you are substituting brings you temporary pleasure, and so you need to forgive yourself for choosing the lesser pleasure over the greater blessing and pleasure of God's love.

Forgiveness at its essence is compassion for human frailty. It is the willingness to love yourself and others as the Divine loves you, and to discover the depth and limitless nature of that love. When you heal, begin by opening to love and then forgive in these four ways, so that you become a pure vessel for God's healing grace. When you feel yourself release from the constraints around your mind and heart through this practice of forgiveness, you are ready to be restored in body, mind, heart and spirit.

As a reminder, here are the Four Steps of Forgiveness:

1. Forgive yourself for the choices you have made that have harmed you.
2. Forgive others that have harmed you.
3. Forgive yourself for harming others.
4. Forgive yourself for any pleasure you derived in the harming of yourself or another.

Much of the human journey is a journey of forgetting our direct connection to the love and will of the Divine. One of my Native teachers used to say that you remember your profound connection to God, as most children do, until about age five or six, and then you start forgetting it. You will often begin forgetting your direct relationship to God even if your parents are really working hard to help you keep it alive. It is part of the journey—setting the stage for the exquisite delight of remembering your connection to God.

As we forget Divine will and our connection to infinite love, we all make choices worth regretting. It doesn't mean that something is wrong with us. It means we are human. Forgiveness allows you to realign with Divine intention as it wants to express through you.

When you meditate with these four steps within Forgiveness, I recommend you allow each step to really sink in, until you feel a release in your heart. When you feel the release and your heart feels light, you are ready to progress to the next step.

You certainly could change the order of the steps, but I don't recommend it. These are in an order of difficulty, and each previous step prepares you for the level of forgiveness that is next. Your opportunity is to allow yourself to experience a feeling of catharsis and heart-felt freedom at each step. With each feeling of freedom, you are aligning with the Divine, and in that alignment, your experience of Divine love deepens.

As you do this, you may not experience complete forgiveness in one sitting. You might not even be able to move through each step. If you are like most of us, you'll have layers that will want to be unraveled over time. So you progress as you can with each step. In some sessions, all four steps might be quite potent. In some sessions, one of them will really stand out, or be all you feel able to reflect upon. Eventually, as you forgive fully, you will feel free enough to feel well.

Forgiveness of yourself is love saying, "I get it. I understand why I hurt myself and others. I understand the pain I felt and how I made choices to try to protect myself from my pain, even to the extent of hurting others." When you forgive yourself fully, you can forgive others because you see yourself in them. You emotionally understand the pain behind the choices they made that hurt you.

What is so compelling about Mary's four steps of forgiveness is her recognition that there is a pleasure we experience in hurting ourselves and others. In order to fully forgive, we need to acknowledge that primal state of pleasure and forgive ourselves for feeling it. To keep this feeling of pleasure alive, we may have attached to specific beliefs, thoughts, feelings, or behaviors. The feeling motivates us to continue down paths in which we hurt ourselves and others in an attempt to feel good; however briefly we feel the pleasure. Addictive pleasure tends to only satisfy us for very short amounts of time, which is why we often feed them over and over and over with more of the same addictive habits.

Divine pleasure is not the same as addictive pleasure. In Divine pleasure, we feel God's pleasure in us. We live in that awareness and we recognize the Divine in everyone and everything we encounter. But addictive pleasure is seductive, because there is an immediate sense of satisfaction that we don't have to wait for. We don't have to be in the "right state" to experience it. We don't have to prepare or forgive ourselves or others in order to feel addictive pleasure. Addictions include more than food or substances. We can be addicted to power, powerlessness, patterns of behavior that elicit certain feelings, sexual pleasure, control, lack of control, illness, personality types, and more. Perhaps one of the most seductive forms of pleasure is righteousness.

Righteousness operates from the presumption that, "I am right, and you are wrong," and one can derive great pleasure in feeling right. However, it is a form of greed. When I'm being righteous, I am placing my needs and beliefs over that of another. It is a way in which I try to be in control so I can feel safe. I might even select texts that have been deemed to be sacred to support my greed. But, what I am really saying is that through my beliefs, needs, and choices, "I perceive I am more worthy of love, including evidence of love in the form of power, wealth, and influence. In effect I am saying, "I am more worthy of God's love than you are." Again, Mary Magdalene assures us this is not true.

We are all worthy of love all of the time. Certainly, our behaviors, thoughts and choices might be disruptive to a greater good. And there are certainly times when each of us would do well to consider the harm we have participated in, whether intentional or unintentional, so that sources of pain can be released. In my experience, this is one of the gifts that comes from Mary Magdalene's suggestion that we reflect compassionately in the energy of forgiveness. In this way we do not perpetuate a cycle of righteousness or blame. We take complete responsibility for the reality we are creating through conscious forgiveness.

Through the practice of true, heart-felt forgiveness, we discover we can honor our own needs and still be in respect and love for others. It's simply not up to us to tell others what to do or not to do. If we truly respect another person, we will forgive them for any harm they have caused us, and in doing so, we help to free their energy so that they can more closely align with the Divine.

Here's how it works. If I am holding resentment against someone else, any time they tap into my field of consciousness, they sense my resentment. In order to protect themselves from my bad feelings about them, they are going to defend and protect themselves by resenting me. What we now have is a loop of resentment. I might try to get out of it by regretting my resentment, which now puts regret into my field of consciousness. In sensing my bad feelings about myself, my regret could very well trigger a protective reaction in the other person, as they desire to distance themselves from my negative feelings, through fighting, fleeing, freezing or folding. This same scenario could play out in other ways, but at its foundation, my regrets and resentments set up chain reactions that distance me from the Divine, and set up a resonant field of distancing from the Divine, and anyone associating with me is inclined to adopt or react to that distancing.

But if I accept another in respect and compassion, even if I disagree with their actions, I am welcoming us both into a field of Divine love, where I am choosing to let go of my ego attachments to what is right and wrong, and trust in Divine wisdom, inside of

them and me. I meet their spirit in a field of Divine love and consciousness. As I forgive myself, and then the other, both of our spirits have been freed to realign with the Divine in accordance with our own conscience and choices.

As with most spiritual paths, the real work begins and ends with the self. As you commit to working with the process of forgiveness, you will likely discover layers of regrets and resentments that come up to be forgiven. Sometimes it can actually feel a bit overwhelming. If that happens to you, it is a good time to pause and rest in the compassionate comfort of The Holding, until you feel ready to resume your process in forgiveness. Compassion softens you, as you Hold the ways in which you are beating yourself up psychologically or blaming others. In Holding, the pain you have been carrying, physically, emotionally and spiritually dies a natural death, allowing you to be reborn in health.

I have discovered it is very helpful to begin Holding before I reflect on the steps of forgiveness. The practice I have adopted through the guidance I have received looks like this:

1. Enter into the Holding by opening my heart in compassion.
2. Reflect on the first step: *Forgive yourself for the choices you have made that have harmed you.*
3. Lovingly Hold the memories, feelings, and thoughts that arise as I reflect on how I have harmed myself. Hold until the intensity has softened and there is peace.
4. Reflect on the next step.
5. And continue until all four steps have been honored.

When attachments have been released, the spirit naturally aligns with Divine will, and as this happens, your spirit naturally longs to enter into the grace of gratitude.

Gratitude

It is through gratitude that you experience the full measure of God's celebration of you as a being of Divine handiwork and creation.

The first time I followed this practice and allowed myself to go from deep forgiveness to gratitude, I was wonderfully amazed at how widely my heart and spirit opened to recognizing the Divine's presence within me. It was absolutely exquisite.

I delighted in feeling the Divine coursing through my veins. And the additional revelation that surprised me was that we also delight the Divine. It occurs to me that we hunger to know, actually to feel, how much joy we bring to the Divine. And we do. As I celebrated the ways in which I appreciated myself and others, and the pleasure this derived, I was in the pleasure of God. This pleasure was comprehensive and total. Within it were the nuances of God's pleasure with me and the pleasure I bring to God through the relationships I share with others.

There were other concepts about gratitude that I could feel as I sat with Mary Magdalene and they included:

- A profound sense of "as above, so below"—that God is certainly outside, but also within you.
- The journey of healing is a discovery of God within—within the very essence of you;
- Healing at the essence of you means right into the cells, molecules, atoms and quarks, though I did not sense that 2,000 years ago, she had a word for cellular or molecular structure. So she describes the depth of your healing work as being present right into your whole mind, body and spirit, or your essence as she sometimes referred to it
- Like forgiveness, gratitude must be felt in order to have an effect.

At no time did I get the impression there were limits about what Mary perceived could be healed. Remember, she did not perceive healing as "fixing." Healing is about alignment with the Divine, and entering into the joy and love God has for you. Your "essence" as she would describe it, responds to God's love and your attention to God's will for you—aligning in such a way that you prepare for greater life through death or a healthier and whole body.

In restoring yourself, you recognize that you were created perfectly. You were made in God's image, with human tendencies to master, but still created in Divine grace. In this phase of your healing you acknowledge how you were Divinely made and how God's grace has been active and present in your life.

Forgiveness has a counterpart, and this is gratitude. You cannot live in Divine grace without gratitude, for it leads the way of your mind, heart and soul to the awareness of Divine benevolence. It is through gratitude that you experience the full measure of God's celebration of you as a being of Divine handiwork and creation. Here you find your joy and motivation to live in grace.

Just as there are four steps of forgiveness, there are four steps of gratitude. You express your gratitude in these four ways. First you gratefully appreciate yourself for the choices you have made that have helped you. You gratefully appreciate how others have helped you. You gratefully appreciate yourself for the ways you have helped others. You gratefully appreciate the pleasure you have derived through acts of kindness.

As you began with forgiving yourself for your choices, in this next series you thank yourself for the choices you have made that have helped you feel whole and well by acknowledging the wise ways in which you have tended to the care of your mind, body and spirit. Acknowledging what works, inspires you to do more of it. Do not leave this step until you can feel gratitude throughout your being.

The second step is to thank others that have helped you. This includes healers, priests, family members, and friends that are doing what they can to lighten your burden and help you recover. Remember to thank the life forces of the herbs, plants, food and water that nourish you and strengthen your body and spirit. Thank the living Mother Earth and Heavenly Father for looking after you and providing for you. Feel, hear, sense, and see with gratitude the life force of every being—human, of the Mother, or of Spirit—that is assisting you in your healing.

Acknowledge the angels and the ancestors throughout time that saw and prepared for your arrival on Earth at this time. For they have already seen how you heal and their guidance can assist you in your recovery. Heal at every level of your mind, body and spirit through your words of gratitude. Let the words seep into your very soul and the life force within you.

In the third step, thank yourself for helping others. Consider the ways in which you help others through the strength of your health and wellbeing (vigor). Let your gratitude for the ability to enjoy life and be of service to others motivate you to find your strength. Thank yourself for being a vital part of God's creation. As you feel gratitude for the opportunities life provides you, your body and spirit garner strength to fulfill your life's work once again. Give thanks for your heavenly and earthly gifts that allow you to be of service to others.

In the fourth step, thank yourself for the pleasure you experience in healing yourself and others. Life is meant to be a pleasurable experience. Feel the sheer delight and joy of creating a healed, whole and happy world. It is through this pleasure of grace that God can now work through Divine intervention, your healing gifts and the gifts of others, both from the heavenly plane and earthly plane. Let love carry you, through this pleasure into a state of transcendent awareness, where love can have its way with you. Here the true power of healing emerges.

At this time, allow yourself to feel the delight of God's pleasure through you as a human. You might even find yourself opening to states of bliss, as you begin to deeply receive and experience God's love.

Here, then, are the Four Steps of Gratitude:

1. You gratefully appreciate yourself for the choices you have made that have helped you.
2. You gratefully appreciate how others have helped you.
3. You gratefully appreciate yourself for the ways you have helped others.
4. You gratefully appreciate the pleasure you have derived through acts of kindness.

As Mary spoke to me I realized how wise this step is in the healing process. *Acknowledging what works inspires you to do more of it.* Acknowledging all those beings that are assisting you, whether those beings are the cells living inside you, guides in spirit form, or the life force of the herbs you are taking, acknowledgement reinforces the myriad of ways you are being helped to heal. Have you noticed if someone compliments you for doing your best, you are inclined to do even better? This concept applies even if you compliment the cells of your body for the good work they are doing. Cells have a consciousness of their own and they can receive your love and attention, reinforcing them to continue their healing response to your intention.

Through gratitude you also see the difference you are making in the world, and that provides you with motivation to heal. This is why, when it is possible, continuing to be of service in some way can also help further your healing. To know that you are making a difference in the life of another can be a powerful stimulant for remaining diligent to your healing. Plus, in service your mind can be off of your discomfort for long periods of time, giving you more to feel grateful about, thus enhancing your own energy field for healing.

In gratitude, you open to the pleasure of living, and the pleasure of the relationships you experience as a human being. Again this is something that must be felt, not just conceptualized. Mary is not talking about temporary, addictive pleasure. She is talking about visceral pleasure in your body—the body ecstatic—in Divine love, awakening the cells to their potential to live in Divine love, always. This realization evolves us as humans.

For some people feeling grateful for other people and beings can be easier than feeling grateful for yourself. Self-love can be overwhelming and if you feel overwhelmed by it, you are likely to also become fearful of love. In this case, you might react by fighting or fleeing, freezing or folding as a way to try to protect yourself from feeling overwhelmed. So, if love feels overwhelming to you, make it safer to feel love for yourself by loving parts of you until you are ready to love the whole of you. Appreciate the qualities about you that you enjoy, or the ways you are drawn to certain activities in your life, or even the natural talents and interests you had as a child. Build up your ability to love yourself slowly, if you need to. Then go even further into loving the whole of you, as you explore its depths.

You might discover that when you are thinking about love or opening to love, you become defended. Your self-protective instincts take over and you try to keep yourself from loving so you won't get hurt. But the self-protective defenses have an opportunity to start breaking down in the presence of gratitude because there is little to protect or defend against, especially if you break down your experiences of self-love by truthfully acknowledging qualities about yourself you actually appreciate.

In a full experience of gratitude, it is difficult to imagine wanting to exclude anyone from the connectedness and blessings you feel. Thoughts like, "I'll take care of myself and I don't care about anybody else," simply disappear. You can't imagine making choices that are at the expense of others. In gratitude, you can feel that every other person and being on Mother Earth are all of Divine emanation, and therefore, worthy of care and regard. You recognize we all forget for long and short periods of time in this earthly journey, we are of Divine origin, and we make choices that reflect our forgetfulness.

Eventually, even your difficult lessons can begin to look like blessings because you recognize these experiences helped to shape you into becoming a more loving person. Your practice in forgiveness allows you to see the wounds in you and others who created those difficult circumstances. As your forgiveness and gratitude heal the past, you are setting up a solid foundation in which to be more lovingly present in the world now.

You begin waking up in gratitude, because there's always something new to be grateful for. Gratitude is an invitation to plumb the depths of creation and be in awe of its wonder. Gratitude opens you up to a state in which you can receive God's love. In this state, grace flows through you and every person you touch is touched by that grace.

Even the planet is touched by this grace. Bless one drop of water in gratitude and you are changing the planet. If you want to change the world, bless the water. Why? Because approximately 75% of the planet is water and about the same percentage of water comprises your body. Many of us learned about water cycles when we were young. Bless the water anywhere in its cycle and you are blessing the cycle of life. Bless the water as it falls on the earth in the form of mist, rain, hail or snow. An animal drinks the water that fell into a lake or river and is blessed. When a plant absorbs the moisture that has fallen on it, and you eat the plant, you are blessed. You cry a tear that lands on the earth and you bless the earth, and on and on. Bless in gratitude the water inside and around you and you are an initiator of Divine grace in the world.

Here is a beautiful way to measure the effects of gratitude. Begin a conversation with someone in gratitude and watch how you are inclined to maintain kindness with each other throughout your conversation. If there is any resistance to the gratitude, return to the compassionate energy of forgiveness, until you are both able to sustain a field of kindness, and watch how quickly you resolve problems and open to new ideas. Now speak words of gratitude to yourself, and watch how you generate a field of kindness that allows healing to unfold. In that field of kindness, you will be able to access the healing blessings of time itself.

Mary tells us, *Acknowledge the angels and the ancestors throughout time that saw and prepared for your arrival on Earth at this time. For they have already seen how you heal and their guidance can assist you in your recovery.* She provides us with a wonderful touchstone into the healing power of time with this suggestion. We do not have to guess at how to heal. We can access the wisdom of our ancestors and guides to help us recognize our own best probability for healing. Visions from our future can provide powerful insights and motivation for the choices we make in this moment, so the gift of life itself can be fully received.

Receiving

Once you have forgiven yourself for the pain you carry and you have gratefully recognized the gift that this life is for you, you are ready to receive Divine grace.

One of the earliest times I followed this process, I had a marvelous awareness of how beautifully this life has served me, and was naturally opening from gratitude to receiving, when I heard one of my own medicine songs playing joyfully inside me. Sound healing is my strongest modality for healing and manifesting, so it makes sense that the Divine grace, or healing gift, from myself to myself would be through sound. Hearing it was sacred, beautiful and profoundly uplifting.

Because one of my spiritual gifts is recognizing other people's gifts, I know each of us has multiple spiritual talents. They are our conduits for communication with the Divine, and the means through which we receive Divine blessings. As you naturally open to receiving, your own spiritual gifts might blossom as a means of filling you with Divine grace. As you are about to read, Mary Magdalene talks about this as your senses coming alive, and indeed they do—both outer senses and inner senses—providing you with profound and unique sensations as you are being lovingly blessed.

Once you have forgiven yourself for the pain you carry and you have gratefully recognized the gift that this life is for you, you are ready to receive Divine grace.

In order to receive God's grace you must surrender to love, knowing that love only wants what is best for you. Now here are the steps you take after gratitude.

Receive God's love through your hands, songs, or visions in whatever way God communicates (speaks) to you directly. Notice your senses coming alive as you receive God's grace and power through you. This is how God has spoken to you and blessed you since you were a child. And so with a child-like spirit open up to be healed and loved.

Receive God's grace through the hands, heart and gifts of others. Notice who and what is already in your world to serve you. Are there herbs and ointments already in your home that could help you? Is there a person with a healing talent who would be happy to help you? Sometimes people don't even realize they have healing talents until they are invited to be of service to someone else. It serves both of you to receive their healing gifts as God's grace opens like a doorway between you. This love for you is a great healing balm, and you will find yourself responding to their great care and regard for you. So as you receive healing from another, be also generous in sharing your healing talents with others in need. Great healers develop their capacity to be of service by giving with generous hearts. This is the foundation of the third step in the series. As you heal, you heal others.

Lastly, give thanks for the pleasure and joy you experience as you heal and as you assist others in their healing. Sometimes the one offering you healing is a relative or ascended being on the other side of the veil. These too are members of God's family who love you, so gratefully allow them to assist you should they present themselves and offer to be of service.

All beings on this side of the veil or the other have some kind of healing gift to assist themselves and others in the healing process. All beings were created with the ability to heal themselves and others, just as the Creator, for as above so below. We were created to create in like manner to our Creator. So do not hesitate to discover how God's gifts of healing work through you. Do not wait or look for it to come from someone or some place special. You are special in Divine eyes, and the ability already lives within you. When you are suffering greatly and have become weak, it is part of the natural order to seek assistance from outside yourself, from God's family, where you can be attended to with love and grace.

Do not disregard the small creatures of creation, for even the song of a bird can heal. Nature's touch can bring you to immediate wellbeing through a subtle wind, drops of rain or a sunlit day. I have watched small animals attend with great concern for the injury of a human, as though their empathy helped the healing process. Attend to what comes to you by the grace of God for it is all part of a greater design. All beings were created in God's love and all beings have something to offer to further healing. Allow yourself to experience the fullness of this grace and you will be made well.

People report all manner of healing experiences including visions, healing sounds, visitations from guardians and healers on the other side, healing aromas or tastes. They see or sense into their spiritual bodies and are able to adjust the spirit, which in turn adjusts the mind body and temperament of the heart. Each heals according to the dictates of Divine presence within them. God's grace will flow through you in accordance with how you were created and the spiritual gifts given to you by the Creator. The session will naturally come to close and you will need to rest for a time. Nurture your body with care and tenderness until you feel restored.

Some individuals only need to do this once. Most need to do this several times in order to experience complete restoration. A few will know that they are being called to the other side of the veil. Their good work will prepare their way for a safe and beautiful crossing into the arms of God.

If your life here on earth is extending, bring love into every act of self-attendance as you prepare your food, change your bandages, apply ointments, eat, drink, and interact with others.

Give thanks for your body that enjoys the gifts of our Mother the Earth. Thank the guardians and healers on the other side that have helped you through God's grace. Thank your earthly loved ones that have cared for you. Most of all, thank God for the great love that heals all.

To recap, the Four Steps of Receiving are:

1. Receive God's love through your hands, songs, or visions in whatever way God communicates (speaks) to you directly.
2. Receive God's grace through the hands, heart and gifts of others.
3. Share your healing gift with others.
4. Give thanks for your body that enjoys the gifts of our Mother the Earth.

Energy healing, it seems, was alive and well during Mary's lifetime, for what she describes here I have heard described by many energy healers. However, she brings some of her own insights about receiving worth noting.

In order to receive God's grace you must surrender to love, knowing that love only wants what is best for you. The moment you approach the edge of surrendering to love, there is an inclination to hesitate, because absolute love for a person living on earth, who only has a partial memory of that kind of love, feels like the unknown. Surrendering might be disconcerting to you if you are afraid it would feel like being out of control in the unknown. That might seem like the scariest place imaginable, until you do it. You surrender to love, trusting that love wants what you want—what is best for you. What you discover is that the greater experience of life occurs when you let go of control. Only then can love *have its way with you*.

What is absolutely beautiful about spiritual gifts is that they have been with you since you were a child. Some of those gifts may have been very strong in you at a young age, only to shut down when you were older. A certain amount of shutting down is normal around the ages of five and six. It is part of the sacred contract for many of us on earth. We forget our direct connection to the Divine and enter into the journey of remembering it—often through the use and service of our spiritual gifts.

What is lovely about spiritual gifts opening up in the healing process is that many of them are familiar. You may have closed down your gifts so you could now enter into the journey of forgetting and remembering. Or you might have closed down one or more of your gifts as an act of protecting yourself. You might have been protecting yourself from parents who didn't understand your spiritual gifts. You might have been protecting yourself from a scary incident as a child where you didn't know how to use or influence your spiritual gifts. But now, they can open up for you in a safe environment to assist you in receiving grace and insight from the Divine, and be of service to others, as they were always intended to serve you.

Closed down gifts can actually create physical pain in the body, as energy that was intended to flow through you is bottled up inside you. If you have been energetically shut down for any period of time, particularly if one of your major spiritual gifts has been unused, receiving can free up significant energy inside you for your healing.

Everyone comes in with healing gifts. You weren't created with the ability to harm yourself, but no ability to heal yourself. Mary Magdalene reminds us, *as above so below*. If the Creator can heal, so can we. Further, she suggests that we don't wait for someone else to heal us. In an age when we are used to going to the doctor to get the help we need, and in many cases, doing nothing or little for ourselves until we receive a prescription from a doctor, this is timely advice. From the moment you are injured or become ill, it is time for you to engage your spiritual healing gifts. Certainly, you may want to go to the doctor for further assistance, and you don't have to wait to begin receiving Divine healing grace. It can flow through the gifts already endowed within you.

Isn't it beautiful that Mary Magdalene reminds us about the healing gifts of the small creatures and our interconnectedness with all life? She suggests healing comes through many sources, from nature to angels. She encourages us to notice the healing that is already in our fields. It is fairly well known amongst medicine people who work with herbs, that the wind will blow into the vicinity of your home the medicine plants (often called weeds) that you need. So isn't it equally possible that the song of a bird could help you heal? How would your healing accelerate if you paused and noticed what is already around you, inside you, and immediately available to assist you in your healing?

You might be delightfully surprised by how many healing remedies are in your cupboards and spice rack. You might discover those colors you see when you close your eyes are healing remedies, or that your hands are getting hot because you have healing energy running through them. I know one woman who healed a serious condition by writing and another that healed a tumor by drawing symbols. I healed MS by meditating and singing to myself.

There are myriads of spiritual gifts and ways you can heal yourself. You discover them as you become a profound observer of your life and allow yourself to be creatively inspired. Often our most precious, most important healing gifts are so subtle, and we have had them for so long, we don't even notice them. They are the gifts we use or experience unconsciously.

As Mary Magdalene reminds us, sometimes you just need to ask a person in your life to give you a hand by providing you with some energy. Some people don't even know they have energy healing gifts, until someone asks for their help. Likewise, you are equipped at all times with an ability that can help others, if they are willing to receive your assistance. It can be comforting to know we are surrounded by help in the form of the Divine love that flows through each of our spiritual gifts.

There is a point, as you are in the peak of receiving healing energy in which you are completely free from pain and in the delight of the energy. This can be an appropriate time to hold a loved one with you within the cocoon of healing love. I don't recommend this if you are feeling pain, because pain can transfer to another person, but if you are riding a wave of freedom and joy, and a loved one's spirit wants to come into that field with you, it can be a beautiful opportunity for you to share. That can be especially sweet for both of you if a loved one has been involved in caring for you. It's an opportunity to give in return.

With time and practice, you will discover what constitutes a healing session for you, as your healing gifts open through The Holding and Mary Magdalene's path. Depending upon the condition you are healing, you might only need a single session walking through these steps. For more chronic conditions, you are likely to need several sessions. Notice the subtle changes. Not all healing is immediately dramatic. Most healing occurs gently and wonderfully over time. It's wise to give thanks for all the little improvements. Give them credit as you reinforce the healing results you want to continue seeing.

And as Mary reminds us, *Most of all, thank God for the great love that heals all.*

Service

Just as you have loved God, yourself and others in order to heal, so you continue this practice in your daily life and habits, as you grow stronger.

It's good to be mindful that the time between sessions is equally important. Healing requires steady attention, not only to create the change you desire, but also when you commit to your healing, you are vulnerable. The love with which you prepare your food, change bandages, take care of your home, do your work, and interact with others is part of your healing. As you sustain love in all that you do, you are increasing your healing potential. Ultimately, your healing is teaching you how to live in a sustained state of Divine love, hence, healing is a journey of awakening.

Healing is relationship with you and the Divine. It's about recognizing the Divine in everything around you and being conscious in that relationship. Healing can become a sweet, pleasing and pleasurable experience. There are times when it can actually become fun. Its energy feels so good you will look forward to your sessions. Then, even when you are feeling well, you'll want to sustain a practice that allows you to maintain your feelings of freedom and wellbeing, so you can be of service to others.

Just as you have loved God, yourself and others in order to heal, so you continue this practice in your daily life and habits, as you grow stronger. Your health, and even the wellbeing of others, is reliant upon the way you serve when you are well and strong. The steps are simple. Serve God with all your heart. Serve God within you with great care and love. Serve God within others with respect and compassion. Serve love in all things, for love is the direct pathway to God, and God's grace and blessings.

When you return to your daily routines, be mindful of your temperament. Replace fear with confidence in God's plan. Let kindness be your response to inequity or injustice. If someone harms you, forgive them before you speak to them, and always maintain awareness that you are worthy of God's love and so are they.

Speak beautiful words and hold beautiful and happy thoughts about yourself and others. Let life, Mother Earth, and love, care for you and let your burdens rest. Be light of heart and keep a joyful disposition. Seek like-minded people so that you are in circles of caring family and friends. Speak about the good works of others fondly and harbor no jealousy. For these actions will help to keep your body strong and healthy.

The traditional diet and rituals for personal care of our community are worthy choices for all who wish to maintain strong bodies. Eat clean food prepared with care and love. When you cook or preserve food, do so properly. Bathe regularly. Wear loose and comfortable clothing. Your home and your person should be models of cleanliness. Do not foul your home in any way through words, thoughts, rancid food or waste of any kind.

Before you sleep, clear your mind of disturbing thoughts. Open your heart and speak or sing to God the praises of the day you have been given. Let your mind rest on Divine and happy awareness, so that both body and spirit (soul) can replenish throughout the night.

Awaken with gratitude for the dreams that teach you how to live in greater service and harmony in this world. Give thanks for the heavenly guides that have looked after you throughout the night. Most of all, give praise to God for a night well spent in the other realms, and an opportunity to live in Divine service once again. Begin your day by rejoicing.

Most of all, your spirit and temperament guide your health. So keep your spirit strong, clear and happy. Let nothing come between you and your love for God and you will live better and heal more easily.

Find delight in what each day brings you. Let no day go by in which you feel robbed of its gifts. Take quiet moments to notice what you love. Let your mind become quiet so that you notice how God is touching you. Then give to others from a generous heart that is overflowing in appreciation and love every day. Affirm your trust in God every day as you gaze upon the treasures of people, creatures and things already in your life. Maintain a happy heart and when you experience sorrow, comfort your spirit immediately. When you experience anger, show compassion and understanding toward yourself immediately. When you are fearful, cradle yourself with soothing words and thoughts until your heart is at peace, you are calm, and your thoughts are clear. Only then can God's gifts of wisdom and guidance enter you.

When you live from this clear, calm and loving state of being, you are now able to help others in their healing. You are a vessel through which God's love and grace flows. You are ready to help others heal.

The two qualities that are most significant and necessary in serving others are respect and compassion. With these two qualities you are able to serve the humblest of God's creatures to the tyrants. See a reflection of yourself (human nature) and God in all people that you meet, whether or not they are older or younger than you, of the same cast or social standing, the same race or religious sect. All are the children and light of God, and for that reason alone, they are worthy of your respect and compassion. If God has created them, who are you to consider them as less than you. Likewise, do not accept that any person of any social standing is greater than you. Respect their learning and status. Afford them the respect due to their position. Respect them as creatures of God. But do not lower your understanding of your nature as a being of God in the presence of any other.

Stand in the knowledge that God loves you both equally. Let love guide you to words, gestures of respect, and actions that reflect love in all that you do with another, in all interactions. When your decisions and choices reflect God's love, you serve God in your life and theirs.

Give freely from a generous spirit for this is the nature of God, and in your generosity, you will find great delight. Provide food, warmth and comfort to those who travel, and those who have lost their families and homes. Do not judge another for what they do or do not have—be it wisdom, knowledge or possessions—for God does not judge you, but shows you compassion. So likewise, be of compassion to those that are and come into your life.

You are not alone in this world because God has deemed it to be so. Your families are your source of care, strength, comfort, and joy. Likewise, you are their source of these same qualities. Care for others in the same way you would like others to care for you—with respect and love. Let every moment of every day answer this question, "What would God do? If God is a loving God and I was created in God's likeness, what would God do now?"

Here, then, are Mary Magdalene's Four Steps for Service:

1. Serve God with all your heart.
2. Serve God within you with great care and love.
3. Serve God within others with respect and compassion.
4. Serve love in all things, for love is the direct pathway to God, and God's grace and blessings.

As you bring a healing session to a close, you might find you receive insights about what you need to do in service to further your healing. These messages typically come from deep within your subconscious mind. They are intuitive insights. The service might be something specific for you such as taking a supplement, visiting a doctor, incorporating a new form of exercise, or a perspective you can incorporate into your life. It is wise to act upon the messages you receive because it reinforces receiving such messages. The more you act, the more messages you are likely to receive when you need them. If you don't act upon the messages, eventually you may find you stop receiving them. Taking action on the messages you receive is service to the Divine—the Divine living inside your body, mind and heart.

Mary Magdalene suggests to us that the best qualities of healing belong in our daily lives from the moment we awaken in the morning until we awaken the next morning. Even our dream times can be filled with the grace of the Divine. Such qualities as cleanliness, kindness, beauty, and well-tended emotions provide us with a worthy framework for creating an environment that can sustain wellness.

You can experience a great deal of peace and joy when you receive intuitive guidance for sustaining or being in service to your own health and being in service to others. Overwhelming emotions or a cluttered mind can block Divine guidance. Mary suggests we respond to sorrow and anger with care. When they are not addressed respectfully, we tend to push them inward and they can take on an even greater life in the form of stress, depression, and even physical illnesses. Mary reminds us compassion is a great healing balm for troubled emotions. Quieted emotions can also help to still a busy mind, allowing greater access to intuitive wisdom.

Mary reminds us God does not love one person over another. All people, all beings are loved equally. Therefore, all beings are worthy of healing, and all beings deserve to be treated with respect and compassion. You cannot serve another in healing if you do not respect them and do not have compassion for them. I find this particularly significant during an age when our social consciousness seems to accept criticism, sarcasm and ridicule as acceptable ways to treat others. Fostering a generosity of spirit allows us to recognize within ourselves that most of the time we are doing our best, and see the best within ourselves. As we foster this way of seeing ourselves, eventually we will attract more and more people into our lives that also see the best in us. As we see the best within ourselves, we will also look for the best in others. In this environment, emotionally based illnesses can't develop. We honor the Divine and ourselves as we create a reality in which health is nurtured when we see the best in everyone.

She reminds us of the golden rule by suggesting we care for others the way we would wish to be cared for. Most of all, she is referring to compassion and respect. It is understood that to one person care means being left alone and without responsibilities for a while. To another, care might be plenty of energy healing and conversation. But for most of us, if not all of us, appropriately demonstrated compassion and respect provides us with the best possible environment in which to heal and thrive.

Mary Magdalene leaves us with a most compelling question to ask ourselves as we consider our choices throughout the day, choices that take us further from or closer to our alignment with the Divine. Each moment, each thought, each action is a choice. So we have lots of opportunities every day to be a source of comfort and joy for ourselves, for others, and for the Divine. She asks us to consider, *"What would God do? If God is a loving God and I was created in God's likeness, what would God do now?"*

In Synopsis: The Steps Within the Four-Fold Path

Forgiveness

1. Forgive yourself for your choices you have made that have harmed you.
2. Forgive others who have harmed you.
3. Forgive yourself for harming others.
4. Forgive yourself for any pleasure you derived in the harming of yourself or another.

Gratitude

1. Thank yourself for the choices you have made that have helped you feel well and whole.
2. Thank others who have helped you.
3. Thank yourself for helping others.
4. Thank yourself for the pleasure you experience in healing yourself and others.

Receiving

1. Receive God's grace from yourself.
2. Receive God's grace from others.
3. Share your healing gifts with others.
4. Receive pleasure in using your healing gifts with yourself and others.

Service

1. Serve God with all your heart.
2. Serve God within you with great care and love.
3. Serve God within others with respect and compassion.
4. Serve love in all things, for love is the direct pathway to God, and God's grace and blessings.

Guided Meditation with The Holding and Four-Fold Path

Make sure you are in a quiet space, where you can reflect undisturbed.

Sit comfortably and just breathe into the space.

Notice the space between your breaths.

Notice the space between your thoughts.

The Holding

As you focus on the space, you enter the space. You become the space.

Open your heart to the memory of any moment when you felt love. Feel that love throughout your whole being, and let the awareness drop into your energetic womb. Your energetic womb is directly connected to the expansive, limitless space of the primordial womb of all life, cool and restful and dark—a womb of possibilities.

In this loving space you can rest.

Allow yourself to become aware of an emotion or a place in your body that is tense or feeling constrictive and hold it in your love with compassion for its existence.

This constriction is a fear longing to be acknowledged and understood, so it can finally rest. So Hold it in your deep, loving understanding. Observe it with kind regard. Let your heart open to embrace this fear in compassion.

(If you find it difficult to feel self-compassion, imagine your fear or pain is an injured child or animal, and Hold until you feel that compassion inside of you.)

The Four-Fold Path

1. Forgiveness

1. a. In your love, forgive yourself for choices you had made that have harmed you; whatever it might have been, like a moment when you were hard on yourself, or a direction that didn't serve you, or a pattern you learned from someone else that just isn't good for you now. Hold it with great understanding the same way you would hold a child who is struggling with that same limit or constriction. Stay with this until your heart softens and your mind clears.

1. b. Forgive others who have harmed you. Perhaps someone comes to mind who taught you a pattern of beliefs, feelings or behaviors that don't work for you. Perhaps someone encouraged you in a way that wasn't quite right for you. Understand their humanness and their wounds, with great love and compassion. Forgive them for the love they did not know, or did know, but could not yet fully embrace. Stay with this until your heart softens and your mind clears.

1. c. Hold yourself in love and forgive yourself for harming someone else, unknowingly or knowingly. Compassionately recognize the ways in which you were not quite ready to make changes that would allow you to live with greater love and ease. Be in compassion with your humanness, and the ways in which you might have hurt someone else intentionally or unintentionally. Forgive that past aspect of yourself. Stay with this until your heart softens and your mind clears.

1. d. Hold yourself in love and forgiveness for any pleasure you derived in harming yourself or another, or being harmed by another. Hold your feelings of righteousness, helplessness or any other feelings of pleasure. Forgive yourself for failing you. Recognize how human it is to seek pleasure, even in unhealthy ways, and be in compassion. Stay with this until your heart softens and your mind clears.

As you Hold yourself and others in your energetic womb of compassion, pain dies a peaceful death. You move into a state of peaceful freedom through your compassion.

2. Gratitude

2. a. Thank yourself for the choices you have made that have allowed you to feel well and whole. Celebrate the Divine in you that made these choices. How beautiful that you loved yourself that much to have given yourself such kindness. How loving of you. Stay with this until your heart expands and your mind opens.

2. b. Thank others who have helped you open your heart in gratitude, whoever they are that have loved you so much, that shared their time, wisdom, physical energy, resources, and mostly love. Whoever they are—a person, a plant, a stone or animal, they have given

you a precious gift. Receive the gift, or gifts, that allow you to feel so nurtured and empowered. How beautiful that you allow someone to help you and love you, and that your love for them right now returns their blessing. Stay with this until your heart expands and your mind opens.

2. c. Thank yourself for helping others in those moments when you were able to offer assistance to someone else. You might have helped a person, a plant or animal, Mother Earth, or a being in the celestial realms. How beautiful that you love yourself and them enough to assist them. Perhaps it was a smile, an act of physical service or of healing or spiritual service. Any kindnesses through which you have helped another, you have awakened Divine love in your relationships. Stay with this until your heart expands and your mind opens.

2. d. Thank yourself for the pleasure you experienced in healing and helping yourself and others. Allow yourself to feel that pleasure. You were created for this, to feel pleasure, to enjoy this earth, and to delight in each other. How beautiful when you experience it. You honor the Creator. You honor life.

3. Receive

3. a. As you are feeling full in a state of grace and gratitude, allow yourself to receive Divine love through you. For you, that grace might come as an image, a color, a thought, a sound, a word, a feeling that comes to you—grace that comes from within your subconscious and shows you a way to your healing. Be grateful for it so that you can fully let in this expression of Divine love. This is how the Divine communicates with you. It nurtures you, cares for you, and tends to you from the inside out. Your willingness to simply experience it as the love that it is, allows you to receive it. Stay with this until you feel light and full.

3. b. Allow yourself to receive Divine grace and love from others. Maybe there's someone who comes to mind, who has been loving you. Receive their regard and care for you with gratitude. Breathe it in and let it settle into your cells. Perhaps someone has been sending you Reiki, sound healing, Holding you, or providing some other energy healing gift. Perhaps someone has been loving you with all their heart. Perhaps you have been receiving help from a bird, flower or tree, a special herb, the sun, wind, or rain. Or perhaps a guardian or aid from another dimension is assisting you. Breathe in that quality of love, and let it caress you. Stay with this until you feel light and full.

3. c. As you receive, allow your heart to open and expand in gratitude. There might be an opening in which you feel how much you love others. You might also experience how your love for them, also assists them. It might even be a mutual exchange. Notice how your love and gratitude blesses the people, flowers, trees, stones, herbs, elements, and beings from other realities that you love and appreciate. Notice how your love heals them just as their love heals you. Stay with this until you feel light and full.

3. d. Remain in this sweet state of grace and allow yourself to feel the pleasure of this beautiful exchange in relationship. Allow the space to expand and grow in the pleasure of Divine love in, around, and between you, as you merge into the Oneness of Divine consciousness. Stay with this until you feel light and full.

Coming Out of the Meditation

Now, in three breaths bring yourself back into full awareness of your body. Inhale through your nose. Exhale through your mouth. Feel, smell, and hear the air around you. Inhale again. Exhale through your mouth. Feel the chair you're sitting in or the ground that you're sitting on. Take one last big inhale. Exhale through your mouth. Bring your awareness fully into your physical being, while also remaining conscious of the space that you are. Stretch your fingers, toes and neck. When you can feel yourself in your body, very gently open your eyes.

4. Service

4. a. Bring the awareness you experienced in meditation into your life so that the world between spirit and physical reality are bridged. Do this by serving God with all your heart. You can begin by finding some representation (symbol or object) reminding you of the healing energy you experienced. Put that symbol or object on your altar or in a visible place in your office or home, to remind you to receive and honor your spiritual gifts and the gifts of others.

4. b. Serve God within you with great care and love. You can do this by developing your spiritual gifts and taking action on what you discovered in your meditation. If a plant called out to you, or you saw a change in behavior, or received an affirmation—whatever came through—honor the message of the Divine within you by taking action. Remember, you are a being of Divine origin. Just as you would tend to God with great regard if He/She came into your home, care for your own body, mind, emotions and spirit with the same regard, for the Divine is inside you.

4. c. Serve God within others with respect and compassion. Find ways to treat others with even greater respect and compassion than you do now. Consider how you would speak to and treat God if He/She was in your presence and relate to others the same way you would interact with God. Remember to pause before reacting to anyone, so you give yourself time to engage with respect and compassion.

4. d. Serve love in all things, for love is the direct pathway to God, and God's grace and blessings. Ask yourself as a part of your daily rituals, how you have served love and honor yourself for that service. Then ask yourself how you can expand into even deeper service of love, and follow your own beautiful path to Divine awareness and awakening in your life.

Thank You

Mary Magdalene teaches that it is wise to begin and end offerings with gratitude.

My love and deep gratitude to the Mystery of All Life, that we call by many names, for the opportunity to be this sacred space with you, Native ancestors and Mary Magdalene. May all our days be filled with love.

Continuing Your Journey

I invite you to continue your exploration of the Sacred Feminine and healing with these resources:

You can download an audio recording of a my companion guided meditation, Heal Yourself, combining her Four-Fold Path for Healing with the ancient Native practice of Holding here:

SacredFeminineAwakening.com/mary-magdalene-healing-self/.

To discover and experience more about the Sacred Feminine through articles, books, retreats, audio recordings and videos, visit:

SacredFeminineAwakening.com

To discover more about Misa's work in applying Sacred Feminine principals specifically to self-healing, or to learn more about her bestselling book "The Root of All Healing: 7 Steps to Healing Anything" visit:

MisaHopkins.com

If you feel that this book would be helpful to someone you love and/or your prayer or discussion circles, please spread the love of the Sacred Feminine by suggesting that they acquire their own personal copy of this book.

Thank you in advance for sharing your thoughts about this book with others by writing a review on Amazon.com.

About the Author



Reverend Misa Hopkins is the Spiritual Director of the New Dream Foundation, dedicated to healing and awakening in the Sacred Feminine, and the inspiration for the website Sacred Feminine Awakening. She is the author of two other bestselling books, *The Root of All Healing: 7 Steps to Healing Anything* and *Sacred Feminine Awakening: The Emergence of Compassion*.

Misa has been ordained as the Guardian of an ancient Native Sacred Path of the Feminine, and initiated in feminine and masculine sacred mysteries. She has been given the sacred name Amma (Mother) in Hindu tradition and Morning Star (after the planet Venus) in a Native tradition. Reverend Misa's life is dedicated to the awakening of the Sacred Feminine for healing in the world today.