

Sacred Journey Institute Final Paper

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The impact from studying Cranial Sacral and Sacred Journey therapy with Don Massat at the Sacred Journey Institute has been one of the most powerful, enlightening and transformational experiences of my life. I have awoken from deep in my core; a place I knew existed, but had never been.

I have experienced continuous transformation since beginning this journey. One of the most intense core shifts for me was to expand my belief system beyond my imagination. To let go of the what, why and how and just be open to the experience. When I did that the impossible became possible, the unknown became known and I felt my innate personal power surface and I was reborn.

On a physical level my body has released tension and cellular memory that caused physical pain, limitation, and sadness for years. I taught my body how to physically "unwind" or let go by allowing it to move wherever it feels drawn to moving. The "allowing" is different than forcing or making it happen. Allowing movement requires checking in with the body, being fully present in the moment, letting go physically and letting the body just move without thought or force.

When I learned this technique of unwinding I applied it to my eyes. My intention was to heal my vision naturally. I had been wearing glasses since I was 16 years old (I am now 35) and always thought that I would have to wear them or contact lenses the rest of my life. The combination of massaging the muscles around my eyes and "unwinding" allowed me to restore my vision to 20/20 after about 6 months. I continue to use both techniques but only on a needed basis. I haven't worn contacts or glasses in over 1.5 years and I know as long as I continue releasing the tension in and around my eye with unwinding I will be free from the restriction of wearing aides to help me see. I never would have had the confidence in my natural healing ability at this level without these 7 classes the Sacred Journey Institute provides.

For many of my clients as well as me, healing has also taken place on a deep emotional level. What I mean by that is we have released fear, judgment, anxiety, sadness, depression, and regret and replaced it with acceptance, admiration, forgiveness, peace, love and joy. In doing so, we have released the very thing that has been proven to create illness or dis-ease in our physical bodies. There are many scientific studies proving in reality that our stress, that our "negative emotions" create dysfunction in our bodies that eventually leads to illness such as cancer, brain tumors, fibroids, migraine headaches, fatigue and the like.

Now in order for someone to understand what I am about to share, one must be open to the possibility that more exists beyond what many of us believe to be "truth". Like many of you, I was