

raised with the belief system that we have one life and we must do the best we can with it. It's not wrong or right, it was just the belief system I was raised with. As I learned about other cultures, traditions, and religions, I learned that many of them believe in reincarnation and one soul existing in multiple lives as our human existence including Christianity up until the Dark Ages. Within those multiple lives we leave unfinished business and that is what creates the dis-connect in this life. Mind traveling back to those particular dimensions or lives gives us an opportunity to complete the past once and for all.

As I became open to that possibility I began to experience my deepest emotional healings. I have seen myself as man, woman, black, white, Native American, Egyptian, a young 17 year old Nazi soldier, an esteemed violinist, and even someone locked away in an insane asylum. The moment I experienced these "sights" or "visions" of myself, judgment of others vanished. I've been everything from a rich and powerful business man to a poor black slave. I've been loving and I've been evil. I've been it all. How can I judge someone else when I have been who they currently are? Compassion sets in and judgment falls to the way side. As I allowed myself to fully engage in the memories that surfaced, I released the lower vibrational emotion and energy associated with each particular life through completely feeling the suppressed emotion along with crying, coughing, yelling, or unwinding to move the energy through my physical body, the past completed and I was left more "whole" than before the session. Each time I experience a session, I feel more complete, powerful, self-expressed and happy. When those sad emotions are gone, all I am left with is who I truly and authentically am, whole and complete, nothing more, nothing less.

As my belief system continues to open and my language changes, my world alters to match that new belief and that new language. If one is open to experiencing life fully, being open to an "anything is possible" attitude that openness will create opportunities beyond your imagination, healings beyond your wildest dream and a life that is fully expressed with love, joy, forgiveness, and compassion instead of regret, fear, resentment, anxiety and the like.

To the lay person, this may all sound like non-sense and I completely understand that. I invite you to just be open to the possibility that you might be holding on to some past memory or emotion that is affecting your health, that holds you back from being the powerful, loving, fully self-expressed person you are, and from having a life that is worthy of you. If you are open to that possibility, and you choose cranial sacral therapy, sacred journey therapy or some other way to allow what is hidden from you to surface, deal with it and leave it in the past where it belongs, you will have shifted your current reality, opening up your world to fully experiencing life the way we do at the Sacred Journey Institute.

In love & Joy,

Dawn Depke