

The Woman Who Healed Herself

I've known Julia for a long time now. She's always worked on herself, physically, emotionally, mentally and spiritually. Always taking a workshop, reading a book, or just learning and changing.

She planned to come to our center in Sedona to teach SoulCollage: a process of connecting to one's intuition and creating a deck of cards which have deep personal meaning, and helping with life's questions.

She called about three weeks before her workshop. I could hear fear, tension, and worry in her voice.

"I'm just a little concerned about how much I might have to carry when I travel to Sedona," she began. "My uterus is prolapsing, and I'm limited to carrying ten pounds."

I didn't really understand what a prolapsed uterus was. But I knew she sounded scared.

"What's going on, Julia?" I asked.

She began to explain that on April 9, she felt a pulling in her pelvic floor. Not only feeling fullness and cramping, she also felt exhausted.

"I knew something wasn't right, but I didn't really want to know what it was," she said.

Having a standing appointment with an herbalist, she mentioned her symptoms to him. He gave her an herb to raise her chi. As she'd already been experiencing a deficient spleen, he emphasized her continuing with consuming root vegetables for strengthening the spleen and her chi, and avoiding cold foods and drinks, sugar, caffeine, dairy and wheat.

She went to an acupuncturist who inserted a needle in the top of her head to assist raising her chi and help with her exhaustion.

And then she went to her medical doctor.

Her doctor diagnosed Stage 2, almost Stage 3 uterine prolapse which means the uterus is falling out of the body through the vagina. She recommended a hysterectomy.

Upset by this recommendation, Julia resisted. "I feel the womb is the most sacred organ in a woman's body. In some cultures, they treat the womb as a second heart! It was where I carried my son until he was birthed. I realize I'm not going to have any more children, but that's not the point. This is a sacred organ!"

Her medical doctor insisted she think about the option of surgery, and then added, “It’s very upsetting when your hoo-hoo is falling out.”

Your hoo-hoo???

This is a medical doctor using language like that?

Julia went into an intense state of grief, feeling a lack of support. “I knew then she wasn’t the doctor for me.”

Observing Julia’s reaction, the doctor also recommended a pessary, a device that can be inserted vaginally to uphold the uterus. That also didn’t feel right to Julia.

In grief, she left the office.

Calling her Mother from her cell phone, her mother responded, “Why not have a hysterectomy? They’re nothing!”

Julia insisted she needed to try everything else first. Her mother was worried and upset, but once Julia said, “This is my decision,” there was a shift in acceptance.

Continuing with her herbalist, he helped her with plants designed to strengthen the uterus. Both internally and externally. Yarrow, Shepherd’s Purse, White Oak Bark, and Lady’s Mantle became her plant allies. He also said to her, “You may have a mystical experience the first time you use these herbs.”

Sitting in a sitz bath with her herbs, Mother Mary came to Julia. She spoke to her and said, “I am going to help you through this.”

“I really feel this whole experience has been such a blessing to me!” Julia said over and over again in the re-telling of this series of events.

After initially using the herbs, she felt her uterus was trying to tell her something. Going into her healing space in her home, filled with divine feminine energy, she went into a quiet space and asked her uterus, “What do you want me to know?”

She heard very clearly, “Give me a chance!”

“I knew that I had to do that even if at times it was a very frightening experience. I knew I had to keep moving forward,” Julia said.

Looking back on things, she figured the Divine Plan was unfolding. She was already planning to come to Sedona, a powerful Earth spot. The spleen deficiency and prolapsed uterus are both connected to the Earth Element. She was getting exactly what she needed.

Armed with as much information as possible, Julia decided to get out of her own way. To allow whatever was to happen to unfold in its divine way.

Before arriving in Sedona, she met a massage therapist who does an ancient form of Mayan massage called Arvigo, which repositions organs that have dropped and restricted the blood flow and chi energy. Massaging her uterus and pelvic floor, Julia felt the power of this type of massage, and was fascinated by it.

Arriving in Sedona, having shipped most of her materials for her workshop so she wouldn't have to carry more than ten pounds, she was frustrated with only having one person sign up for the class.

She then realized that the trip was really about her deeper healing, not so much her teaching. She needed to learn to heal and to teach others what she learned.

“It’s so amazing to me how everything unfolds so divinely and completely. Kind of like a conductor (God) who cues in this instrument and then at the perfect time, the next instrument, and it all is so complete and at the perfect time.”

That’s exactly how Julia’s visit went. A woman mentioned a free class combining yoga, meditation and Chi Gong. Attending the class, Julia found the class focus was on opening the hips, and all kinds of stuff came up for her healing.

Next, she began to read *Sastun*, the book of Rosita Arvigo, of the Arvigo Mayan Massage Method. **A *sastun* is a gift from spirit, usually arriving in unexpected ways.**

It was at that point she realized she had all the tools she needed for her healing. She just needed to get out of her own way.

She visited another massage therapist. This one used hot stones, oils, and crystal bowls. She continued to feel releasing in her pelvic area.

Visiting a shaman, he told her she was disconnected from her uterus and needed to connect to the earth element. He encouraged her to make guttural tones in her throat. As she did that, she began to make very low loud ones she’d never made before. She felt herself coming back into her body, making a connection with her uterus and the earth.

“It’s so interesting how every day built on the day before and the day before that. When I just gave up and let it happen, it flowed.”

Julia and I did a water channeling, connecting with the water in her body.

“I felt so much washing clear in that visualization. I felt so much clearing, cleansing and connection to Source with that,” she said.

Two shamen were visiting from Bolivia and Peru. The first one moved his hand around in a bag of coca leaves as he asked her questions. At last, he pulled out a few leaves, looked at them and said, “You’re going to recover from this.”

“I had truly believed that from the beginning, but it was such validation for me to hear that. I knew it was going to happen.”

Lighting a fire, the two shamen had her put her head in the smoke. They added copal to the fire. Then they put the smoke under her skirt.

“I could feel gunk leaving my body at that point.”

They prayed with herbs on her third eye and even though she couldn’t understand the language, tears poured down her face, knowing it was a sacred healing moment. The herbs were then placed on her heart chakra and prayed over again. And placed on her hips and prayed over again.

Arriving at her rental, she sat down and cried. “I felt so blessed. There were times when I experienced grief, times I felt my body failing me and I was angry. Then I realized that all the years of not eating right, etc. that I had failed my body, and I had to forgive myself for that. And to know that I did the best I could, but I can do better now. **I realized I learned to love myself in a way I never dreamed possible. To give myself healing because I know I’m worth it.**”

Upon leaving Sedona, she had to stop for a snake taking its sweet time crossing her driveway. Talk about transformation!

And then on Mother’s Day, approximately one month after her diagnosis of having her ‘hoo-hoo’ taken out, Julia’s husband put his hand on her uterus, and she began praying.

“I asked God if he would heal me on Mother’s Day. And I felt the uterus go up. When I got up, I checked and it was up! I know it took everything to make this happen. Since then, more pieces have come up that I needed to work with and I continue to do what I need to do because I know it’s important. There’s still more that’s needed for my continued healing.”

In the long run, the ancient traditions of Chinese medicine, massage, shamanism, prayer, and continued introspection created a much deeper and more profound healing. The western diagnosis of removal, especially of a hoo-hoo, was simply a suggestion for treating the symptom, not the problem.

On Mother's Day, Julia's husband gave her a sastun. He bought her a statue of Mother Mary for her herb garden. A symbol of her transformation, her support in healing and her devotion.

And Julia gave herself a sastun. She registered for learning Arvigo Massage.

Respectfully yours,
Phoenix Rising Star

Check out the healing meditation for September's issue (9-9-09) ahead of time.
Visit www.sedonaheartwalk.com/enlightenment.shtml