

Reflections on Dying Consciously
Workshop at Whitehorse HTAC Conference
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When I was training to become a Healing Touch Instructor I had the honor of being mentored by Lois Ross in Vancouver. Imagine a world where everyone brings the Healing Presence that Lois brings. I was privileged again to encounter Lois at a workshop on Dying held at the Conference in Whitehorse last April and I am still getting bits and pieces of insight from that workshop.

There are many images of the soul that Lois shared: a beautiful rose unfolding, a water droplet on a tree branch, the light of a candle, a beautiful castle of many rooms and more. Death is and when we die the Soul leaves the physical body and moves into another dimension. As Healing Touch practitioners we need to learn about death as we will have the opportunity to help many people to transition. This is indeed a sacred trust.

We need to learn about the many spiritual paths that are meaningful for other all different and unique. We need to know what our spiritual path is and go to the depths of our soul where light and unconditional love flow in abundance. Lois suggested we connect with the I AM PRESENCE as a way to build our Spiritual strength. Each day lift your hands over your head and receive and bring through your field the following.

I AM LIGHT
I AM LOVE
I AM DIVINE WILL
I AM HEALING PRESENCE
I AM FIXED DESIGN

Try it. It works.

Lois also shared a procedure for unwinding the chakras by moving counterclockwise seven times over each chakra and then lifting the field. This was very profound as we practiced it in groups. If you can invite Lois to your area to learn this way of helping people across to the next dimension.

Lois also shared some Breath meditations and spoke of the importance of breathing, which we all pay lip service too. Every time you take a breath you are committing to live another finite amount of time. Breathe deeply down into your belly and see what happens. Try it even for one day and you will sense a difference in your Healing Presence.

Deep Peace, Love, Light, Joy and Gratitude from my heart to Lois and to all of you my Healing Touch family for being the Healing Presence you are.