

ENERGY AND STONES: A HEALING JOURNEY

By Terry Long, AncientElementCreations.com

I spent my childhood and young adulthood caring for others, some with two legs and some with four, as a farm girl, daughter, sibling, wife, mom, grandma and psychologist. I experienced challenge, love and joy in so many of the relationships and opportunities I was fortunate enough to be able to pursue. I had absolutely no idea how badly I personally needed to heal. But I did, and as so many others have written, often it takes just the right loss to find the way to open and receive what one needs most. It can be a difficult journey, and it can be an enormous blessing in disguise. It was for me.

It wasn't until I had retired from school psychology and college and university positions that I really became aware of my own emotional trauma and healing needs. I was happily pursuing an opportunity to spend more time in my home state with a well-loved sibling when I realized how deeply wounded I was. Childhood trauma and shame in the world undoubtedly wounds us all, and for some, it catches up with us when we least expect it. The healing began for me during a shiatsu massage I was enjoying with a good friend I had met a few years before while I was a faculty advisor for undergraduate education students at a private college. I told my friend, "You are putting me back together!" She knew of the deep family conflict and fissure I had recently experienced and told me about an acupuncturist who specialized in psycho-emotional healing. I was open to trying something I knew virtually nothing about and began to see this healer, Jeremy Werner in Tucson, Arizona, for severe anxiety. It helped, at first for only short periods of time, but fortunately for me, this healer had skills that went far beyond acupuncture. Jeremy had for many, many years been studying and practicing energy healing in many different modalities. He led me through years of inner child work and skillful combinations of various types of healing, and slowly I began to heal from the repressed trauma that I needed help to identify and feel.

During this same period of time, I found the healing powers of art, especially work with clay. Fortunately, there was a circle of artists and a wonderful pottery class near my home that was all about personal expression and creativity in a totally nonjudgmental community. My education and profession had been so very academic and clinical in nature that my artistic abilities were completely unknown to me. Pam Ballingham, teacher and beautiful human being, opened up this fantastic avenue of expression for me. There were no failures in her class, only lovely creations waiting to be released into our midst. If someone dropped a big slab of carefully prepared clay on the floor, she ran over to see what joys could be found in the folds and shapes created by the fall. I was utterly amazed, and I began to create and create and create. I made pots and plates and vases and figures. I made a mask that, in retrospect, shows how very sad and shattered I was. I created and saw the creations of others and found new friends and grew.

One day my daughter invited me to take a beading class with her, and then another. I loved making jewelry! I wondered one day when I was in pottery class if I could possibly make pendants with this medium. Oh, how I loved where this adventure took me - - the textures, the glazes, the shapes! They were gorgeous. And then I began to put these creations together with other ancient elements from our

earth - - stones, beads, wires made of all kinds of metals! Such joy for my hands and mind and spirit I had never before known. The artists around me were loving and supportive and amazed. I often wore my latest jewelry creations to my classes, and one day I made a little display of the pieces I had made, wrapped them in black velvet and took them to class with me to show to Pam. My classmates wanted to see them too, and they quietly started taking them out of my display and trying them on. They asked how much I would take for them! I was surprised, startled even, and a bit embarrassed! I had not intended for them to buy anything. I just wanted to share what I had created with this wonderful community of artists! They encouraged me to share them with themselves and others. They loved clay, obviously, and they absolutely loved wearing it. It felt wonderful to them. It felt like love. It was healing to their hearts.

So now, after many years of individual energy healing sessions, pottery classes, support, and love, I am still very much on a journey of personal healing, and it has become a path on which I can help in healing myself and in healing others. I began to learn how to heal others energetically by taking classes in Reiki, both traditional and Karuna. In this way I also learned about healing through the application and wearing of stones. In class, as in private healing sessions, I could feel the power that was imparted, both in the techniques that I learned and in the attunements that made healing others possible. It nearly overwhelmed me at times, the unconditional love that came through the techniques and the stones, both in shared practice experiences among students and in distance healings we learned to send. The feedback we received in our own bodies and minds and from each other was amazing to me! It really worked. It really helped! And the spiritual energy going all around and through us was the most beautiful thing I had ever experienced.

I took more classes. I collected stones, beads, pendants, and I became very acquainted with their powers. They were wonderful. I encouraged my daughter to take the classes too! We took Universal White Time Healing classes at all the levels. We learned how to use stone layouts and other techniques to heal very specific things: auras, chakras, symptoms, and implants, energetic weapons that had caused harm or death in previous lifetimes. Our family members and friends asked to experience these healings and gave us the practice and powerful feedback we needed to gain confidence in our skills.

Our healer and teacher, Jeremy Werner, is now the Universal White Time Healing Head Teacher for the United States. He loves to teach and his offerings have expanded into many other healing modalities. One of those we are now exploring and learning to share is the Board of Knowledge. There are many avenues and levels in this powerful area. Every class and every level includes the use of stones for healing and spiritual growth. Angelic Healing with Gemstones has been one of my absolute favorites so far. My daughter Tina and I have availed ourselves of as much of this knowledge as class offerings and time have allowed over the past several years. The information and skills these classes have given us has helped us to heal ourselves, each other and any who find their way to our services. This work has become my life purpose and my joy. It has become Tina's as well. Ancient Element Creations has become one of the ways that we have found to share these amazing tools to our own healing and peace and that of others.