

EARTH STAR

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CONSCIOUS LIVING IN THE 21ST CENTURY

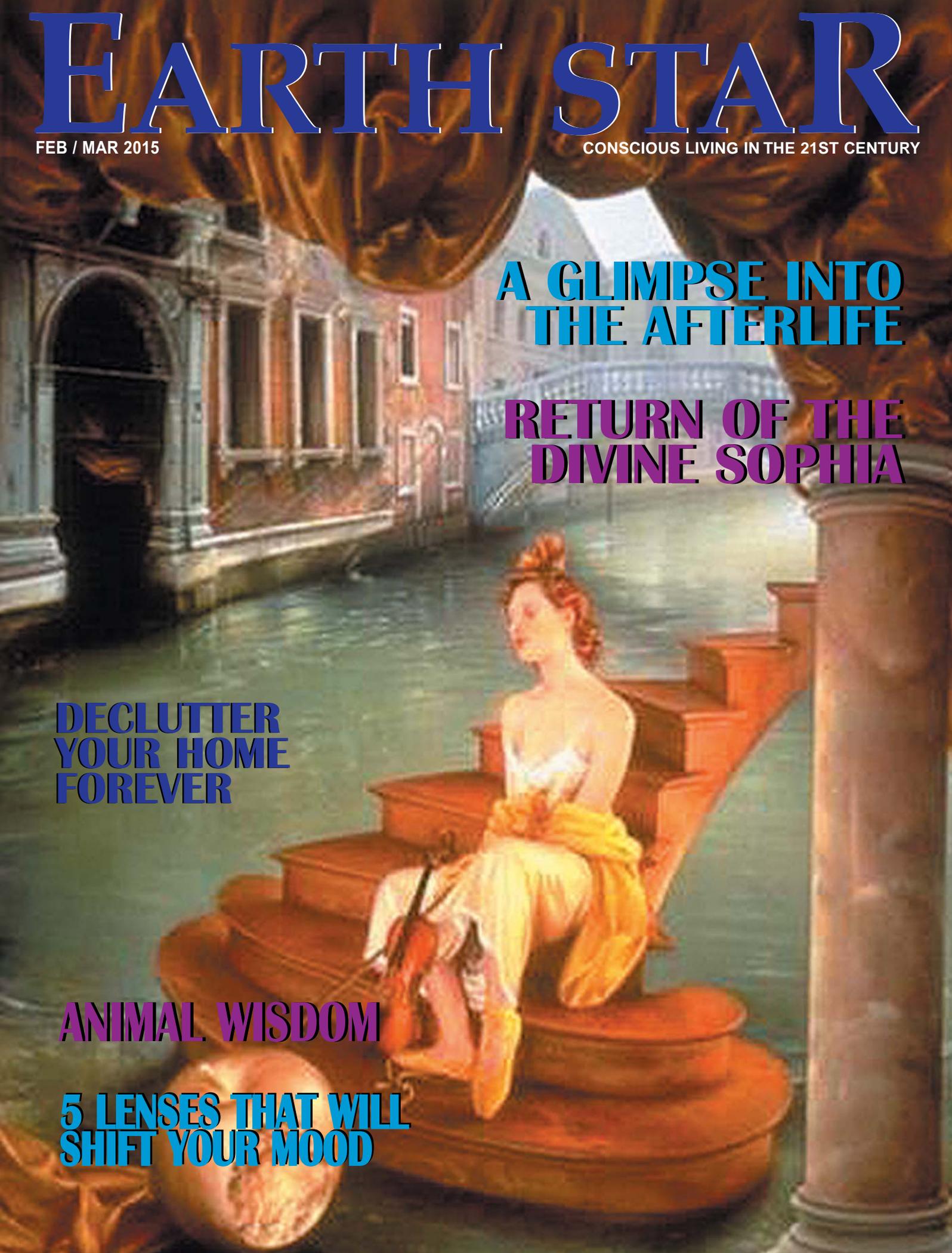
**A GLIMPSE INTO
THE AFTERLIFE**

**RETURN OF THE
DIVINE SOPHIA**

**DECLUTTER
YOUR HOME
FOREVER**

ANIMAL WISDOM

**5 LENSES THAT WILL
SHIFT YOUR MOOD**



The Alchemy of Self Healing



By Jeannine Wiest

The question to ask yourself is whose stories are holding you together? Did you choose those stories or are they your ancestors' stories, an inheritance by default? Are they your childhood shame stories, your "I am less than" stories, your "otherness" stories? If your answer is "I don't know," the truth is this: Part of you does know. There may be resistance to knowing, and in Cranial Alchemy work we honor resistance. But let me repeat: Part of you knows. And that awareness can lead to relief when you realize that, cellularly at least, you actually do know it all.

The Cranial Alchemy process offers keys to keep you from being triggered and signposts for tracking the changes you yearn for in your life, whether those changes are physical, metaphysical, or metaphorical.

Simply by entertaining the idea that a part of you, in each moment, knows what you need can be a powerful first step. Next time you catch yourself saying "I don't know," I encourage you to add "right now." That's a truer statement.

The Alchemy Quiz: Rate Your Relationship with Your Body

Suffering is optional.
—Buddha

Transforming old, negative stories lodged inside is the key to bridging the disconnection between your body and your mind. Creating that bridge will enable you to create your life, business, and relationship in ways you might only imagine for now.

Ask yourself eight questions to help you track how integrated you are with your body at the moment. Your body is instant messaging you all the time!

- What part of your body do you love without reservation?
- How long did it just take you to answer question number one?
- Which of the following best describes how that loved body part feels?

A) Flowing like a waterfall, B) glistening like sap on a tree, C) smooth as a rock, D) sparkling like a crystal, E) other, please write it in.

- Now, what body part frustrates you most?
- How long did that question take to answer compared to question one?
- If you could have a conversation with the part you're frustrated with to explain your feelings, what would the conversation sound like? Give a voice to that part and flesh it out (excuse the pun) with as much detail as possible. Does it have an accent? (One unforgettable example: a workshop client's neck had a French cartoon voice.) Does it have a lot to say or very little? Give yourself three to five minutes and see what comes up for you, if anything.

Which of the following fit? A) A loud argument, B) a tearful monologue, C) it's lost in translation, D) a gentle whispered hello, how's it going in there conversation, E) I can't do this.

My daily level of stress is: A) Off-the-charts high, B) medium, C) low, D) stress? What stress?

- If my spine was an animal, I imagine it would be: A) A quick, gliding fish, B) a buzzing bee, C) a fossilized turtle, D) an octopus, E) other, please describe.
- Warning! My tally system is as non-linear as I could create it. The value of this quiz is *not* in the tallied number but truly in your experience of the inquiry.



Tally as follows:

- Ten points for being able to identify a body part you love without any “buts.” Deduct five points if you chose your heart. There’s a chance this is a cop out. Answering “heart” can come from social conditioning, a safe answer that might not allow a more authentic and unique truth to bubble up. You’ll know when you re-take the quiz in 30 days. At that point, if “heart” is your true answer, you’ll get your five points back.
- If you answered question one right away, 10 points. Less than a minute, five points. Up to five minutes and you’re still not coming up with a part you love, zero points. (But all that will change after you’ve read this book.)
- If you were able to easily give a description to question three, give yourself 40 points. If this was challenging, great. No points, but we’ll work on that.
- Notice whether you jump to an internal part or an external part. Either way, add five points. The practice of noticing can be healing.
- Ten points if it took you a long time to answer this (three to five minutes), zero if you answered right away, and five points if you had to think for a minute.
- Ten points if you didn’t draw a blank.
- Pretty much everyone taking this quiz is A or B. Five points for either answer. Eight points for C. If you answered D, you get 10 points for irony. Employing your sense of humor while taking a quiz is both healthy and creative.





Physical, Metaphysical, Metaphorical— What is Cranial Alchemy?

Cranial Alchemy, the sensory and nature-based system I’ve synthesized, is partially based on Upledger Craniosacral Therapy and my experiential discoveries as a teaching assistant for many Upledger classes. But this book purposefully focuses not on anatomical terminology but on exercises, stories, and tactile connections. Cranial Alchemy’s focus is on recalibrating your senses and improving your relationship to your body to the point where you trust your body as a wise ally.

Within this book, you’ll be encountering a few technical terms. For example, your reticular alarm system (RAS) is a key element that aids self healing when lowered. Tip: You’ll be positively lowering your RAS by doing the exercises in this book and making them habitual. This will likely happen whether or not you understand what the reticular alarm system (also called reticular activating system) is.

Nothing that enters your field of awareness gets past the RAS. As the body’s gatekeeper, your RAS is the guy who is holding the velvet rope at a club and deciding who gets in (your body is the club). How you hold experiences determines, through time, your alarm’s set point or, in keeping with our club and gatekeeper analogy, your RAS determines maximum capacity for your body: who is on the guest list versus who is attempting to crash.

- Ten points for any answer and for gifting your spine with imagery. And if you were a fossilized turtle spine, there is a self-help exercise for that in Chapter 6.

80 points or over—The Fluid Alchemist

More than most people, you are in touch with your body, your creativity, and your ability to create. Cranial Alchemy can help you refine the tools you already have and will deepen your connection to the metaphorical, unseen support that surrounds you. You’ll enjoy accessing your internal Direction of Ease so you can create your life, health, and relationships in a powerful and juicy way.

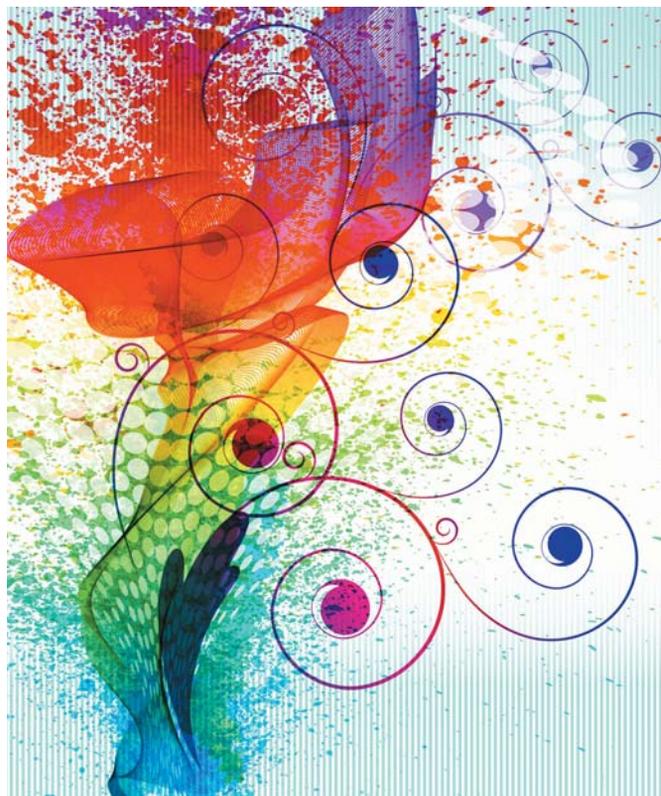
40–80 points—The Searcher

You’ve done some inner work but have either a lack of internal focus or a scattered focus in terms of how you “show up” for yourself and your projects and maybe what you believe is possible in your life. You could use some reliable new tools for whatever transformation you desire. Realizing that you have a treasure trove to search inside yourself is key. Pay close attention to the metaphorical level discussions. Be certain to give extra attention to those exercises that seem most foreign to you.

Under 40—The Inner Apprentice

Work with the exercises in this book and watch yourself grow deep connective roots to the natural world, as well as gain the knowledge to shift perspective and calm your nervous system so you can reach your goals!

Now, put the quiz aside and keep it in a safe place. You may already have surprised yourself with an answer or two, which is good. ..We’ll re-visit the quiz in 30 days.





Is there an abundance of incoming stressors or an overload of trauma to handle in your body? Often we're not aware of an issue until we can no longer compensate around it. *The Alchemy of Self Healing* offers you tools to keep you connected to yourself, to help you learn to internally listen in a nature-based practice so that your alarm doesn't ring off the charts *before* you notice a potential challenge. Instead, the slightest chime of symptomatic feedback from your body will show up on your radar to allow you to offer immediate attention.

As you may already have experienced as you took the quiz, at times internal listening can be daunting. But once you develop a listening, noticing practice, you'll discover internal listening is refreshing. The exercises in this book, offered sequentially, are your doorways to a self-healing, daily practice.

In addition to Upledger Craniosacral Therapy, the influences that have informed the Cranial Alchemy system include concepts I have gleaned from the Four Winds Inka Medicine Wheel as taught by Lynn Berryhill and Tomas Bostrom, as well as creative processes such as those I've adapted from Viola Spolin's theater games¹, key elements of energy healing work I have studied with animals, sensory musical connections, Reiki practices, and journal explorations.

In the 1970s when I was studying theater games, they seemed artificial. I had no use for them and I had no understanding of their value. All these years later, that has changed, and in true repurposed fashion, with modifications to the original games as they were taught to me, they now shine with authenticity and serve as body-based therapy tools in my work. This is a prime example

of discovering a new perspective ("Wow, great tools, that theater mirror game dovetailing with mirror neuron exploration of empathy") from an old story. (Me at 18: "Ugh, why do I have to learn theater games? They're pointless torture.") Even 40 years later, it is possible to reframe anything.

In 30 days you can repurpose old, worn out stories that are not serving you but remain lodged in your body as energy. As you work through each of the chapters in this book, you'll create a custom practice that works for you.

As a healing facilitator, I embrace the idea of being inclusive rather than exclusive, and the work I share with you is a testament to that way of being. Because the holistic premise of my work and this book is that everything is connected, I encourage and seek the connectivity in healing and creative modalities. For me, the exponential value lies in where creative modalities and healing bisect, connect, and converge, sans politics. So as you read, you'll hear about the luminous energy field which surrounds your body concurrently with a favorite qi gong exercise which just happens to help illustrate that field. Different conduit, same field.

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