

## The Gifts of Vibrational Medicine



Dr. Robin White Turtle Lysne was the afternoon keynote speaker at the Symposium. She is a medium, an energetic healer, a visual artist, and a teacher. She was at the Symposium to introduce the audience to Heart Path, a healing method she developed and wanted to share with the Healing Touch community.

According to Dr. Lysne, Heart Path is a guided meditation that teaches self-love in order to bring about inner peace. “Self-love is the key of healing vibrationally,” she stated. It integrates aspects of ourselves that may be impacting our health, our lives, and our ability to find grace. “It brings us into vibrational balance. It is the heart of vibrational medicine,” she said.

There are three parts to the Heart Path process that Dr. Lysne shared with the audience. The first two parts she included was aligning the star centers, and establishing a heart garden, a sacred space where the inner family is brought together. The third part is bringing in the spirit guides, which she did in a separate guided meditation.

The star centers are light essences that are located just above your head, at your heart and in your pelvis. Aligning the star centers connects you to the divine, your higher self and to the heart of the earth. The energy created by that alignment is brought into your heart. It puts you in a state where you are ready to build what Dr. Lysne calls “a heart garden.”

The heart garden is a space you have cleared in your heart. It is your sanctuary. A safe place for you. It is an enclosed area with a gate that can be opened and closed. According to Dr. Lysne, the enclosure can be whatever you imagine — a fence, a hedgerow, or a line of trees. “The garden might change every time you go in it,” she mentioned. You are the only one who can invite energies into your heart garden. Only you can open the gate and allow in visitors, she explained.

Once your heart garden is established, you bring together your inner family. This family may include your inner child, your masculine nature, your feminine nature, your animal nature, your high self, even angels and guides. A key to this explained Dr. Lysne, is to invite in each aspect of yourself that you want to be part of your inner family. “Your inner family can be a lot of different configurations,” she said at one point. Welcome them. Let them know they are safe, she encouraged. What or who comes in is really up to you, she indicated. Next is to let those brought in gather around a campfire. “Fire is the beginning primal force that begins all life,” said Dr. Lysne. The fire lets you clearly see and perceive your inner family.

Once the inner family is established, it is there that the quest for inner peace and grace begins. You or your healer work with your inner family to heal and integrate them. “Ask your feminine nature if she needs anything from your masculine nature that she is not getting. Do they know each other? Do they know who they are to each other? Do they have a relationship? Can your masculine nature give the feminine nature what she needs? These were some of the questions Dr. Lysne posed while guiding the audience through this part of the process.

She then encouraged those entranced to look outside their heart garden to see if there were other aspects of themselves that needed to be integrated into the inner family. “See if there is a part of yourself that has been abandoned or lost, or that’s just not been acknowledged,” directed Dr. Lysne. This can be the individual as an abused child, one with self-defeating beliefs, a past life aspect, or a karmic aspect of oneself. “Just witness to see what that part is,” she encouraged.

To integrate these aspects, the process starts with sending them love, explained Dr. Lysne. “This is where we find out that love heals everything,” she noted. Once your inner garden feels safe with the aspect, they are invited to come into the heart garden and around the campfire, where the beliefs about those aspects can be released into the fire. Whatever it is, it is okay to let go, she encouraged. “It doesn’t have to be a part of your consciousness anymore. Your subconscious can be released,” she concluded.

According to Dr. Lysne, there are no rules in the heart garden. Your animal nature might be a predator, and that is okay, she noted. If an aspect outside the garden isn’t ready to be integrated, or the individual is not ready for that aspect, that is okay too. “Take all the time you need,” she mentioned. The important part is to continuously send love to the parts that need to be integrated. “Allow them to know they are fine the way they are. They are whole the way they are.”

The outcome of the Heart Path guided meditation is to connect to the high self, the Buddha nature, embody the divine, achieve grace, and self love, explained Dr. Lysne. It is a transformational process that starts from the inside and works out. It opens the heart, allowing in more joy. It clears and balances the energy fields. It releases casts of fear. “A lot of times our fears get so solidified that they are like casts,” she explained.

Heart Path and the self-love it promotes also can release one from past traumas, karma, or identity confusion. It helps one identify and recognize their emotions, making it possible for them to be released. “When you can acknowledge your emotions, that is the first step to releasing them,” she stated. She also acknowledged that the process can heal old wounds, or release knots of ego.

According to Dr. Lysne, the list of positive outcomes with the Heart Path method goes on — bringing the individual closer to their true nature — their essential nature and teach us to have better boundaries. “We need to have boundaries so others respect us,” she stated. “So that we don’t just roll over for people. Also, so we respect ourselves. It always starts with us,” she concluded.

As a healer, Dr. Lysne is one of those rare individuals that has a high degree of sense of perception that allows her to go well beyond her five senses. It allows her to see the human bio regions — the auras and energy fields — in what she calls “technicolor.” As a visual artist, she uses that ability in her artwork, to capture what she sees when working with clients. Before taking the audience on their own Heart Path journey, Dr. Lysne shared some of the artwork that came out of her Heart Path sessions.

She presented an array of images with varying degrees of energetic health. All of her images were done on paper she marbled herself. The marbling of the paper held particular importance for her. “The energy behind the marbled paper is showing that energy is passing through us all the time,” she noted. She does her drawing as nudes, expressing that it makes our vulnerability more apparent. Auras and the energy fields were represented in colored layers. Their shape, size and definition depended on the presenting issues of the client. Congestion was often represented as clouds that ranged from black to gray and could appear anywhere throughout the biofield. As she was flipping through her slides, she explained that most of the time, the issues she sees appear from the belly down. Often her images contained representations of energy parasites.

Her assessments were particularly poignant as she explained the issues born out in each image. A particularly striking image was one showing a child that was crying, stuck in the person’s hip. Dr. Lysne explained that was the woman’s inner child that was wanting the woman’s attention. “So what is the child going to do to get her attention?” Dr. Lysne asked. “Give her pain,” was the response. Other images contained things like dark spots of congestion in the head in a woman who had been lied to repeatedly as she was growing up, but she knew she was being lied to. Another contained a nasty, black slug with teeth bared in a woman who was carrying a great deal of anger around with her. “In South America, they are called Kiumbas,” explained Dr. Lysne. They are spiritual leeches.

Dr. Lysne said many of the issues she perceives and captures in her paintings can be cleared in a single Heart Path session. Others may require more time. She indicated that it is the presence of the individual that determines when they heal — their presence with themselves. “That’s the one thing I can say that I’ve learned more than anything in all the healing I’ve done,” she said. Adding, “It isn’t about what I can do for them. It’s about what they can do for themselves.” She further explained that this is why Heart Path is structured the way it is. It gives individuals all the tools they need to help themselves and continue to use the process over and over.

Dr. Lysne shared a powerful example of being present in one’s own healing using Heart Path. It was a client of hers that had been diagnosed with prostate cancer. He rejected chemotherapy and radiation and vowed to himself, and her to clear it himself of the cancer. He was assured that if he could get to the root cause, he could release the energy that was causing the cancer. What they found in the process and with abundant self love, that this was an issue with his ancestry. The entire male line on his side of the family were ninjas. This went all the way back several hundred years. Using Heart Path, he learned that he needed to break that connection. He chose to align with the light and be an agent for peace.

He brought all of his ancestors into the heart garden. Dr. Lysne suggested that he honor them because ninjas were the protectors of royalty, the higher clansmen of the camp and the clan. He did an honoring ceremony in his heart, she explained. He bowed to them, said I love you, honored them for their work and said he did not wish to continue their tradition and do the work of a ninja. He had a sword outside his heart garden that he then handed back to his ancestors and dedicated himself to peace. There was additional clearing that he and Dr. Lysne worked on together — it related to anger and hatred. When he went back to his doctor, he had no cancer in his body. Though Heart Path doesn’t always work like it did for this particular client, Dr. Lysne assured the audience that, “It does get everyone to their own self-love.”

“I know that you can reverse the energy with Heart Path,” said Dr. Lysne. “You can reverse the energy with the dis-ease in the body.” “There can be many reasons for people to have an illness, she explained. “It doesn’t always have to do with our emotional suppression or what we are not acknowledging in ourselves.” The question of disease is multilayered she noted. She calls on people to be aware of all the possibilities and most importantly, to be nonjudgmental — just be a witness. “One of the energies of Heart Path is just to witness in awe the inner war of each person,” she said. Adding, “There is no right or wrong in the process. It is what it is.”

As third part of the Heart Path process that Dr. Lysne shared with the audience, she ushered the audience into a relationship with each of their own individual guides. The process for calling in the guides starts the same as for the inner family. First comes the alignment, then the heart garden is established. The heart garden is healed as are the boundary around the heart. Then the inner family is invited into the garden. When Dr. Lysne directed the crowd to invite in their guides, she asked that they remain on the outside of the garden, where they could be called in, one at a time. Their purpose at that point was to protect the heart garden.

The way spirit guides appear varies as do the numbers of them that appear, shared Dr. Lysne. “Most people have one to four,” she explained. You might have ten. The number is unimportant, she noted. They may appear as light or they might show up as a particular tradition. Bring them in one at a time, she directed, and ask them questions. Ask their name. “It doesn’t have to be ethereal,” she said. “It can be Jane or George.” Ask if you have been related in a past life; what they are here for; Ask, what are you here to help me with are some questions she suggested. See if they have a gift for you. Once finished with the questions, Dr. Lysne encouraged thanking them for coming and then letting them go.

Dr. Lysne shared what she saw after the exercise. She said she saw rainbows everywhere. She also saw the expansion of the room as it filled with guides. “Not because they weren’t already there,” she said. “Your acknowledgement of them allows them to be present in the room. According to Dr. Lysne, they stayed in the room healing us.

Dr. Lysne had some guidance to offer with regard to connecting to spirit guides in a safe manner. “A spirit guide will never tell you what to do,” she cautioned. That is not what they are here to do. They are here to empower you to become all that you can be,” she said. If they start telling you what to do, it is an impostor, she warned. “Sometimes impostors show up to test us,” she added. If you doubt the reality of the spirit guide, she mentioned you can ask them if they are a spirit of the light.

The other piece about dealing with guides is that they are always benevolent she noted. “I feel that our guides are here for our health and wholeness,” she said. Spirit guides can show up in a variety of ways so one should not have a preconceived notion as to what they will look like. All the guides work together on the other side, she explained. None of them are aligned with any one religion or spiritual tradition. “It doesn’t matter if it is Mohammed or Buddha,” said Dr. Lysne. “They are all in cahoots over there. They are all there for our health and wholeness.”

Through the question and answer period that followed the exercise, Dr. Lysne imparted some additional wisdom about spirit guides. You can ask your guides about anything at anytime. You can talk to them directly or you can use a tool like automatic writing. “I ask them whatever comes to me when I need guidance and when I need support,” she said. “They really are my wisdom council.” Guides also never deny your questions, she indicated.

Whatever form your guide takes, they are part of the divine, she mentioned, noting that the form the guides take give us a way to be relational to them. The difference between spirit guides and angels is that guides have been embodied, where angels have not. All guides can help with practical things — even money. A tricky thing with guides is time sequence. They don’t know time your time sequence because there is no time for them in their dimension. Imaginary friends that you had as a child — or that your child has — can be a spirit guide. Guides can be very funny. Questions you want answered have to come from you, not the other way around. Those are examples of the wisdom she departed about guides.

According to Dr. Lysne, the most important thing about guides is to communicate with them. If you wonder whether your guides are giving you information or if you are just making it up, that is your self doubt. “Over time as you get to know your guides and then you will just begin to start trusting them,” she said. “You will begin to have conversations.”

When asked how she came to her work with Heart Path, Dr. Lysne explained it was at the prompting of one her guides, Whulan, a Tibetan Master. “He brought this process to me,” she said. It was in the early 1990’s after immersing herself in the mystical realm that she started Heart Path, which has evolved and been refined over the year. “One of the things I learned that’s been really exciting and it keeps unfolding, is that no two people are alike,” she told us.

Dr. Lysne's ability to see and connect to spirits is something she was born with. She could see energy and spirits as a small child. It was around age three that this began, she noted. At that time, the spirits she saw became her playmates. She said she never saw herself as being different. Her entire family had some kind of intuitional understanding, especially her mother and her maternal grandmother. Both were highly intuitive. She and her mother would often sit in church comparing notes on the spirits they saw during the sermon.

She lost her intuitive sense for a while, but it returned when she was a teenager. Again, she never really thought she was different though until friends questioned it when she mentioned things she could see. As time progressed, she said the universe nudged her toward owning her gift.

Dr. Lysne shared a story about attending a wedding with a former husband. As the bride walked down the aisle, Dr. Lysne saw a spirit, a man, running behind her, saying I’m here. I’m here. At the reception, Dr. Lysne asked the bride if she had lost anyone recently. The bride told Dr. Lysne that she had recently lost her father. It

was then Dr. Lysne told the bride her father had been there and explained what she saw. It turned out to be the best wedding present she could have given the bride. It made Dr. Lysne realize how she had changed the woman's life.

The wedding incident turned out to be a game changer for Dr. Lysne's husband. "That was pretty much the beginning of the end," she indicated. "It was okay," she continued, "because what I recognized was that there are some people that can take this in and other's that can't." She just felt sorry for him and carried no anger or hostility.

As time passed, she moved to California and began doing massage and healing work. It was during the time of her massage practice that she realized that she could not only see energy, she could perceive and see auras and fields. She took all sorts of workshops to understand the human energy system, as well as learning different modalities. One was learning Therapeutic Touch from Janet Mentgen, the found of Healing Touch. Healing Touch, said Dr.Lysne, gave her a way to work with the body without having to touch it. She found massage to be hard work and that allowed her to shift into a more energetic mode.

Dr. Lysne eventually wound up trading massage services with a woman who channeled. Their trades went on for a while. During that time the woman was channeling Dr. Lysne's guides. Eventually she began to do automatic writing and connected with her guides directly. That was when her guide started downloading Heart Path for her.

Dr. Lysne has written a book about the Heart Path process that is available on her website. She was available for book signing after her presentation at the Symposium. The book is available on Dr Lysne's website: [www.thecenterforthesoul.com](http://www.thecenterforthesoul.com).