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Peggy's Place a Healers Retreat

By Cindy Mason

Abstract

The purpose of my service project is to create a retreat center for healing professionals. The center, which I plan on calling "Peggy's Place", will allow healers to renew their energy in a comfortable affordable setting. It will be a place for quiet time, to be close to nature, and for the opportunity of experiencing self care and rejuvenation. Peggy's Place will be located in Central Wisconsin. The four acres of woodland and lake frontage is in the town of Coloma, on Pleasant Lake. The house will be fully furnished and supplied for 1 to 8 people. The intention is to offer healing through serving, and fees will be based on the property sustaining itself and covering expenses. The goal is not to make a profit, but to be a service to light workers, with costs that are affordable and flexible. I have done extensive research on other retreat centers and how they operate and market themselves. I plan on incorporating some of these ideas along with my own unique experiences. I hope the impact of this service project will help healers and energy workers to help humanity shift and move into an era of love and peace, by offering them the space, physically, mentally and spiritually for reunion, rest and solitude. The intention is to offer support, caring, and respect for the wholeness of healers and the people they help.

PEGGY'S PLACE

YEAR FOUR SERVICE PROJECT BY CYNTHIA MASON

My year four -service project is to create a retreat for healers, light-workers, and all students in the healing arts field. This retreat center will offer an opportunity for reunion, rest, solitude, and companionship for healing professionals as a way of honoring and supporting those who serve humanity as healers. The center, which I plan on calling, Peggy's Place, will allow healers to take the time away for themselves, for their well-being. It will also give them a chance to walk side-by-side with other healers who are seeking healing for themselves as well.

Peggy's Place will be an intimate quiet setting, nestled in the beautiful arms of Mother Earth, fresh air, a beautiful artesian spring lake, magnificent stars at night and towering mighty oaks in a natural undisturbed setting. It will be a perfect place for healers from all over the world to come to recharge their batteries. A special place where they can take long walks, unhurried, absorbing the sacredness of all life . . . allowing them to connect with the NOW, with all that came before and all that will continue after them. My hope is for healers to experience tranquility, rest, and renewal through contact with nature as a way of deepening contact with themselves. Thus receiving spiritual and physical renewal for mind, body and spirit.

I came to this vision using the material I experienced from the Creative Arts Experiential and my vision board. In class four (April, 2008) my roommate and beautiful friend had an accident and broke her leg, just before class began. In the short span of several hours, she went from healthy and having fun, to severe suffering. Almost immediately she was diagnosed with stage four-lung cancer, and given a life expectancy of 2 months to 1 year. The shock and heartache during those days in week four were overwhelming. It was during the Creative Arts experiential that week I experienced a magnificent healing. As I entered into the meditation, I experienced Christ present, sitting in front of me. With deep love and compassion he looked into my eyes. He cupped his hand over his heart and then moved his hands to my heart. He was holding his heart and put it into my heart. He said, "You will create a community of the sacred human heart, the little chapels of love and light you have dreamed of for so long. You will create a global community of loving support for healers". This healing experience was deep and profound. I surrendered into this healing presence.

During the time between classes, it became clear that my friend Peggy had become my healer. She was going to teach me how to really walk through a life threatening illness and perhaps the dying

process. As we both worked through this, I discovered that the deeply held wounds Peggy feared were at the root of this dis-ease, were deep within my life experience as well. At this point in time, I understood the necessity of continuing to find the courage to dive deeply into the darkest places within. I committed to deep personal process as a lifestyle. I wanted healing and wholeness, I wanted passionate loving relationships, where respect and deep contact were understood. I wanted to be there for support and to love Peggy as well as others, and I wanted to be supported and loved a well.

The class 5 meditation was stunning, immediately a loving authoritative voice began to speak, taking up exactly where we had left off the week before, a full six weeks later. I heard “and you will call the center “Peggy’s Place”. If she chooses to stay on this side of the veil, her story of healing will inspire many. If she chooses to cross over, she will continue her work as a healer from the other side.”

The unfolding of this creation continues. Our experience at the Barbara Brennan School of Healing has brought together like- minded yet unique individuals from all over the world. For many of us this was a time of finding support and acceptance, becoming part of a larger community. When our class began, four years ago, I remember an explanation of what our class experience would be. “Nowhere in the world does another life experience like this exist. You will be going through intense psychotherapy, experiencing exactly the same understandings at the same exact time, moving together as a group of like minded individuals supporting one another as you grow as individuals”. As a class, we have become a wonderful support system for each other. As our time together nears the end, I wonder if continuing contact will occur and if so, how? As I walk this path that is unfolding, I am sensing that Peggy’s Place will continue to evolve over time, but for now “continuing contact with one another” seems very important.

Almost one year has passed since the conception of Peggy’s Place unfolded. I continue to ponder the movement in my life that will form the container for the retreat center. In December 2008 I experienced Peggy’s essence during the Goddess Meditation. She was in Core Star Expansion, bright light; her movement was flowing and intentional, fast and deliberate, like a beautiful dance in Hara. The experience of her love, power, intentionality, wholeness and depth of contact was amazing. We communicated with clarity and deep love for one another. Her message to me was, “There is nothing wrong with you, there is NOTHING WRONG with you! I didn’t listen – but you are going to listen! This is TRUTH – there is nothing wrong with any of us. All distortion of this truth is “just energy” that’s all. Just an energetic block that can be dissolved, healed, melted away with awareness and intention to see it for what it is. Healing is as simple as that. Later I journaled, “Wondering, what is unfolding, what the future may hold for me. I release the illusion of future as something already created and pre-destined or pre ordered. I am allowing and open to the possibilities of more, more love, more health, more abundance, more core star expansion, more of me, expressed and lived in my life, more contact, more divinity, more fun, more creativity, more adventure. I am feeling a “leaping” part to me, that is clear. I ask for guidance, and support as I leap into my future.” It would be a great blessing for this to be the energy container for Peggy’s Place, an environment of authenticity and sacredness.

I have every confidence I can create a welcoming environment for the retreat center. I have the gift of hospitality, and love welcoming people and making them feel at home and comfortable. My training at the Barbara Brennan School Of Healing as well as previous educational experiences will support my role as Facilitator and Retreat Leader. My passion for a spiritual life has created many

opportunities for different avenues of training. I am a Reiki Master, I have trained with Doreen Virtue on angelic guidance, and I have 5 years training in spiritual formation and spiritual direction at Columbia Theological Seminary. I have led retreats for women and church leaders for many years. I have studied with Ron Roth for over 10 years on the power of prayer and hands on healing. Carolyn Myss introduced me to the human energy field in seminar formats, spanning many years. I have traveled to many sacred sites around the world. But my most inspiring training took place in Avila, Spain, where I studied the life and teachings of Saint Teresa of Avila. My personal journey is one of deep of connection with God Source and all of creation.

Integrating my work with the 4 dimensions of Brennan Healing Science, Peggy's Place is a creation of Core Star Expansion. I can feel the Hara in the strength and effortless unfolding. The auric level is emotion of love, caring, support and respect for the wholeness of all healers and the people they help. The physical is the actual manifestation of the healing center, rooted in love and prayer, supported by nature and Mother Earth.

I believe the impact of this project is to help humanity move and shift into the era of love and peace – The Age of Aquarius. This is a very challenging time for the earth and all people. Great shifts are taking place on all levels of our beings and in our world. There are many individual souls who have chosen to incarnate at this time to assist in this shift. Many of these souls are doing healing and energy work. I am one of these souls. My path has taught me that awareness of my needs for self-care and rejuvenation are essential for my wellbeing, and my ability to be an effective healer. Now, more than ever, light-workers and healers are being called into service in all areas of their lives, professional and personal. I know we will need quiet time, to be alone, in nature to gather our thoughts, to pray, and to connect with the earth.

I have made every effort for this project, the property and the intention for Peggy's Place, to be grounded in a high-energy frequency. Since this service is for energy sensitive healing professionals it has been a main focus of mine to clear and charge all intentions and actions. I would call this prayer. I have called in guides to create the container for Peggy's Place, and I have sat for guidance from the very beginning of this creation. It is important to me that this creation is built on a firm foundation, rooted in Divine energy and assistance.

I have called upon a powerful healer in France to assess the energetic consciousness of the property and the container. He reported the energy of the land is very high frequency, well above the 1000 level (using Dr. David Hawkins calibrations, Power vs. Force). The house and intention for Peggy's Place is calibrating at 800 with a distinct feminine energy emerging. I have used a deep trance channel to have direct communication with the guides. I was told to be careful to not define the template too much, and hold an opening for divine intervention and unfolding. They said it would take a while for it to really take off, but to persevere, this is the correct path for my healing work. I have used products from Slim Spurling Light for Life tools for several months to clear the property. Slim Spurling created functional art forms, Personal and Environmental Wellness Harmonizers that work with and support environmental clearing, air pollution clearing, energy balancing, water improvement, insect control without sprays, alternative health methods, personal self care, EMF pollution reduction, personal life improvement as well as business improvement. Using metal coils and sound frequencies the balancing of energies is accomplished. I can't say I completely understand how these coils work, but I

can feel the difference before, during and after the clearing is done. More information is available at www.slimspurling.com. This work will be ongoing as I am creating and maintaining sacred space.

I am sure you have heard the saying that “Wisconsin is God’s Country”. It is for me, and some of my most awe-inspiring moments have been experienced in this place of beautiful simplicity and connectedness.

Peggy’s Place will be located in Coloma Wisconsin, a 1 hour drive north of Madison, WI, a three hour drive from Chicago, IL and a three hour drive Minneapolis/St. Paul, MN. All of these cities have International Airports. The property is on several acres of woodland and lake frontage. The building on the property is a three-bedroom, 2 baths, split-level home. The surrounding woodlands of 150 acres are in land management, which ensures it will not be developed for 25 years. The property has been purchased and paid in full. It is my intention to keep fees as low as possible, the fees that will be charged will cover the interior and exterior property maintenance, utilities, insurance, and property taxes only.

The interior of the house is completely furnished and decorated. The center sleeps 8 people comfortably. The first bedroom is filled with beautiful antiques. A double bed sleeps two people. There is a bunk bed room with two sets of beds, each with a regular twin mattress. This room sleeps four people. The third bedroom is the Angel Room, furnished with an antique iron double bed and white wicker furniture. This room sleeps two people. There are two levels to the house with a full bathroom on each floor. The upper level is surrounded by a beautiful wrap around deck, reminiscent of a tree-house in the woods. A large comfortable great room offers plenty of natural light and a beautiful fieldstone wood-burning fireplace. A full sized kitchen stocked with utensils, dishes and cooking appliances, including a refrigerator and microware. There are plenty of towels and all bedding is new designer blankets, pillows and bed linens. For your entertainment, also provided is cable television, a VCR and CD player as well as a DVD player, Nintendo and lots of games, videotapes, books, magazines, and DVD’s. A library of New Age books and music will be available. All supplies from a fully stocked kitchen to towels and bedding will be awaiting guests, who only need to pack their clothing and personal items. Food will not be included, but information on local restaurants and grocery stores will be available. All of this invites you to enjoy the tranquility of nature without sacrificing the comforts of modern day living.

A meditation deck on the shores of Pleasant Lake provides even more beauty to contemplate. The outside of the property has a medicine wheel, which I created with the help of very special woman in my life. This offers yet another meditative and healing opportunity. A large rock on the property always calls me to meditate upon it. A recent visitor to the property authenticated it as an Indian Medicine Man’s rock where healing ritual and healing herbs were prepared. He explained the location/direction (west) of the stone, the positioning from the water/lake; as well as landscape markers all support the actual authenticity of the stone. There are three indentations on the surface of the stone for the grinding and mixing of herbs. The rock is split, a result of the stone being chiseled and water poured into the openings, as the water froze the stone broke in half releasing the power of the rock and the Medicine Mans power. This was done when the tribe moved from the location. There is an outdoor fire pit with plenty of cut and split aged wood nearby. Did I mention the hammock, perfect for afternoon naps?

We have plans for a sweat lodge in the future, but within a mile of the cottage there is a sweat lodge. We have an open invitation to join this Lakota Medicine Man at his Saturday night ceremony. Other improvements I am excited about creating in the future include an enclosed screened porch off the two bedrooms on the lower level. This would allow for a more comfortable setting to read a book or visit with friends. I would love to create an outdoor bathtub gazebo; I am picturing an antique claw foot cast iron tub, nestled in the woods. Reminiscent of the mystical fountain of youth, it would be perfect for “ritual bathing”, designed to restore and instill well being, soaking in Epsom salts, listening to the sounds of nature and soft music surrounded by the scent and glow of candles. I am creating and almost finished with a one-room healing studio, up on a hill, overlooking the lake. I have created whimsical mosaics around the doors and windows and filled it with fairies. Another one of my passions is bringing wonder and whimsy back into our lives.

Pleasant Lake is 127-acre spring-fed lake filled with fish like Northern, Blue Gills, Large Mouth Bass, Bullheads, and frogs and turtles. At the shore of the lake in the summer I have a canoe, rowboat, paddleboat and a kayak available at the waters edge for exploring the Lake. It is an awe-inspiring experience to be on the lake as the sun is coming up. The stillness, listening to the sounds of nature, birds talking to one another, floating peacefully with all of your senses fully engaged in the experience. The woodlands are filled with native animals, like deer, owls, wild turkeys, raccoons, black and red squirrels, geese, ducks and sand hill cranes. It is amazing to observe how busy and populated Mother Nature is on walks in the woods. Woodpeckers, humming-birds, cardinals, barn swallows, king fisher and other variety of birds fill the skies, we even have a pair of mating eagles living on the lake.

The center offers activities year round. Summer offers walking, hiking, boating, swimming and fishing. The fall boasts marvelous color throughout the countryside. Winter activities include cross-country skiing right on the lake, ice-skating, ice fishing, snowshoeing and sledding.

Peggy’s Place is intended to be a service to light-workers and healers. The use of the retreat center by other groups and for private rentals exists. Light-workers and healers will have a special rate, half the normal fee. My intention is to cover the expenses involved with having the property, not for personal profit. If there is someone whom wants this retreat experience, and money is an issue, I will consider circumstances and work with them. Perhaps they can exchange a service to the property (upkeep, improvements, maintenance) for the use of the property. I would also consider “a pay it forward” arrangement. If I were to “gift” the time at the center to them, we could work together to make arrangements for them to creatively offer their special talent and time to other deserving people who touch their lives. The idea of offering a “gift for a gift” appeals to me. A theme I have been using for the retreat center is “The Tree of Life”. This symbol feels so sacred to me, grounds me and lifts me to high energetic levels. Recently, I was walking in the woods and noticed an oak tree that had died. I am always amazed when I observe the cycles of life in a natural forest setting. But, on this day I noticed something I had never seen before. At the base of the tree, where the root system grew strong and dense, were hundreds of new oak trees growing. When we die to the old, new life emerges in abundance, one of the “Laws of Life”. To honor Peggy by carrying love, light and healing out into the world in this way, expands my heart center, it feels correct. I will love seeing how this idea unfolds.

The property will remain privately owned and managed, which will not require any special licensing and permits. I will have a lawyer involved who will review all rental agreements, insurance needs, and any disclaimers that might be necessary. I also will have a private accountant and insurance provider who will work with me to ensure the business needs are met. I have arranged for a fire inspector to go over the building and make recommendations and a schedule for addressing safety needs. I have installed an alarm system with a monitoring service, for fire, water, high and low temperature, intrusion, and carbon monoxide. I also changed locks to a keyless entry, so I can just give guests a numeric code to enter. I can easily change the code for security reasons as well.

I began this project by investigating other retreat centers, in the area, and around the world. What I found was three defining factors, cost and size and content. Many retreat centers are geared for large groups, with twenty people being on the small side up to several hundred. The cost can vary widely, with the per person fees much higher than I am planning on charging. But, the content or activities offered also vary widely. There are centers for Churches of all kinds. As a matter of fact, the Baptist Church has a very large facility on the other side of Pleasant Lake. There are centers that direct personal process in a variety of modalities. My intention for Peggy's Place is rest and solitude. Often times after I have gone through a time of deep personal process, I need to be alone for several days of rest and quiet self-care. There are Bed and Breakfast facilities that are more "family sized", with staff and some meal service. My intention with Peggy's Place is for the center to have no staff present. Although there will be no staff interacting with the guests, I have created a support team for Peggy's Place. If I am not available, I have made arrangements for people to greet guests and be available should they have any needs, concerns or problems. I can also provide a source for delicious organic prepared meals, delivered if need be. I have made arrangements with a massage therapist who works with energy to be available for services if requested. There is a cleaning person, who will prepare the center before guests arrive, and will clean when guests leave (she will wash sheets and make the beds as well.) And there is a person hired to do all the outdoor maintenance.

I discovered that opening a business, with an actual building and property can make costs skyrocket. There would be licensing, codes and inspections, handicap availability, etc. Something as simple as a telephone line must be a business rate, which is much more expensive. I began to focus on vacation homes that were offered as rentals. This fit the bill for Peggy's Place. I visited 10 homes that were offered as rentals for short-term use. My intention was to glean the best ideas and offer them at Peggy's Place. I evaluated décor, cleanliness, comfort items (pillows, blankets, towels), websites, rental agreements, fees, security deposits, directions, correspondence and what needed to be communicated to the guests (garbage procedure, lake rules, where to hike, shop, dine)

I have put together a team of professionals that will work to help me market the center. I am currently working with a graphic designer, copywriter, web developer, as well a marketing director, who is developing a marketing plan. I have the logo designed for Peggy's Place that recreated a drawing of an angel that Peggy created for a BBSH Art Project. The designer and I have worked closely with Peggy getting her input and approval. The marketing will consist of printed materials, flyers, and brochures about the retreat center. These could be handed out at alternative healing conventions and specialty bookstores. Print ads will be placed in New Age magazines and publications with a 1-800 number to call for more information. I also believe word of mouth referrals will be a major source for attendees.

My plan is to have a website that people can visit to receive all the information about Peggy's Place and sign up for e-mailed newsletters, etc. I have already created a beautiful slide show for a power point demonstration and web site use. I have been able to capture beautiful pictures of the property with all four seasons featured. We also plan to have a blog on the site to allow communication with the participants. I would like to be able to link web sites as guests begin to share their healing practices with other like-minded people. We are working with other spiritual and healing websites to link our site with as well. We are looking into this process right now so it would allow us (guest who want to continue contact) to cross link and work together to support one another. There will be photos, testimonials, and maps on the site to further help explain the total experience. I have a web designer working on finding the programs we will need to get the site up and running soon. An idea came to me just recently. Would my classmate desire a page devoted exclusively to our class? This would be a quick and easy way to check in with one another for all levels and kinds of support.

Looking beyond Peggy's Place, I plan on creating my personal healership of retreat leadership, as well as hands on healing. I want to talk about my deepest yearning, "Little Chapels of Love and Light". I am deeply connected to Saint Teresa of Avila. It was during my studies in Avila, Spain I had the opportunity to experience her passion for living a life that supported her conscious desire for communion with the Divine, as well as service to humanity. Because I had no formal religious training or beliefs around "Saints", I had the beautiful opportunity to invent my own experience with Teresa. This experience was one that created an intimacy and personal relationship with her. So here is my take on her life and the living example she gave to me. The oldest of many children, she was a caretaker to her siblings as well as her sickly mother, for as long as she could remember. Her mother's greatest gift to her was teaching her to read and write, something not common in the 1500's. Her struggle with sexuality began as a young teenager. She was "caught" in a compromising situation with a boy, punishment was severe. In Avila at this time in history, an innocent conversation with a boy would have been enough to create the drama that followed. She was promptly sent to live in a convent. She tried everything to avoid this fate, to no avail. Once at the convent, she despised it and was rebellious. But, as time passed and relationships grew she came to appreciate the opportunities the situation presented. When the time came to leave the convent, a marriage had been arranged for her. To her, she clearly knew her fate, to be a baby maker until her death, to have no freedom, and to go back to care giving. She had gained independence of spirit and a deep desire for education during her time at the convent. She only had two choices available, to marry or to become a nun. For the almost thirty years she lived at the convent. Her mystical experiences became well know to church authorities. The seat of the inquisition was in Avila, and it was here that she was levitating during prayer and meditation. She was ordered to write about what she knew and why she had these experiences, under the threat of death. She felt totally unprepared to write about what she was experiencing in her interior, guided by a source beyond her own understanding. But she did write, with authenticity and with her humble heart. By some miracle she survived the inquisition. When she was 50 years old, she had experienced sacred union with Christ. Life at the convent did not support her need for quiet time and prayer. She was guided to create her own "convent", and "write her own rule for the order of the house". She was able to open many convents during her lifetime. Teresa went on to write the book "Interior Castle" one of my favorites. She is a Doctor of the Catholic Church, the only woman to hold this honor, her writings on experiences of "the inner road or meeting Christ within your heart" are held in the highest esteem to this day.

It was during my time in Avila, that I first began to understand my own needs that were unique and not understood or accepted by society. These inner yearnings were valid and needed to be supported. My personal need is for a lot of quite alone time for meditation and prayer as well as solitude. This kind of environment nurtured the fullness of contact, with myself, Divine Source and the richness of grounding deep within Mother Earth. My deepest yearning is to create such a place, a place that nurtures my spirit. And in turn perhaps there are a few other people out there that may need the same thing in their life, and they will come for the opportunity to deepen into their own life task. A current day example, of an ordinary woman, creating a little healing space for herself, and sharing it with others who would chose this as well. Not a big, drastic shift in lifestyle, but allowing space for “what is” and “what I need”. A began to wonder, what if there are others that have this same inner stirring, who may have been fortunate enough to find and create a little “escape” in a beautiful setting for themselves. Any maybe they have the desire to open that blessing to others, but don’t know how to go about it. I have received guidance to write about my experience, when the time is right, and offer a blueprint or “how to” for other people who would like to share their space. I am sure there are already people who are doing this. Now may be the time to virtually link us together a creating community of light-works offering their “Little Chapels of Love and Light” to the world. The template of Peggy’s Place will become the foundation for the “community of the sacred heart” offering a network of opportunities available for renewal in intentional containers of Sacred Space.

I will continue to offer hands on healing, in three locations, Wisconsin, Illinois, and Florida. I have been invited to work in four chiropractic offices as soon as I graduate. I am very interested in using the Brennan Healing Science in the medical community, so that option is also unfolding for me. I have also been asked to travel by invitation, to be privately sponsored to do healing work. This would be done in private homes, by invitation, let’s say for a week to ten-day period at various locations. Again, I will see what unfolds. What is important to me is to continue to have flexibility to travel, do continuing education, and have fun in life! I have been asked to sponsor groups to Sacred Sites around the world. I would love to do this as well. I believe the concept of “Pilgrimage to Scared Sites” is an awesome opportunity. I would love to create my own template around this as well, with a sacred but not religious spin to it. Offering participants the opportunity to learn the history around Pilgrimage, to experience the energetic component that exists around all kinds of sacred shrines on the earth, to have an experience of sacred ceremony with other like-minded people, and to enjoy making new friendships.

I want to address some of the obstacles and challenges I am aware of in my life that will effect the manifesting of my service. The understanding of “Pleasure”, negative pleasure and Divine Pleasure holds the bottom line truth for me in regards to challenges I know I will face and have already witnessed. I know from past experience that my family can trigger my defenses. It has been my habit to release what is important to me and turn to meet the needs and demands of others. I observe other people effortlessly set personal boundaries and do what they need and want to do. This is my biggest struggle, I find myself needing to make sure “everyone and everything” else is taken care of before I allow my self the time and space to pursue my personal desires. As I witness myself playing out old programs created from negative pleasure, I have the choice to make new choices and act from Divine Pleasure. I am finding the phyc spiritual skills play a huge part in my awakening to my Divine Essence and life task. My experience at BBSH has been very difficult at times, but I know this is exactly what I needed at this time in my life. I actually believe these skills are so perfectly ordered in this process of self-development, I cannot imagine ever discarding them now that I depend on these skills for my own personal growth and the unfolding of my sacred longings. They support more authentic and deeper

contact with myself and with others. These skills strengthen my container, my grounding, and my joy and delight in being on this earth.

As I contemplate the compatibility of this healing center and the surrounding community, these thoughts and concerns come to mind. In the small community of Coloma, everyone knows everyone. This community talks. And in any community, you can find all levels of consciousness among the people. I have found through talking to people in the community that they feel that healthcare options have become so expensive, even for the most common ailments, people everywhere are more open to complementary healing modalities and welcome the support and kindness.

Peggy's Place will be very private, and for the most part used by people who are already familiar with alternative healing. In the second phase, creating a healing practice and retreat leadership is where I feel the possibility of problems existing. I have done healing work for almost 15 years. I have come across some distrust on occasion, fears, and controversy. I do not try to convince anyone to consider or accept an idea they are not comfortable with. I was told many years ago, "Don't try to change someone belief system, instead just listen, people want to be heard." I respect peoples' freedom of choice. But, overall I feel that people in general are shifting and are open to more alternative healing practices,

My first year at the Barbara Brennan School of Healing, I was walking on the beach at the ocean and came across an old green glass bottle covered with barnacles. Upon spotting it, I wondered if I would find a letter in the bottle. Excitement and curiosity quickly charged in, this is the kind of thing dreams and movies are made of. As I got closer, I found my precious little treasure was empty. I sat on the beach for some time wondering what was this all about, and realizing this energy was creative and hopeful, what was the "opportunity" I was hoping to find? The idea of a love letter to myself was born. Just what would my soul want me to know or to remember during my time on earth, before I crossed the veil of forgetting. A creative force surged through me and I wrote this love letter to me.

Song of My Soul

July 11, 1953

My Beloved,

Today you begin a journey,
A long and difficult journey.
I see you filled with sweet innocence and love,
The excitement of new beginnings,
Tenderness waiting to be expressed.
In the mists of your hopefulness
My heart aches for you,
I know the hardship that lay ahead,
I know the heartbreak that awaits you,
I know the pain and suffering you will endure.

I also know you will forget me,
And in forgetting me,

You will forget yourself.

The pain of this truth is overwhelming,
For you, I will suffer,
And with one heart we will endure together.
May our love tie us together,
Like the thick cabled ropes that secure
The ship to the dock.
I pray our knots hold steady and secure
During your journey at sea.

You will learn to ride the wave,
The cycles of life held in all creation.
You will experience it all,
One moment, floating blissfully in the gentle waters,
The next, steering your vessel with confidence and grace,
In an instant, thrown off course and battered
By storms that brew unseen just over the horizon.

I pray you remember your safe port in the storm.
And in that remembering,
You will find yourself returning to me.
Journey deliberately to this place you know
Inside of you.
Using your instincts and knowledge acquired
During your apprenticeship at sea
You find the courage to become the master of this sea of life.

With determination you will
Choose your own course.
With knowledge and experience you will
Explore, discover and chart a new course.

With the instinct of your heart
You will find your way home.

Today, I release you
Today, I release this letter of love into the sea,
Knowing someday,
In the vast incomprehensible
Expanse of the sea
There will be a synchronistic moment.
When you will come together on the same wave,
You will pluck this bottle from the sea.

You will remember,
You will return to me.
You will find your way home.

There I will be waiting,
Tears of tender mercies flowing,
Love outpouring,
Compassion overwhelming,
Thankfulness and joy.

My beloved,
My heart burns for you,
It is your beacon home.
With patience and yearning
I await your return
To
Fully loving you!

I really had no idea what the journey through the past four years would be like or where it would bring me. Now, I clearly see, I knew all along why I was at BBSH. My own sacred longing brought me here. And with the deep healing and personal transformation this experience has offered, I now feel I am boldly stepping forward to fulfill my life task and the fullness of who I am. It is with deep thankfulness I offer Peggy's Place to you.

In closing, I am enjoying the healing experience of what seems to be effortless unfolding of my healership. I will continue to do the physical work of manifesting this service project that has been covered in this paper. The actual coming together of this creation energizes and inspires me.