

## **Presentation given for Awaken! Connect! & Heal!**

**Nov. 2, 2008 in St. Cloud, MN**

**by Julia Ahlers Ness**

My **GAME PLAN** for this afternoon is to spend about 45 minutes **PRESENTING** some basic information about the two spiritual development and healing tools I want to introduce you to as well to discuss the connection between spiritual development and healing.

After my presentation I'll be glad to spend a few moments to answer some questions and then we'll take a **SHORT BREAK** before switching gears. After the break, we'll spend about a half hour or so doing a guided healing **MEDITATION**.

After that, I'm going to be **DEMONSTRATING** the Christa Healing Method®, which is one of the tools I'll be talking about today. I want you to see and hear what an in-person healing session looks like and sounds like. Because Christa Healing is unlike most other energy healing methods you may have heard about before, I find that **SHOWING** people what a Christa Healing is much more informative than just trying tell you about it!

So I'm going to need a **VOLUNTEER** for this demonstration. Think about whether you'd like to help me with this and at the break you can put your name into this bowl. After our meditation, I will draw from the bowl and we'll proceed from there.

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Both of the tools I'm going talk about today come to us from Master Healer and Spiritual Teacher, Adriene Wentworth, who is the founder of Christa Resources. Adriene is a native of Prior Lake, MN and now lives and works near Colorado Springs. I have been studying and working with Adriene for over 10 years now.

The tools that Adriene has developed -- which she has done at the urging and under the guidance of Spirit -- are: The Christa Healing Method® & 3 different Spiritual Energy Attunements, specifically

1. to Level One of the Christa Energy
2. to Level Two of the Christa Energy and
3. to the AnaMata Energy.

I'll be discussing each of these energies in more detail in a few moments. But first I want to tell you a bit of my own personal journey with these tools.

I had my first Christa Healing session in early September 1998 and over the next 6 months, received all 3 of the energy attunements. I also began to study the Christa Healing Method®

right away. With each healing I had, I watched and paid attention to WHAT was being done and HOW it was being done. I wanted to learn how to do this healing work on myself and I wanted to be able to help others.

In the beginning I worked mostly on myself and Richard, my husband, and then as I became more comfortable with doing the work, I started to offer to do healings on family and friends. Over the years, I have taken many training classes and workshops and then in early 2004, I finally said yes to the urgings from Spirit and my High Self to do this work for others in a professional capacity. And so in the Spring of 2004 I received my Certification as an Advanced Practitioner of the Christa Healing Method®. I continue to take classes and attend workshops to advance my skills and experience for the benefit of the clients with whom I am privileged to work.

As you can read in one of the handouts in your packet, my background is in theology and religious education. After I received my Masters in Theology in 1993, I began to do more personal exploring in the area of spirituality and that's what ultimately led me to Adriene Wentworth and the Christa Healing Method and the spiritual energy attunements that she offers. And it is my own positive personal experience with these tools that spurs me to share them with others.

**So for my presentation today, I want to**

1. to help you learn more about your own spiritual nature, to help you awaken and connect to new levels of yourself as a SPIRITUAL BEING,
2. to help you become more aware of your own SPIRITUAL ANATOMY -- your own energy system -- and to help you experience through a guided meditation how sacred seed sounds and empowered mantras can help to open and empower your energy system and facilitate the healing process, and
3. to show you how these two healing and spiritual development tools can greatly advance your personal healing and spiritual development process and help you to expand your consciousness to new levels -- no matter where you are at in your healing or spiritual development process.

In other words, the tools of the Christa Healing Method® and Spiritual Energy Attunements are as valuable to someone who has lots of experience in the areas of spirituality and healing as they are to the person for whom this is new territory. These tools are able to meet you where you are at and take you to new and deeper levels, regardless of where you are starting from. AND regardless of the spiritual and religious traditions that you are coming from.

So let's look at these two tools in more detail:

The Christa Healing Method® -- is a unique and highly effective energy healing method that facilitates the release of blocks within our energy system that hinder the spiritual development process.

This method makes use of powerful spiritual healing frequencies, sacred seed sounds and empowered mantras. The healing frequencies and sacred seed sounds help to unlock the blocks within the energy bodies and bring them up to the surface -- specifically into the etheric body -- where they can be read and separated from the client's energy field. The empowered mantras are then used to clear the released energies from the client's energy system.

In your packet of handouts, you'll find one which lists some of the empowered mantras used in the Christa Healing Method and on the back side of that handout, I describe some of the types of things that come up for release in a healing session. When I do the demonstration, you can use that handout as a reference guide. Plus, all of this will make more sense once I begin the demonstration and explain what I'm doing and why. Again, I find it easier to show people what a Christa Healing is than to try to describe it!

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Now, I want to go into more detail on the second powerful tool that Adriene has developed, the Spiritual Energy Attunements.

Those of you who have had Reiki training have heard this term attunement before. Simply put, an **Energy Attunement** acts like a bridge to help you more easily reach high vibrational Energies. While these Energies are available without an attunement, the process of reaching them on one's own can be very difficult. The attunement creates a direct link to the Energies and, most importantly, *empowers* you to work with them in an effective and balanced way.

Again, Adriene has developed three energy attunements:

1. Level One Christa Energy
2. Level Two Christa Energy
3. the AnaMata Energy

Let's talk about the Christa Energy first. The term "Christa" means Christed Light in Sanskrit and so the Christa Energy is Cosmic Christ Energy that comes to us in specific vibrations that are intended to

- help us wake up to our true spiritual nature,
- help us create permanent protection within our energy system,
- help us deepen and quicken our healing process and

- help us to correct and transform our energy system so that we can manifest with God's Energy -- just like Jesus demonstrated with his miracles AND which is also our birthright.

The Christa Energy comes to us in 2 levels: the first level is easier to reach and work with. By working with the LEVEL ONE CHRISTA Energy, we build strength and permanent energetic protection within our energy system. The Level One Christa Energy creates the foundation for working with other high spiritual energies, including the much more powerful and transformative frequencies that come in with the Second Level of the Christa Energy.

Ultimately the Christa Energy is intended to help us heal and transform into a Christed Being. Even Jesus had to undergo this transformational process, a process that the Gospels record as His Transfiguration, which symbolizes the culmination of his process of transforming into a Christed Being.

Christed Beings are Souls who have grown and matured to the point of being fully in Alignment with God's Energy. **ALL PARTS OF SELF** have fully reached the level of Christ Consciousness. Their Egos are honed to the point where God's Will is now their own Personal Will. And, their Energy System has evolved to the point where they can work with God's Creative Energy at the fullest capacity. They serve as bridges between heaven and earth and help to Bring Heaven to Earth. And by the vibration of Pure Divine Love that they carry within and emanate from their Hearts, they help younger, growing and developing Souls to REMEMBER where they truly come from, what their Soul's True Purpose is and how to come Home to God.

For those who strongly feel the pull to follow in Jesus's footsteps and to bring all parts of Self to the level of Christ Consciousness, the Christa Energy is a powerful, powerful tool to help you achieve this goal.

But even if this goal seems a bit too lofty for you at this time, the Christa Energy is going to be a wonderful support to help you heal whatever you are ready to heal and it is going to encourage you to stretch and grow in ways that might currently seem out of reach. In short, the benefits of being attuned to work with the Christa Energy are as vast as the Energy itself.

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The 3rd attunement that Adriene developed is to The AnaMata Energy, which is Divine Feminine Energy in its highest, purest form. ANA - MATA means First Mother and so the AnaMata Energy is the Mother of all Feminine Energies. For example, the beings we know as Mary, mother of Jesus and Quan Yin embody the Divine Feminine Energy that originates from AnaMata but which is stepped down to vibrations which are easier for us to connect with -- that's why many of us feel very comfortable praying to Mother Mary.

And just as the Christ Energy is considered to be the Son Energy that is a bridge energy to Father God, the Masculine Energies of God, Sophia - or Holy Wisdom, the Holy Spirit - is considered to be the Daughter Energy to the Divine Mother, the bridge to the Feminine Energies of God.

But part of the story that AnaMata imparted to Adriene tells about how we were cut off from being able to directly connect to the Mother's Energy, which along with being very powerful, is also a very loving and compassionate. During the attunement process, this direct connection is restored so that you can again connect to and work with Mother God's energy. Working with the AnaMata Energy will help you to heal the distortions within your energy system that keep your masculine and feminine energies out of sync and at odds with each other. It also helps to heal distortions deep within the DNA, genetic, and cellular levels. Healing at these levels is essential to your being able to be whole, powerful and to create in alignment with the United Masculine and Feminine Energies of God.

I have additional handouts available that go into more details on the Christa Energy and the AnaMata Energy and the attunement process for each. I encourage you to pick up a copy of this information. These energy attunements are intended to be a vital part of our healing and spiritual development process and I urge you to consider receiving these attunements so that you too can consciously and effectively work with these powerful, transforming and healing Energies of God.

My own experience in working with both levels of the Christa Energy and with the AnaMata Energy is that they add power, depth and direction to the spiritual development and healing process. They create a secure and protected "space" within which do our healing work, which is very, very helpful and important in a world where we are constantly bombarded by energies that try to keep us off balance and off track in terms of our spiritual path.

These energy attunements also create a direct connection to God's Energy that we can **CONFIDENTLY and TRULY** draw upon for strength, courage and the determination, compassion, patience and fortitude it takes to evolve our consciousness and our energy system to the point where we can once again create in alignment with God's Energy. And the Energies that come through the attunements also enable us to strengthen and heal our energy system at depths that, to our conscious minds, can seem out of reach or non-existent.

Ten years ago I could have never imagined being able to heal as deeply and as extensively as I have in what is really a relatively short period of time. Same way with my own spiritual development process. I know that I am in a much stronger and more solid and more expansive place in my consciousness and in my personal power than I was 10 years ago.

And I am actually growing into my True Self *and* actually getting closer to letting that True Self come fully forward for others to see! I also know that I am on track to fulfilling my Soul's purpose for this lifetime.

These are HUGE accomplishments. They are goals that I have sought since I was a small child. And I know that I could not have gotten to this place and done the healing that I needed to do to get here, without having the benefits and support that come from these Spiritual Energy Attunements and the Christa Healing Method®.

As you can tell, I feel very passionate about the value of these two tools. I see them as tremendous gifts of Grace that Spirit has given to us out of Love and as an Unconditional Invitation to grow into our True, Whole Self. So that's why I **KNOW** that Christa Healing and Spiritual Energy Attunements can help you take your own personal healing and spiritual development process to new and greater levels. And it's why Christa Healing and attuning others to the Christa Energy and the AnaMata Energy form the heart of the spiritual healing and teaching services that I offer through the Center for Healing Partnerships.

I truly love this work and I especially love seeing people waking up to greater parts of themselves. I love seeing the people I am privileged to work with heal and move beyond their old pain, their old limitations, their old patterns of thoughts or behaviors that have been keeping them down and stuck. I love seeing people become more EMPOWERED to let their gifts and abilities come forward for the benefit of others. I love to see the Light of God growing and glowing within the people I work with and I hope to be able to work with as many of you as possible either now or sometime in the future.

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And now, I want to take the time to specifically address THE CONNECTION BETWEEN SPIRITUAL DEVELOPMENT AND THE HEALING PROCESS. I find it very helpful to have a clear understanding of what these two processes involve and why they go together.

So, let's first take a look at a quote that many of you have probably come across before, often given the title "Our Deepest Fear." This quote comes from a book entitled A Return to Love: Reflections on the Principles in A Course on Miracles by Marianne Williamson. She writes:

Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous?

Actually, who are you *not* to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you.

We are all meant to shine, as children do. We were born to make manifest the glory of God that is *within* us. It's not just in some of us; it's in everyone.

And as we let our own light shine, we unconsciously give other people permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others.

I came across this quote many years ago and I love it. It has inspired my own spiritual journey in very deep and lasting ways. As you can see, there is a lot packed into to this quote.

To me, it says that Spiritual Development is about FIRST about waking up and REMEMBERING that we truly are children of GOD. And not just believing this truth, but *KNOWING* it in our hearts and in our minds.

There is a famous story about Carl Jung once having been accused of being an atheist by one of his students who had read a quote in which Jung said he didn't believe God existed. As the story goes, this was Jung's response:

Jung smiled and said "Dear girl, rest easy, when we have a relationship to a particular thing or experience with it - belief/faith ceases to be a factor. The truth is this, I have had the experience of being gripped by something that is stronger than myself, something that people call God. So, I will never say that I **believe** that God exists. I must say I **know** God exists!"

(Source: [http://wiki.answers.com/Q/Did\\_CG\\_Jung\\_believe\\_in\\_a\\_God](http://wiki.answers.com/Q/Did_CG_Jung_believe_in_a_God))

So waking up to KNOWING who we truly are and where we come from is BIG STEP in the spiritual development process.

What I find even more potent in Williamson's insights, is her challenge to us to look at WHAT being a Child of God REALLY MEANS. Now when I ask this question, my interest is in what it means to an ADULT CHILD of God! Part of my disagreements with organized religions are that they tends to keep people at truncated, juvenile level when it comes to spirituality.

Williamson's answer to this question is really quite audacious: It means fully embracing our capacity and our right to be "powerful beyond measure," to be mirrors of God's powers. It means fully embracing our Light and to letting it shine brightly. It means willingly and freely "manifesting the glory of God that is *within* us."

Williamson also hints at the connection between spiritual development and healing when she refers to being "liberated from our own fear."

HEALING really is ultimately about being "*liberated*" -- and from our own fears, our limited beliefs and programs that we have accepted without question, from other people's power over us AND from whatever else that is blocking us from not being aware of WHO we truly are and WHAT we are truly CAPABLE of, of FULLY EMBODYING God's Light and Love in our PHYSICAL world.

The radicalness of Jesus of Nazareth was ultimately that he showed us what it means to be God Incarnate! To let the God within shine forth FULLY in physical human form. That has been

really risky business on this planet for a LONG time, as Jesus found out the hard way! But by bringing Christ Consciousness back into our awareness and grounding it into our physical dimension, Jesus actually helped to turn the tides and, fortunately for us, great shifts are now happening within human consciousness on this Planet that will make it much easier and safer for us to become Fully Enlightened and to “fully manifest the Glory of God within us.”

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Now, there’s another way I like to look at the connection between Spiritual Development and Healing: and this comes from the perspective that is reflected in The Prayer of St. Francis.

Here is the hymn version of this prayer, ***Make Me A Channel of Your Peace***, with which we are all familiar.

*Make me a channel of your peace,  
Where there is hatred let me bring your love,  
Where there is injury your pardon Lord,  
And where there's doubt true faith in you.*

*Make me a channel of your peace,  
Where there's despair in life, let me bring hope,  
Where there is darkness, only light,  
And where there's sadness, ever joy.*

*O Master grant that I may never seek,  
So much to be consoled as to console,  
To be understood as to understand,  
To be loved as to love with all my soul.*

*Make me a channel of your peace,  
It is in pardoning that we are pardoned,  
In giving to all men that we receive  
And in dying that we are born to eternal life.*

This is such a beautiful prayer and if we take it seriously, we will let it guide us and transform us into being Christ in the world and to each other.

The central image of this prayer is of course being a CHANNEL, being an INSTRUMENT for God to work through for the good of all. It reminds us that part of being made in the Image and Likeness of God means being this CHANNEL, this INSTRUMENT, of God’s Light and Love, and Peace, and Joy and Healing -- IN THE WORLD.

And so if being a CHANNEL, an INSTRUMENT, of God in the world is our calling, this mean that God would have created within each and every one of us the capacity, the ability, to be such an instrument. And as “Instruments” we need to have the necessary “equipment” to carry out this work.

This “necessary equipment” is your Spiritual Anatomy. And, without going into a lot of detail, here are the basics of your spiritual anatomy:

First, you have your ENERGY BODIES: spiritual, mental, emotional, etheric and physical. Think of your energy bodies together forming the whole of your “body.” Like levels on a continuum with the spiritual being the most subtle level and the physical being the most dense.

Connecting and governing these energy bodies are ENERGY CENTERS called CHAKRAS.

Flowing out from the CHAKRAS and throughout all of the Energy BODIES, you have thousands and thousands of ENERGY CHANNELS -- 72,000 to be exact according to the yogis who study these things!

Now, I’m a farm girl at heart and my mind tends to think in rather “Earthy” terms. I’ve also been living in drought-prone Nebraska for too many years! So, when I hear the word channel, I think of water and irrigation! and so I like using these images as analogies for talking about our SPIRITUAL ANATOMY, our energy system.

SO, with the water and irrigation analogies in mind, think of your Energy Bodies as the fields which you cultivate and from which you produce “fruit.”

And GOD is the SOURCE of the “living water” that is distributed through an elaborate system of control stations and distribution network in order to nourish these fields and help them to be fertile and productive.

The distribution system includes a MAIN Energy Channel, deep within your spiritual body and which can be accessed within the spinal cord of the physical body. This MAIN channel flows out from your **HIGH SELF**, which is your own personal connecting point into to God-Consciousness, into the Everlasting POOL of Living Water!

This Main channel runs down from the High Self and down through the center of each of your chakras, deep within the spiritual body, and down into your Earth Chakra. Again, the chakras are the control stations that not only connect the energy bodies -- the fields -- together as one seamless whole, they also oversee the distribution of the “Water” to the “fields,” to the different levels of your energy system. The flow first comes into the spiritual body, then flows out into the mental body, then out into the emotional body and then out into the etheric body and finally out into the physical body.

The most extensive part of the distribution system is the “network” of Energy CHANNELS, the irrigation pipes and canals that take the “living water” to all parts of self, making sure the “living water” reaches that every square inch of those “fields.”

So this is the way things supposed to work when we are a fully functioning God-Being with a fully developed and functioning energy system!

Unfortunately, most of us on this planet do not have fully functioning energy systems! When looked at and compared with its original design, our energy systems look like an irrigation system that is extensively damaged and dysfunctional. Major parts are missing, clogged, filled with muck, broken, abandoned. Some parts look as if thieves have come in and diverted the flow of “water” that is suppose to nourish us, but which instead is being siphoning off and used by others “illegally.” Many other parts of self are withered and dried up or dormant because of the lack flow of life-giving God Energy to these areas.

Now there are many reasons why our energy systems are in such a terrible state of dysfunction. Discovering these reasons was large part of Adriene Wentworth’s quest, part of what motivated her to pursue healing as part of her own spiritual journey and to learn all that she could about our energy systems -- both how they were originally intended to function and how things have gotten so messed up. What she discovered is a fascinating and enlightening story that you can learn about at her web site, [christaresouces.com](http://christaresouces.com).

In particular, I would encourage you to listen to the audio files from this past summer’s radio show, **Cosmic Kick**. These programs are give an EXCELLENT overview of what Adriene has discovered and why she has developed the tools that she has to help people heal their energy systems.

Right now, however, I want to continue to focus on the connection between spiritual development and healing.

The one part of our Spiritual Anatomy that I have not talked much about yet is the SOUL.

The French Jesuit priest, paleontologist and philosopher, Pierre Teilhard de Chardin, is often quoted as having said: “We are not human beings have a spiritual experience. We are spiritual beings have a human experience.”

And, as a Spiritual Being, you don’t really “have” a Soul. YOU ARE as Soul. And as a Soul, you are an individuated spark of God Consciousness that was birthed forth from the Source, from Mother/Father God. At the time of our Soul’s birth from the Source our consciousness was merged with “form,” which was initially what we would call our “original light body.” Consciousness needs to merge with form (which is supplied by Nature) in order to “experience

life.” In other words, the whole reason we, as Souls, have an energy system at all-- with all these different energies bodies -- is so that we have the necessary “*vehicles*” through which to EXPERIENCE all the myriad realms of creation and to create as our Mother & Father in Heaven create.

And so, sooner or later, when we start to wake up to the fullness of who we are as Spiritual Beings, we start to wake up to the FACT that as a Soul, we have had many, many different “life” experiences and at many different levels and dimensions of existence. And, for many of these experiences we have chosen to incarnate into a PHYSICAL BODY.

So yes, I’m talking about “reincarnation.” But I’m NOT talking about it as *religious belief* as understood say within Hinduism or Buddhism.

I’m talking about it as the simple FACT that YOU are an eternal Soul that is capable of taking on human physical form, a form that has a finite duration, which we call a lifetime. And, whether you consciously remember this or not, you have incarnated or taken on a physical vehicle -- MANY, MANY, MANY times -- and not just on Planet Earth!

Reincarnation may be a challenging concept for you to get your mind around at this time; it may be butting up against the belief systems or world views that you’ve been taught. But I remind you again, reincarnation is not a belief; it is Universal Truth. It is the reality of who we are as Souls. AND, when we are able to wake up out of the sleep that we tend to fall into when we come into a body on this Planet where the general consciousness is very low and compacted, when we are able to REMEMBER our true nature as a Soul who has had many, many lifetimes and experiences, we are then able to open up to levels of the healing and spiritual development process that are otherwise closed to us when we do not have an awareness of this Truth about our Soul’s journey.

On that note, I’d like to summarize the connection between Spiritual Development and Healing:

Point No. 1: **Spiritual Development** another way of describing the process by which we as a Soul, MATURE and GROW into the FULLY CAPABLE Being that God created us to BE. AND, the means by which we grow and mature as Souls IS through lived experience -- which may or may not be within a physical body.

Point No. 2: **Spiritual Healing** is the means by which we deal with all of the “bumps and bruises” that come along with the “growing and maturing” process and that helps us get past and actually learn from all of the not-so-positive life experiences that we’ve had along the way. Healing these not-so-positive experiences is a HUGE part of what is needed to keep the process going forward.

We all know that it's the bad things that have happened to us or that we have done that are the hardest to forget and recover from. There are lots of reasons why this is so but these are the very things that can really pull us off track in terms of our Soul's development process.

And here's another key point to know: EVERY UNHEALED, UNRESOLVED EXPERIENCE YOU HAVE HAD AS A SOUL, IS STILL WITH YOU, BEING HELD SOMEWHERE WITHIN YOUR ENERGY BODIES, waiting for you to reach the level consciousness and personal power needed to be able to look at those unhealed parts of self, those unhealed experiences and to bring them up for release. Now some things we experience in our different lifetimes can be healed in Spirit, when we leave our physical body and go into the realms of Light. But other things can only be FULLY HEALED when we are in a physical body.

So the Bottom Line is this: HEALING is a necessary and integral part of the Spiritual Development Process.

And that brings us back to our energy system: our energy bodies, our chakras, our energy channels. Here is where we see the damage, the blocks, the stucknesses, the shut-downs, the negative beliefs and programs, the old patterns and ruts, the energy draining cording to others, etc.

AND THIS IS WHERE TOOLS LIKE THE **CHRISTA HEALING METHOD®** AND **SPIRITUAL ENERGY ATTUNEMENTS** COME INTO THE PICTURE!

These blocks, stucknesses, beliefs, programs, cordings and so forth -- have Energetic FORM that needs to be CLEARED OUT of our energy system in order for real shifts and growth to happen. Think of a sliver in your finger. You need to get the sliver OUT before full healing can occur.

And the levels of healing and release work needed to move forward on our Soul's journey is the speciality of the Christa Healing Method®.

AND being attuned to work with the Christa Energy and the AnaMata Energy not only helps to bring all of these obstacles up to the surface for release, they also help to protect us while we are working on our healing and spiritual development.

These energies also help to bring in the necessary corrections and even "upgrades" to our energy system so that we CAN be the fully functioning Channels of God's Light, Love and Creative Energy in the World -- so we can be a Christed Being just like Jesus.

And now, I'm happy to take a few questions before we take our break.