

# My Threads

I was not dragged kicking and screaming into healing, but I did resist it for a long time after I was introduced into Spiritual Awareness and Spirituality.

I began to sit in circle in the early 1990's, and was told I would become a healer and that I would use colour. 'Not me', I thought. I was interested in colour, but healing — not my scene! Gradually, however, I grew up and came to realise that healing and colour were inextricable, and I now wanted to learn more about them. This was the first thread that led me to Margaret Sharp.

I joined *Suffolk Healers* and attended the *Foundation Healing Course*. I then realised how much awareness stemmed from healing. During this time, I was sitting in circle and attending workshops, learning about auras and colours and my perception of healing deepened. I trained with Paul Lambillion and finally became a Registered Healer in June 1999; the second thread.

After obtaining the *Certificate of Healing*, I came up against the problem many healers have; gaining experience. I was fortunate in that I was able to work in a healing group at the Park Hotel, Diss, run by Margaret Sharp, and I learnt such a lot. They say you don't start to learn about driving until you have passed your test, well; it's the same with healing. Not long after I qualified (in healing, not driving) Suffolk Healers had a marquee at a local country fayre — right next to the fairground organ. Sending loving, healing thoughts to the patient, accompanied by the tune of all of 'All the Nice Girls Love a Sailor' was enough to strain my healing powers to the limit.

Another thread appeared when I became aware of seeing colour when I listened to music, I saw patterns and texture. I have always seen colour in letters of the alphabet; numbers; people's names; days of the week etc., and this ability has become heightened so now I see colour in perfumes which is interesting as I have a poor sense of smell. This condition is called 'synaesthesia' from the Greek meaning 'blending of senses'.

The fourth thread came about in 2001. My husband, Robert, and I, moved from Diss to Bretforton, near Evesham, in Worcestershire, where Robert was training with Dr. Sir Peter Guy Manners in Cymatic and Bio-energetic medicine (energy/sound). Slowly we made contacts through the local Spiritual Churches and we started our own circle, initially for 10 weeks, and now after 5 years, it is still up and running. There have been comings and goings, and changes of format, but it is still there. It is organic, altering and expanding with time, people and place.

In 2004, I attended an open circle at **Jenny's Sanctuary**, near Banbury. As we sat in meditation, the lady opposite me began to tone and sing. A big light bulb lit up inside my head; it was as if I had suddenly been plugged into the National Grid. This is what I wanted to do! A big, fat, fifth thread. Afterwards I had a long chat with her and she told me she was a sound healer. I had never heard of it and I wanted to know more. I had found a definite path at last. She invited me to go and see her and she gave me

sound healing. I could not help joining in and the vibrations were very powerful. I then invited a couple of friends to act as guinea pigs and together we did a lot of toning and singing. We sang our chakras, wailed, and generally made weird noises. On one occasion there were three of us toning, and we heard a very deep, fourth voice joining in. Spooky or what!

Toning is a very effective way of self-healing and very simple. It doesn't matter if you can't sing; you just tune into the affected part of your body. Send it your love and sing a note; your body will take what it needs. You may even see colour, just try it and see. It is particularly effective when you sit in the bath, or when showering, because the sound bounces off the water and magnifies. I promise if you sing to your chakras it will send you into orbit. It's really energising.

The sixth thread came about when I was sitting in a trance circle at **Jenny's Sanctuary** and I was impressed to sing. Out came the gentle voice of a lovely nun called Angeline, who sang blessings and prayers. Sometime later I attended a workshop at **Hafn y Coed** in Wales, tutored by Eileen Mitchison, when Angeline came through and sang. This time her power nearly knocked me out and Eileen taught me how to cope with the energy.

In the same year we became early members of The International Healing Fellowship. A beautifully coloured eighth.

A year later, Angeline came through once more at Melanie Polley's Family Gathering at Cober Hill, near Scarborough. Melanie really helped me to understand what was happening and that the nun was not my imagination, and at this time Joy, a black slave, joined Angeline. She sings prayer in the style of the Negro spiritual.

It was at one of Melanie's weekend workshops that sound healing really took off. Thread number nine. I learnt that I had a number of shamans working with me, and a bevy of nuns. What a weird mixture! The main shamans are an American Indian and a Polynesian woman. His sounds can be very ugly and abrasive. He unlocks energy and stirs it up, then she soothes and calms things down again. They work seamlessly together. There is also an Aborigine, and a Tibetan. Whilst I am working, I sometimes see colours, and broken patterns, which I repair by using the sound. It happens on occasions that when I encounter a problem in the body my voice cracks and I cough. I have to carry on and sing through it (aided by copious amounts of water). Often, a nun singing, while I stroke the patient's head, finishes the session. It always amazes me that the patient appears to go into a deep sleep in spite of the weird noises, and comes back with a lovely smile on their face.

Through the past few years I had been studying Reiki, and at the February 2008 Family Gathering at Cober Hill, I became a Reiki Master. I had woven in the 10th thread.

Recently Robert and I have worked the eleventh thread together in our healing, from opposite ends of the spectrum. I begin the session with my shamans and stir things up — real earth energy stuff! This prepares the ground for Robert and the Spirit Doctors to work with psychic surgery. In August 2009, Anne Walmsley invited us to her

Healing Sanctuary at Halstead to give a talk and demonstration of our work. We then gave healing to nine patients over a three hour period. Subsequently, Anne let us know that this was well received.

It is always satisfying to have feedback because so often when these strange sounds issue forth, I ask myself, 'Is it me?' I just have to carry on and trust because in my heart I know it is right.

I use sound in another way. Under the auspices of the Calibre Audio Library I record books for the visually impaired. I find it very satisfying and great fun. I have had to use a variety of voices; anything from a duck to a Russian Gigolo — not in the same paragraph, I hasten to add. I consider the reading is a form of healing. It transports the listener to the world of make-believe and helps them to forget their worries, just for a while. I also read for the local *Talking Newspaper* and this enables the listener to keep in touch with local issues. This strand is very dear to me.

There are other strands: I am sitting in both trance and physical circles for my own development as well as to help with others' spiritual growth. I have witnessed some amazing phenomena. These are hard paths to tread, in which one must be totally dedicated. We have the support of some wonderful people and learn such a lot through them.

All the strands I have picked up along the way; the Spiritual healing course; Reiki, Colour Awareness; the ability to 'tune in' (literally) have all come together, for me, in sound healing. I have given several talks on the subject. It's the kicking and screaming thing again. I don't enjoy teaching, but I feel strongly that sound is the Cinderella of healing in spite of the fact that it is the oldest form and people need to know about it. After all, man had a voice before he acquired musical instruments.

Where to next? Is the sound healing a thread through to the next stage of development? I don't know. It is exciting. I just keep repeating to myself 'Every disease is a musical problem. Every cure is a musical solution'. Think about it.

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