

## **Kathleen Milner's visit to Coventry, October 2011**

By Karina Hall

Kathleen Milner came to Coventry in October 2011. I had met Kathleen in March 2011 and had enjoyed the Shamanic workshop in Southampton, so I was looking forward to the workshops and School of Ancient Healing Arts.

I took part in the following classes

- Working with Egyptian Cartouche symbols
- 3rd Eye Initiation, seeing auras and past lives
- Shamanic class – which is a brand new Shamanic class, locate where & what your issue/s are and how to heal it/them
- Creativity workshop
- Angel initiations and the Wednesday Night 8pm clearing

I had no real expectations of Kathleen's visit or taking part in the classes. I had received the Egyptian Cartouche initiations earlier in the year, but had not really used them so I was just looking forward to seeing how these would be used. All I can say is WOW.

As I have come to learn there is something about Kathleen's energy, warmth and understanding which is inspirational and truly unique and my experiences during her visit and in the following months have been an awaking of spirit on another level within me.

The Cartouche workshop was lovely, Kathleen reinitiated everyone with the 3<sup>rd</sup> eye initiation, soon afterwards I could see very clearly with my 3<sup>rd</sup> eye, it was the most amazing experience and as it turned out I started to receive a virtually non stop stream of pictures which lasted for a couple of weeks. Kathleen had advised everyone that we can ask spirit to only show those things which are important for us to know, however I was not having any success. One day I was guided by Anita O'Hagan to use the Cartouche to help. I drew the symbol Nephthys and asked spirit to only show me things which are important for me to know only when I request, this worked almost immediately. It was actually a relief when the constant stream of pictures in my 3<sup>rd</sup> eye stopped and now I simply ask spirit to show me what they need me to see.

Getting back to the workshop we used the Cartouche symbols to do Shamanic journeys for healing using Isis, Thoth, Horus, Bast and Lotus and then with Nephthys, Horus and Sphinx. Anita had received a strong impression from spirit that a clearing was required for the Cartouche and later in the day we carried out this clearing and everyone agreed that this had indeed been required and that the Cartouche is now stronger and protected.

The past lives auras and 3<sup>rd</sup> eye workshop was very interesting indeed. We took turns in standing against a cobalt blue background and were observed by the other participants whilst past lives came up for healing. To see the changes we also needed to use a soft focus and lighting. Standing close to the wall it was funny to see everyone's reactions saying I had changed to a man then a woman the back again. I was not aware of any changes myself. However as the evening unfolded I observed others in the group standing and their clothes, hair, height, shape, sex and even a fairy and an alien came through frequently. I was amazed with what I saw and find it humbling that the past lives be they individuals or part of a mass consciousness had trusted to come through to receive healing.

### Healing through Visualization and Angels.

At the start of class Kathleen asked us to confirm if we noticed a different energy when she touched our wrist with her thumb and forefinger or when she held our wrist with thumb and forefinger. I saw a blue energy weaving up through my arm with her fingers only and then a cobalt blue Star of David when she encircled the fingers around my wrist. The initiation in thumb and forefingers causes this laser like energy and I could see this energy was special.

To carry out healing you hold the thumb and forefingers together and sit opposite your client. You ask the client for permission to see inside their body and then ask the angels to show you the problem which has come up to

be healed. You wait and observe the angels. I was amazed to be shown a liver with lots of arrows in it, I also saw experiences from my other 'half's' childhood, past lives and other spirits who also came to hold the energy during healing. The healing was complete when I was shown images relating to world healing. At the end of the healing session which lasted about an hour both myself and my other 'half' were brought a huge ornate chest as a gift from spirit.

The whole experience was humbling and tremendously exciting at the same time. I am amazed how this healing method is so effective and it has swiftly become my favourite method of healing. Now when I do reflexology or reiki I am drawn to touch my thumb and forefinger and ask the angels to show me what needs healing, I have observed the angels working on issues clients have not even told me about during the medical screening and even on issues they don't know about, so for this reason I have great respect for Healing through Visualisation and Angels.

On Tuesday I asked Kathleen to do a healing on me using Healing thought Visualising and Angels. This was an amazing experience, I was shown my soul contract which was represented as a ring which was being cleansed in flames. Many past lives came through to be healed also and I have felt much lighter since the healing.

#### Creativity Workshop

This workshop was very interesting or perhaps enlightening would be a better description. We were guided to breathe in creativity and explored our relationships with money and other close personal relationships. I could feel the positive energy rising through my left hand and arm, cross my heart chakra and then push negative energy down and out my right arm. After a while I felt as if my heart chakra had been punched sideways as the 'old fixed energy or thought forms' were pushed out. We revisited our feelings to money and close relationships and I was amazed how I had a more positive attitude. We then wrote three short paragraphs about the first thoughts which came into our minds. These passages became easier and easier and everyone got into the flow of creativity. I will definitely use this method to bring in more creativity into my life.

Angel Initiation and Wednesday night Clearing – This class had the most attendees and the energy was beautiful. I could feel the amazing energy of the angels in the room and standing in front of me. Kathleen provided each person with a glass of water which we held throughout the initiation. The healing I received during this time was amazing. In my 3<sup>rd</sup> eye I saw the angels place a ring of light over me which became a column of light, this light cleansed me, I received an inner knowing that this was my soul contract being returned to me. This was truly an amazing experience.

#### Summary

To say the classes I attended were inspirational is to say the least and I am really looking forward to Kathleen's next visit to the UK. The workshop attendees had travelled from near and far and it was great to meet other Tera-Mai members who share such a keen interest in healing. I felt very welcome and very much at home throughout the workshops.

I wish to thank Kathleen, Anita and the Tera-Mai members who organised this beautiful event and I look forward to attending future events and encourage other Tera-Mai members to come along and enjoy the healing experiences.