

CHAPTER TWELVE



NEXT STOP, NIRVANA

Wring Out My Clothes

*Such Love does the sky now pour,
that whenever I stand in a field
I have to wring out the Light
when I get home.*

St. Francis of Assisi

From Love Poems From God, shared with thanks to Daniel Ladinsky

A few years into my process of learning how to teach the Lightworkers Healing Method to others, one of my very favorite long-time clients brought me a beautiful gift. In his session he asked his Guides to explain what was really going on in a challenging situation in his life. The way his Guides responded was to explain the Game of Life as clearly as I have ever heard it put. With his permission I can share these excerpts with you.

“You and everyone you know are on a train going somewhere. When you got on the train, all any of you wanted to do was to get to the destination. You all shook your heads at the posted schedule, chuckling at how silly it was: only one station was posted. ‘Obviously the Station Master left things off.’ None of you believed that the next station could possibly be the station that you wanted. You believed it to be a long journey so you settled in for a long haul.

Now you are on the train, and to pass the time you are playing poker with the people close to you. All that really matters is the train ride, but the poker game is compelling and fun with its combination of chance and free will. The game creates an exciting feeling of adventure, and gradually takes more of your focus than the train ride itself. You and your poker companions are getting excited about the game, standing up and shouting at each other, accusing each other of all kinds of things. You have completely forgotten this is just a game to pass the time while you are on the train. You now believe the game is important.

All around you, the train is full of people all playing their own poker games. Periodically a Conductor comes through, calling out something in a language that no one understands with his or her mind, which makes him easy to ignore. Most people are intent on the poker games. Very few people notice the Conductor as he passes through the train, calling, ‘Surrender!’ in the language of the heart. Only the ones that are not drawn into the poker games notice him. Of those, only the ones that can listen with their hearts can understand what he is saying. Of those, the very few who are willing and able to truly surrender can follow the call of the Conductor and actually get off the train. Everyone else is still playing poker, forgetting their original goal of reaching the next station.

For the ones that surrender and follow the call onto the station, they pass under a welcome sign in many languages, displaying words like Heaven, Pure Land, and Nirvana. At first you are entranced and astounded. This is a wonderfully fabulous place, so much better than any

other place you have ever been in. You walk around with your arms, eyes, and mouths wide open.

Then something interesting happens. After a while, although it's still a wonderful place, you have gotten used to it. It starts to feel humdrum and normal, and you start to want something more and better. You know there's always another train pulling into the station. You get on the next train, thinking it will take you someplace different. It's an illusion, however. All the trains go into a big loop like toy trains circling a Christmas tree and there is only the one station.

Back on another train, not much has changed. People are playing their poker games and the Conductor is coming through and calling the word that means, 'Surrender' in the language of the heart. Almost no one notices him, but now you know the drill a little better. You think, 'Here we are, people playing poker and shouting—but wait a minute, I remember this. There is something I'm supposed to do here.' Now it happens faster. You stop paying attention to the poker game, wait for the Conductor, and then—as if in a dream—you get up and follow his call. Surrendering, you disembark at the next station, which is the only station.

Having arrived at Nirvana, at first you are entranced and astounded; it is the most wonderful place you have ever been. But then you get used to it, another train pulls in, and it starts over. Each time you get off and on the train, and even each time you sit down from the arguing, the air in and around you clears more and more. The vibration becomes finer, quieter, and develops more of an inner focus.

You have asked us today how to truly help all these people on the train with you. First, you yourself must let go of your own feelings of trappedness, anger, fear, etc. and sit down. Sit down, stop shouting, and begin to listen for the Conductor.

Next, establish the link between yourself and another, one of those trapped in the illusion. Notice: how are you exactly like him? There is always a link, always a shared pattern. Then align with his Energy and find how you yourself are exactly like that. Sometimes it's easy to find it

and sometimes you really have to dig for it, but it is always there. Find the match inside of you: the fear, the anger, the need to strike back, and then sit down again. Let it go. Surrender. Say, 'Yes, this is the way life is, and I can still be happy.' Sometimes that is really hard and you will have to ask it as a question rather than make a statement. Ask your subconscious, 'Why am I like this too, and still happy?'

When one person sits down, the people around him have a better chance to change. As one person awakens, it creates more potential for the people around him to awaken. In this way you help yourself become free, you help the ones around you become free, and you help all beings become free."

This explanation of life from an enlightened Guide has moved me to tears many times. Its last three paragraphs encapsulate the Lightworkers Healing Method in which we align with Source, merge with our subject, and once again surrender and let go. We let go of all the old baggage, of insisting we know what is supposed to happen in the sessions and in our lives, of our fear, and of our resistance. We open up to receive Divine Assistance and Love. We learn to step over fear, move forward on our life paths, and live fully. In so doing, we help our subject let go as well—and in this way, in this small little way, we help all beings become free.

LHM is a way of learning to perceive, listen for, and understand the Conductor as he comes through the train of life. Each time we engage in LHM, by either giving or receiving an LHM session, we have the chance to get off at the station. Each time, our vibrations become finer and quieter. Each time, as we learn to listen for the Guides and to follow their directions rather than imposing our ideas on the sessions, it becomes easier to hear the Conductor in our daily lives and to realize, "Yes, this is the way life is, and I can still be happy."

My dear friend, the Lightworkers Healing Method is both a healing system and a spiritual growth vehicle. Through this method it is possible to learn to live in the Light so that Joy is always present regardless of life circumstances. It can lead you into the space inside of yourself where no

matter what happens, you are not only fine but actually thriving, living with Peace and Joy as your default setting. Beauty and wonder will manifest throughout your entire life, filling you with bliss as you realize you are truly One with the Universe.

I tell you, my friend, it's been a long journey for me. 22 years and counting. It has been a journey full of fear and resistance and, as a result, full of challenges and pain. I came here through tragedy and grief, business reversals and disability, but I now know what it is to surrender. To see, feel, and experience life with all its Gloriously intense pain, and to still be happy. In the words of St. John of the Cross, "To hold beauty in my soul's arms." I know that it's there for all of us, for absolutely all of us.

Growth is a series of things falling apart and coming back together in a new configuration. Certain turning points in the growth process are pivotal; once past these pivotal points, we can't turn back to the way things were before. For me, I'm past the decision to teach this healing art to all who wish to learn. There isn't any going back, only moving forward. Since this is what I'm called to do, I'm giving full multi-dimensional effort to the assignment, and trusting that whatever occurs is what is supposed to happen.

Some of you reading this are called to master this art; others are not, and that is fine. If you feel the call, it is very possible that reading this book is *your* pivotal point, one from which there is no turning back. My friend, if you are called don't stop here. You have read the framework of the method, but there is so much more to be learned. You truly can bring LHM to life in and around you. This is not a gift but rather a skill, a naturally learnable art. If you are called, go online. Find the classes nearest you. Begin to participate. Ask for a mentor. Share the book with a friend so you have someone to practice with; give and receive the gifts of LHM sessions. Decide to master the art, and relax into the process. Let it unfold within and around you. Let it lift you up, strengthen you, and bring you Peace. You are not alone. As we each do our part, the world transforms.

My friend, this is the end of the core curriculum of the Lightworkers Healing Method. Congratulations for coming this far—but, my very dear friend, this can be the beginning, not the end, of this incredible journey. If the idea of being a channel for Divine healing simultaneously inspires and terrifies, it is what your soul wants you to do. You can learn this skill; we can all learn this. It is natural and inevitable. Why not now? Moment by moment, our attitudes determine how much is available to us. Decide you can learn the Lightworkers Healing Method as many others have. Incorporate it into your life and see it transform into your wildest dreams. Use it, learn it, claim it, own it, become it.

Be who your soul wants you to be. Live the life you came here to live. Walk in Light, live in Light, be Light. Next stop, Nirvana.