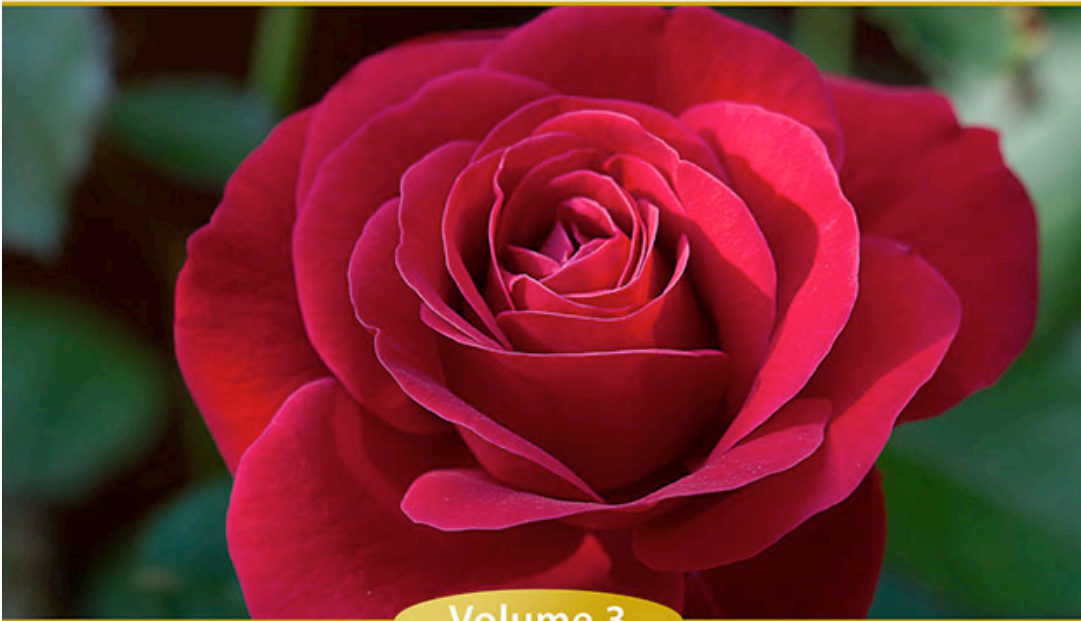


SACRED FEMININE AWAKENING



Volume 3

WISDOM FROM MARY MAGDALENE
ON HEALING OTHERS

M I S A H O P K I N S

BESTSELLING AUTHOR OF *THE ROOT OF ALL HEALING*

SACRED FEMININE AWAKENING
WISDOM FROM MARY MAGDALENE ON HEALING OTHERS

MISA HOPKINS

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Other Books by Misa Hopkins

[The Root of All Healing: 7 Steps to Healing Anything](#)

The Sacred Feminine Awakening Series

[The Emergence of Compassion](#)

[Wisdom from Mary Magdalene on Healing the Self](#)

Praise for Sacred Feminine Awakening: Wisdom from Mary Magdalene on Healing the Self

This is an extraordinary book, a seminal work on the wisdom of the Sacred Feminine. Not only has Misa Hopkins channeled revelatory material sourced from Mary Magdalene, but she has added to this the profound teachings from her own spiritual lineage and traditions, which stem from the First Nation People of North America. In her exposition of the power of 'holding', the feminine way to both accessing one's sacred wisdom and healing oneself and others, she has gifted us immeasurably. Every woman needs to know about the power she contains within her being, and no one explains it better than Misa. Every woman needs this book. Give it to your daughters.

—Marie Herbert, author, Healing Quest

This is an astonishing gem of a book. It has given me more new insights and a deeper understanding of the source of pain and illness and how to remedy the underlying core than anything else I have read in 30 years of self-healing. I highly recommend it.

—Ariann Thomas, author, Healing Family Patterns: Ancestral Lineage Clearing for Personal Growth

This book gives us a new perspective on who Mary Magdalene was. Her simple teachings show us that healing has less to do with focusing on an ailment than it does with enhancing our connection with God or the Divine. It's personal and profound.

—Ixchel Tucker, Adventure Quests International

Praise for Sacred Feminine Awakening: The Emergence of Compassion

I would recommend this to anyone who is on a Spiritual path, especially when learning about or considering the Divine Feminine. I've re-read chapters numerous times just because they are so powerful and each time I get something else from it.

—MKB

Sensitively written and a joy to read. I really loved this book and I feel that for anyone looking to move beyond fear programming and self-limiting thoughts, the insights and gentle wisdom written here will prove invaluable.

—Kellie Wells

Ms Hopkins makes it easy to understand a complex subject without having to wade through long textbooks to get to the heart of the information. This short book is a real gem!

—Evelyn R Brooks

Praise for The Root of All Healing: 7 Steps to Healing Anything

I read this book through and then read it again. Misa Hopkins presents ideas and principles that I'm familiar with, but she makes them much more clear to me. I followed her guidance and experienced healing power within myself... It opened doors I had not seen before. She taught me that we don't have to suffer. There is a way out.

—Marilyn G. Fowler

It is deep not because it is abstract or full of theory that is hard to understand, but because it is about you and where you are on your spiritual path, which is integral to healing.

—Michael A. Olsen

This is a book you will want to read from cover to cover. On every page there is a morsel of insight that could change your life, helping you create lasting health and happiness.

—Marcia L. Mongelli

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Acknowledgments

I am in infinite gratitude to the Source of all Life, the Mystery of Creation, to be here living and loving as an expression of Divine Consciousness. What an amazing experience!

I'm so honored, Mary Magdalene and my Native ancestors, to be delivering this message from you. I certainly did not predict this. ;)

My beloved husband, Jeff Burger, you still awe and amaze me in the most wonderful ways. Because of you, this book actually made it from my hand-scribbled notes written in the middle of the night into a work that could be read by others.

Thanks to the remarkable team at New Dream Foundation for being so dedicated in this journey with me and creating a platform for this sacred work. Special thanks to Ariann Thomas, Judy Cole, Ixchel Tucker, and Janet Akers.

Becky Prater, your editing support was a welcome gift and the book is all the clearer because of you.

To you, my brothers and sisters, who feel an affinity for our beautiful Mary Magdalene, I'm delighted to be her hands and voice, so that you can experience some of her timeless healing insights.

To the grand journey!

Introduction

Before you begin reading this book, I recommend you read its predecessor, [*Sacred Feminine Awakening: Wisdom from Mary Magdalene on Healing the Self*](#). The book you now have in your hands will have the greatest meaning in context with the previous book. If you understand the fundamentals Mary Magdalene teaches there about healing yourself, you will then have a basis for understanding how to apply that fundamental wisdom in helping others. Mary expects you have read and understood her Four-Fold Path before you begin helping others, and so do I. Therefore, if you haven't read the book on healing yourself, please stop reading this one now. Get the other book and begin there. When you've finished, you'll be primed and ready for reading this one. You can purchase the book through SacredFeminineAwakening.com to receive related gifts that will deepen your experience.

In the previous book, I explain how this wisdom came to me. While, it is channeled material, it is channeled in a rather unusual way. I was awakened in the middle of the night and shown that during her lifetime Mary Magdalene wrote four books: *The Healing of the Self*, *The Healing of Others*, *The Healing of Humanity*, and *the Healing of the Spheres*.

I saw her four books merging into a book I had already written, [*Sacred Feminine Awakening: The Emergence of Compassion*](#), based upon ancient Native wisdom that has been passed on to me. As I lay in the blissful feeling this merger created, I understood I was being asked to bring her writing forward. Initially, I thought this meant meditating and getting insights about her teachings to write about. But Mary Magdalene had a very different idea. She would come to me in the middle of the night and speak to me the exact words she wrote 2,000 years ago.

Finally, I understood that she intended for her thoughts to be conveyed as closely as possible to how she originally wrote them. In these books, I have made every attempt to be as accurate as I possibly can be.

As I began to write, I quickly realized Mary was a wise woman and knowledgeable spiritual healer, something we did not know about her. Mary's insights are as valid today as they were when she walked the earth. Because I am a spiritual healer myself, I recognized the ways in which she so beautifully invites you into experiencing a depth of love through which healing must occur.

To be clear, because I am a healer myself, I needed to listen very carefully, so that I would convey her concepts about healing and not mine, while realizing that very likely, some of what I have learned and discovered would align with what she teaches. While I did my best to capture her insights and not my own, as a reader I think it is only appropriate you should know that one can only channel via your experiences, vocabulary and general perceptions. As a result, to what extent my influence is conveyed, especially when I chose from two or three different words that could be used to explain a concept, I cannot know.

Mary Magdalene's Teachings Merged with Ancient Native Practices for Healing and Awakening

When I woke up from receiving the vision about Mary's four books, I began to wonder how I was going to incorporate Mary's teachings with the Native American, Sacred Feminine practice of Holding that I share with readers in [*Sacred Feminine Awakening: The Emergence of Compassion*](#). But like most great wisdom, Mary's insights and those I received as ancient Native wisdom are completely compatible and compliment each other perfectly. In fact, I experience the combination of these two schools of healing knowledge to be quite profound. I explain the power of this marriage in the introduction of [*Sacred Feminine Awakening: Wisdom from Mary Magdalene on Healing the Self*](#).

All of the Native and Mary Magdalene teachings I received call each of us to love ourselves more deeply and profoundly than we have ever loved before. The teachings guide us into our personal awakening in Divine consciousness. They show us how to open to the Divine messages that come through our intuition and creativity, as we release layers of attachments that have kept us constrained and in pain. The teachings show us how to open in such a way that we naturally receive help from beings in the spirit world, healers of various types here on earth, all the gifts of Mother Earth, and any approaches that will work best for us. We are able to solve our problems and heal using insights and energy previously inaccessible to us. Our own healing energies are stimulated to assist us, especially in meditations and dreams. These teachings help to open a pathway for accepting ourselves and others unconditionally, as we become the compassionate love that heals.

In this book on healing others, in addition to Mary Magdalene's own instructions on helping people heal, I specifically share some of the ways the Sacred Feminine practice of Holding in a Native way can be used to help clients and people you love heal the emotional and spiritual roots that lie at the core of many illnesses they are experiencing. In a single Holding meditation, I have watched counseling clients unravel issues that have held them in bondage for years. Others need to continue working with the practice over days or even months to fully release the karmic and childhood pain associated with their suffering.

One friend and student of the Holding practice used the meditation every day for 90 days, and at the end of that period watched and felt her 15 year struggle with chronic genetic depression lift from her body and spirit. When I talked with her three years later, she had not had another bout of depression.

To be clear, the Holding mediation was used by women as part of their spiritual practices for centuries, and it was consciously tailored to the way women feel and perceive the world, as beings who can carry (hold) and give birth to life. Whether or not a woman gives birth to a child, this energetic pathway is available to her. In introducing the Holding meditation, I am aware it may or may not be as suitable or as comfortable for men as it tends to be for women. That said, there are men, particularly deeply empathic men, who have found great comfort and healing from this meditation.

If you have any concern at all about the efficacy of a Sacred Feminine-based approach to healing, I recommend you read the first two books in my Sacred Feminine series where I explain what I consider to be the fundamentals of Divine Feminine or Yin energy. My definitions draw from ancient Chinese teachings and my own direct mystical experiences in both Divine Feminine (Yin) and Divine Masculine (Yang) energies.

Everyone Has a Healing Gift to Be Shared With Others

“All beings were created with the ability to heal themselves and others.”

– Mary Magdalene

Mary Magdalene perceives that every person has an energetic healing gift meant to be used for healing oneself and also in service to others. Her instructions are intended to be read and used by anyone who wishes to be of service. As I received her words for this book, I realized her perspectives about healing others are equally useful to know when you are focused on healing yourself. Mary emphasizes the healing of the spirit and deepening of one's experience of Divine love as the means for the most direct healing, and that can apply to anyone at any time.

Though Mary helps you see that what we describe as the miraculous is accessible to anyone, she does not describe or refer to the concept of miracles. Rather, she seems to recognize that a deep connection to Divine love allows for tremendous healing. As I sensed it from her point of view, this is not a surprise. It is the natural order. From my own experience, her point of view is an indicator of a true healer. A healer is not surprised by what we might consider to be extraordinary results, because a healer endeavors to be a pure channel for helping another experience complete healing.

Before You Begin

Before you read this book, you will find it useful to: 1) gain some familiarity with the practice of Holding, and 2) read Mary's requisite qualities for healing. Her definitions of love, faith, hope and intention set the foundation for not only the one being healed, but also the one offering healing. Mary's specific thoughts about healing in order to continue living here on earth and healing in order to cross over, as well as what she considers to be the healing state, the Four Steps of Forgiveness, and what I describe as her Four-Fold Path to Healing are also fundamental concepts, you will find in the previous book. All of these concepts are in [*Sacred Feminine Awakening: Wisdom from Mary Magdalene on Healing the Self*](#). Again, you can get this book and its predecessor, [*Sacred Feminine Awakening: The Emergence of Compassion*](#) at SacredFeminineAwakening.com, where you can also register your purchase to receive additional gifts to further your experience.

Mary frequently speaks about relationship to God as she instructs us about healing. You may find it helpful to know that Mary Magdalene perceived God as genderless. In the previous book about healing, when I was inclined to use the term "Divine," she seemed quite comfortable with it. "Divine," for me implies the concept of consciousness that has no gender. However, in this book, I consistently use the word God for the sake of simplicity, and in an attempt to be even more precise in recording what she wrote.

As I explain in the previous book:

Mary Magdalene had a deep relationship with God as she knew God. Yet, as I have come to know Mary, she is respectful of your own unique experience of God. She would not presume to define God for another. She would let you experience for yourself what God means to you.

Like Mary, I would not presume to define God for you. The principles in this book apply regardless of your personal experience of God or what name you ascribe.

She sees God's love as ever-present. How you access that love is entirely up to you, and will be a reflection of how you see and relate to God, Source, Allah, Mystery, Creator, Consciousness, The Way or however you experience that which is beyond human words. If God's love seems to far out of reach for you, it can be helpful to realize that love in any form is an expression of Divine love. You can access love through compassion, kindness, thoughtfulness, empathy, or a host of other caring feelings.

Receiving and Interpreting Mary's Wisdom

While I am receiving and writing her words, I also get a sense or feeling about the concepts she is communicating and transmitting. For example, in the previous book she dictated, "Faith is trust in God's love—that it never fails." I felt what she was describing as I heard her. As a result, periodically, I add a parenthetical description that explains what she is describing in vernacular that is more familiar to today's readers. Concepts she shares are often very expansive. It would take us multiple words to accurately express what she is actually saying, so periodically I add a second word in parentheses to expand the scope of a single concept.

In this book, Mary does not exactly tell you how to utilize the Four-Fold Path outlined in the previous book. Rather, she explains why people come to you for healing, the reasons people are unable to heal themselves, and how to be with them as a healer. She is encouraging you to find your state of healing presence and awareness that allows you to be astutely aware of what someone needs from you in any given moment to further their healing. How you apply the Four-Fold Path with the person you are serving is entirely up to you. Simply put, her book is more about how to be as a healer than it is about what to do.

When I receive Mary's information, it comes through as a single steady thought. I don't know where she might have had a paragraph break, for example, or if she would have even used such a convention. So I make some determinations about where to create those breaks to make it easier to read. Mary also had no section headings. These are my additions to provide us with points of reference.

As I wrote, I found Mary's economy of words to be striking. Today's books are full of repetition as we explore a concept from various perspectives, and in various degrees of depth. However, from Mary I rarely hear any repetition. When I receive her thoughts, I write them down by hand, and it has occurred to me on several occasions that writing materials might have been rare and expensive during her lifetime. It would make sense that she might have developed skills in getting right to the most salient points and explaining them as efficiently as possible.

Periodically, I add my own thoughts and impressions, as well as Native teachings that compliment Mary's teachings. I do this not to explain Mary's teachings because she is a direct and clear teacher. Rather I offer you some ideas about how these concepts might apply in your life. My comments are clearly demarcated, so you will easily be able to distinguish them from Mary's direct teachings.

The One Important Concept Mary Didn't Mention

There is a responsibility a healer has when healing others I did not receive directly from Mary, though by looking at the order and titles of her books, it does seem to be implied. This concept is an important prerequisite for healing others, especially if you have an energetic healing gift. My Native elders taught me to make sure I tended to my own healing before tending to the healing of others.

The reasons might seem obvious, but in case you are new to healing others, they are important to understand. You are likely to be of very little help to someone else if you are weak or ill. The person you are assisting deserves to receive the very best help you can give. Particularly in energy healing, energy transference is a serious consideration, so giving energy from a position of health and strength is important. If you deplete yourself trying to be of service when you are weak, you may be unable to provide further service, and you will be spending a great deal more energy healing yourself.

There are always other healers who are feeling well who can help someone in need. There is rarely need for you to extend yourself too far, putting yourself or the person you are intending to help at risk. My Native teachers suggest it is best to tend to yourself, then tend to another, then once again tend to yourself, as a way to ensure that you retain your wellbeing while being of service.

With these understandings, let us begin...

Mary Magdalene's Wisdom on Healing Others

As I mentioned in the previous book, Mary Magdalene teaches that it is wise to begin and end offerings with gratitude.

And so, I offer my love and deep gratitude to the Mystery of All Life, that we call by many names, for the opportunity to be in this sacred space with you, my Native ancestors and beloved Mary Magdalene. May all our days be filled with love.

I am Mary the Nazarene and I would speak to you about how to help others heal through God's grace. As a healer, you are never alone and you are not solely responsible for the effects of your efforts. You are but an instrument of Divine touch and intervention. Every moment that a person opens their heart and mind to the healing they are seeking, they are themselves healers unto themselves. Each person, who offers themselves to God, commits to a life of sacred service inspired by God. Their healing allows them to further their service here on earth. Not healing, or death, allows them to complete and continue their service on the other side of the veil in the heavenly kingdom.

When Mary refers to the heavenly kingdom, heavens or heaven, she is speaking about the realm of existence we experience after death. She is not speaking about a place you go to as reward for living a good life. In fact, at no time did she refer to the dying process as a time when one should be concerned about whether or not one had accumulated enough merits to enter the kingdom of heaven, or that one needs to forgive oneself and others in order to be accepted into heaven.

The healer helps the one being healed respond to God's will. The healer is the agent of both life and death, in that he or she creates a space in which the one being healed can better respond to God's will.

This is not always a simple task. There can be many encumbrances to healing. A person can be afraid of what their commitment to God requires of them. A person can be reticent to face the challenges that are occurring in their life. A person can have given too much of themselves, and as a result be afraid of giving any more. A person may have witnessed an event or been the victim of an event that has traumatized the spirit (soul) as well as their body.

They might be afraid to live. At times the pain is so unbearable they cannot fathom wellness, and deep inside relief from pain is all they seek, whatever form that might take. Sometimes they are afraid of the darkness within them, the hopes and dreams that have been dashed too many times. They are lost and victims of their own despondency.

Some simply do not want to heal, and covet their misery. Some have not forgiven themselves or others for injuries against them in words and deeds. Some fear for their lives, and the fear itself prevents them from being healed.

Past lives can affect one as well, as old memories and patterns prevail over wiser perspectives and God's forgiveness. Time can hinder healing. Too much time with the same illness can hinder one in believing healing is truly possible. Life is simply something to get through until you get to the other side where you hope the heavenly choruses will sing your body and spirit clean. Only then do you believe you will experience physical freedom. Some ailments are passed on from generation to generation. In these cases, individuals may simply perceive it is their bad luck and little can be done about their condition.

People can have many resistances to healing. Where there is resistance, little healing will occur. Mary is outlining the various kinds of resistance a person might be experiencing, even when they are asking for your help. Most resistances are quite reasonable when you discover their source. There are reasons we hang on to our blocks and limitations. They often began as a form of self-protection, but have since become obstructions to health and freedom. One of the great tasks of a healer is to help an individual identify their resistance and release it so that interventions—energetic, emotional, physical and spiritual—can work.

As in her previous book, Mary does not see death as a failure on the part of the healer or the person who is suffering. Death, from Mary's point of view, is a continuation of the soul's journey in another realm. If death is the will of God, then the healer is the one that helps the individual prepare for that outcome. If continued life on earth is God's will, then the healer facilitates the necessary healing. Therefore, one of the tasks of the healer is to help an individual become clear about the will of God in their life.

Evolution and Potential Through Healing

In order to assist them, you must become aware of your own tendencies and beliefs when it comes to healing. Where have you placed limits on God's potential? How do you stop yourself from healing your own ailments? Focus on these. For as you release your limits, you will be better able to serve those who need you.

Give no credence to permanency when it comes to illness, wounds or corruptions of the body, mind, or spirit. (Note: the word "spirit" conveyed a sense of including emotions.) Nothing is permanent in God's eyes. Life is ever changing and evolving. To access healing, one only needs to believe there is no such thing as permanency in creation.

You are not here to suffer. You are here to evolve. The body is far more grand and splendid than you realize. It can achieve far greater states of evolution than you might realize. Even conditions for which there is no known cure or conditions present at birth can all be influenced by God's grace until all suffering disappears. This is the natural order of the universe, to continue to evolve into greater and greater states of ease. Illness forces us to evolve, as do physical defects and injuries.

God is not punishing you. When your body is compromised it is simply the outcome of errors along the way. Errors can occur in all acts of creation. See how it is in your own life. If you plant a seed and water it, but the winds blow it away because it was not planted deeply enough, you might find your plant growing some place other than where you intended it. So it is with all acts of creation in nature. Sometimes events occur outside of our original intentions. And yet, these errors give us an opportunity to develop and improve our relationship with nature. We become more astute in our observations and choices. We plan more carefully, and we open to greater potential and guidance.

Each malady is an opportunity to express God's gifts through us with greater clarity and improved results. Ultimately, our trials can lead us to greater love and joy, and even into transcendent states. Even my beloved Jesus knew the power of surrendering to potential—to become transcendent within his human body. He has shown us what we are capable of becoming when we give our bodies and minds permission to evolve right here on earth. We do not need to wait until we reach the heavenly states to rebuild our forms. We can do so right here on earth. We can recreate the body in God's image and likeness, youthening ourselves, repairing ourselves, and transporting through the seeming rigidity of time and space. But these are discourses for another day.

The healer needs to become aware that your views influence the healing space. The more limited your views; the more limited the space. So expand your mind. Open yourself to seeing potential the way God sees potential—limitlessly—so that you do not constrain the potential of the person you are helping. As a healer you are there to help them access their potential through God, and God's love is what opens the doorway to accessing and fulfilling their potential. (Note: The word "fulfilling" is close to the word she used. I'm not sure we have a comparable word in English. Fulfilling used here means "experiencing with a sense of purpose and satisfaction.")

Your job as a healer is to love them endlessly. Both the healer and the one being healed participate in this dance of love. Each is required to step into a field of Divine love for what God has created in the form of the living body. So open your heart to Divine grace, stepping aside so that Divine love can pour through you to the one being healed. All manner of grace in the form of visions, insights, and physical change emerge in the presence of love.

Your job as a healer is to help the person you are healing open themselves to love. They must find love for the parts of themselves they despise and fear. They must find peace with both their regrets and their resentments. They must find peace with the harm they have done to others and the causes of harm they have incited. They must find forgiveness for the ways in which they have rejected life and all the good life has to offer them—its sweet gifts, moments of pleasure and beautiful relationships.

They must surrender their fight with worthiness and unworthiness, for this struggle has no place in God's vocabulary. God does not see or speak of you as worthy or unworthy, so why would you see yourself in this way? You are not separate from God. You are of God.

Feelings of rejection and abandonment are illusions of the spirit, but have no substance in the mind of God. Fears and doubts must be laid to rest in order for the hand of God to touch a person's body and soul. The wounds of the heart are as important to heal as the wounds of the body, and often must be healed before the body will respond.

Few people will come to you who are complete and whole in spirit and only need for you to tend to their bodies. For such needs (meaning physical healing only), they could tend to themselves. But in healing the spirit, we often seek help.

When we are having a difficult time healing ourselves, we need someone to love the aspects of ourselves that we find difficult to love. If another can love what we are afraid of, it bolsters our courage, and our hearts to more easily love those parts of us. The one being healed must know that you as a healer do not judge them as evil and hold them as beyond hope and worthy of love. You must be able to hold their greatest sins and fears against themselves and others with compassion. See the errors, but do not condemn in thought, word or deed. Compare them to no one. Rather, see them in their suchness, as unique individuals doing their best in the world, often ill-equipped (note: ill-prepared) for the tasks they have faced.

Often, individuals in the midst of their healing will see counter-intuitive choices they have made that led to their pain and suffering. In those moments, they recognize the easier and natural path as they immerse and surrender to God's love. New choices and perspectives allow for quicker and easier recovery.

Mary Magdalene teaches us not to look at illness or injury through our limited human perspectives, but rather from the limitless potential of God. Seeing an illness or injury from a limitless viewpoint creates space in which an individual can realize their potential in their own evolution through love.

The healer has a responsibility to become that loving, non-judgmental space that supports an individual in realizing their potential. This is a significant distinction from modern medicine in which many practitioners see it as their responsibility to fix people.

Further, Mary is suggesting that individuals heal themselves with the support of the healer, rather than the healer making the individual well. In Mary's model of healing, the healer is one who empowers the person who has come to her for help.

If we consider the significance of what she is suggesting, in Mary's model there is less room for the healer's ego to become involved than there is when someone is solving a problem for another. Her model places confidence in a person's direct relationship to God and their personal ability to effect necessary changes. She honors the Divine power inside of each individual she assists. She honors the process of healing as part of the great journey of an individual's awakening in God's love.

The Role of the Healer

Most people will come to you because their souls and spirits are tortured and they are in a desperate need of reprieve. Helping them find inner peace and tranquility enables them to allow and receive physical transformation. Once a person truly rests in God's love, healing occurs.

The healer needs to develop an acute sense of listening. You must not only listen to the words being spoken, but to the feelings behind the words. Listen for the story that is not being told, but is there. It is the hidden story that is driving their illness. This is what the person cannot see and this is why they are coming to you. This is the reason they are unable to heal on their own. So listen with your ears and your intuitive sensibilities.

Offer what insights you can, but never force your insights upon another. Often, just listening to themselves helps them recognize the deeper and hidden story that is playing out in their lives and motivating their choices. Every time someone feels truly seen and heard and recognized (witnessed in their true nature) by you, healing is already happening.

When you touch someone, touch them with love. When you listen to someone, listen with love. When you speak to someone, speak with love. Even your words should be a healing balm. All interactions should recognize them as beings of the Divine, worthy of the utmost respect. This is true even if you are healing someone who is your enemy. Even they are worthy of your love.

You are the agent of God's love. How else will they know they can trust you? It is love and regard that makes them safe so they can be soothed enough to allow healing to occur.

Everyone wants release from pain. Everyone makes errors in judgment—large and small. All are worthy of forgiveness, in the same way as our heavenly Parent forgives us. Since forgiveness is fundamental to most healing, it must begin with you, as the healer.

If you cannot forgive the person you are healing, step away. You are not likely to be able to help them very much until you find forgiveness in your own heart. Remember, you are the one who is there to assist them in finding enough forgiveness for themselves so they can receive the full measure of God's love and grace.

It is your love that helps to soften their hearts to God's love. They need to know there is enough compassion to heal them, and you are the touchstone and way-shower of that compassion. As you show compassion for them, they more easily find it for themselves. Compassion unlocks the stranglehold of the illness and begins the process of directing their attention toward God's love, a love vast enough to heal them.

What most of us resist, unconsciously, is love. In healing, we return to Divine love as we learn to shed all the limits of unworthiness, rejection and separation that we have accepted. Doubts and fears, as expressions of that unworthiness, must be released as well, as do regrets and resentments. All of these emotions keep us separate from the love of the Divine.

I remember a Holding session I did for myself in which I was holding a personal experience of unworthiness. As I held this emotion, I experienced its root, which occurred at the moment Source began to separate itself in order to experience itself. In the human experience, this awareness of separation can be translated as rejection, which we experience as being similar to unworthiness or “not-wanted-ness.” This original separation, without the human charge of emotion, might be more accurately defined as, “I am now this, but not that.

It is through love that we remember, “I am this and that.” We remember that we are not separate from God, but of God, which Mary beautifully reminds us. When we remember we are of God, then the resources available to us for our healing are limitless. Mary is suggesting that as healers we experience this consciousness for ourselves and for the people we are serving. Of course, this requires diligence in one's own personal awakening. Hence, whether we are healing ourselves or assisting another, healing is a spiritual journey of awakening.

The story that is often not being told—that is hidden and buried within the subconscious—is the story that holds an individual in a state of suffering. So while you are listening to the story you are being told, attune your intuition to the story that is hidden. Sometimes a simple question, or an observation about something you have heard, unlocks the subconscious story. This is where the deepest compassion and forgiveness is needed. This unlocks the limits constraining the healing, and opens a pathway to complete forgiveness and ultimately—wellness.

Mary explains to us that forgiveness in healing is significant not only for the person you are assisting but for you as a healer. As a facilitator of healing, you need to find great compassion and a forgiving heart with anyone you are helping in order to assist them in finding it for themselves.

Feeling God's Love

Now this next understanding is crucial. Experiencing God's love is something that must be felt, not just considered. It is not the thought of God's love that does the healing. It is the feeling of that love. You cannot think your way to wellness. You surrender to a love that frees you and transcends all the limits of earthly love.

In order to experience this kind of love, you must release the emotional wounds of your past and present that limit and constrain God's love within you. You must find charity of the spirit for yourself and others. This is what the healer helps others do—continue to release themselves from their earthly bondage.

There are no limit to God's love, and to what love can do. Love is endless and so is the power of that love. When people come to you, do not be shy or coy about what they are going to experience. Stand firm and clear in your purpose and in your expectation of them to open their hearts to love. Do not waste time reviewing all of their thoughts and beliefs about what does and doesn't work for them. This reinforces their belief that what they do makes the greatest difference in their healing, distracting them from the greatest source of their healing.

Of course the right salves, ointments, tonics, and exercises matter, but none of these will be as effective without love. So begin with what is most important—where they feel cut-off (detached) from love. This is where the real healing takes place. Take them back to the time and situation when the pain was so great they separated from love. It is here that forgiveness is needed. Take them to the place where love was abandoned and call forth love. Here they recreate their life as an expression of pure love. Once they do this, from this moment forward, they are redesigning their life to be a reflection of a fully loved self.

Their energy improves, they make better choices for themselves that further their wellbeing, and they take fewer risks that put their health in peril. They are more careful and cautious with their thoughts and words, maintaining a more uplifted and cheerful disposition. Their uplifted nature aids in promoting greater vigor and strength, and they open to healing solutions much more quickly and at every level—spiritually, mentally, emotionally and physically.

Some people know immediately the moment they broke faith with love and this can be discerned in a simple conversation. Others need to be taken into a meditation where they can see more deeply into their past. People break faith with love in many ways. Harsh and hard relationships can cause someone to lose faith in love. Trauma, death and curses cause people to strain against life, weakening their resolve to flourish or even live. They perceive that they do not matter and that their contributions have little meaning, and serve little or no purpose.

The concept of feeling love is significant in regard to healing, for it is in feeling love that you experience its truth. This cannot be done by thinking about or speaking about love alone, for as a mental exercise it is no more than speculation. But in the feeling of love, one knows God's presence, and in this presence, one becomes free from the beliefs that have constrained life. It is here that real and deep healing occurs.

Mary further explains that when someone reconnects to love, they live from a more positive disposition. It is this disposition that promotes on-going wellness. This is significant in an age where we assume the greatest threats to health are outside of us and invade our bodies. While there are certainly many physical, external threats to wellness, Mary reminds us that our own emotional harmony makes the greatest difference in recovering and maintaining health.

In my own experience in healing, I too have realized that when you remember the moment you lost your faith in love, you discover the emotional root behind your illness. In order to heal emotionally, you need to release the pain and distorted perspectives this break created inside of you. This is where compassion shows itself as the great healer. As you feel compassion for the pain you experienced, the suffering releases and the outcome is a restored experience of limitless love.

When helping another heal, we tend to more than the physical body. The traumas of the emotional body must also be addressed. Discovering your techniques for guiding an individual into the realization and memory of when they lost faith in love, takes them to where they have the greatest need for healing compassion.

Temperament Effects Healing

Temperament plays a role as well. A person's disposition towards life in general can enhance or hinder their ability to heal. Individuals who tend to worry or complain have a difficult time healing. Those who are prone to blaming others rarely heal. Resentments and regrets are two major factors in preventing or limiting healing. Other moments when people lose faith in love include divorces, separation from parents at a young age, expecting more from others than they can do, limiting experiences of parental and family love—as in not feeling wanted, appreciated or valued. Coming from living situations where harshness and cruelty are played out through harmful words or physical violence also cause a person to break faith with love.

Some children are born predisposed to bad temperament, making it difficult for them to get along or to receive love. The stress and anxiety they are experiencing comes from another lifetime previous to this one where they died in distress. Not enough time was spent in a state of stasis for rest and repair before reentering earth. As a result, sometimes the healing needs to take place by revisiting the prior lifetime.

Most people come to you looking for a soothing touch, a balm against the pain and rough edges of their lives. Your words, touches, gestures, and even thoughts can serve to soften their disposition so that loving healing energy can penetrate their being.

You are the handmaiden or manservant of that love. (Note: Mary is saying here that as a healer, you are a servant to Divine healing power.) It is through you they are able to experience the depth of God's compassion, and therefore, heal. So do not hold back your love.

Mary is acknowledging that we sometimes come into this world with predispositions regarding how we will experience life. She suggests that as a healer, you might find it necessary to regress the person you are helping to a previous lifetime when they broke faith with love. Regressions can help an individual see when and how they established a dysfunctional pattern that is playing out in this lifetime.

She suggests even temperaments that predispose someone toward negative emotions or stress can be alleviated through the power of Divine love, and the healer is the instrument of that love.

Take Care of Yourself as a Healer

Give freely the love that is in your heart, while also being mindful that you too have a body and spirit that need tending. Attend to their needs from a position and place of strength, meaning that you are not depleted in any way. Otherwise, you too easily pass on your own weakness to their already compromised state of wellbeing. So take care of yourself and tend to your own needs before serving others. Stop a session if you need to so that you can replenish and care for you yourself as required. You might need to turn someone away if you are feeling ill, or invite them to return at another time, or seek assistance from another healer or someone else.

Do not be afraid to be true to your own needs for self-care. There are times when someone is in such great need, they consume the space and drain the energy from you. Do not let this happen. If they are not ready to receive, let them go. Let them return at a time when they are truly ready and able to receive healing grace.

They must be ready and able to receive assistance from you. They must be willing to be truthful with themselves and you about their own part (note: role) in allowing their malady to occur. If they are not ready, there will be little you can do to help them.

Each moment of life is a precious gift of Divine experience, and each moment is meant to be experienced with reverence. (Note: Reverence here is meant to imply reverence as we know it, but also includes respect, joy, care, compassion, and loving regard.) You do not need to be masterful in this in order to heal, but your dedication to this practice will make you a better healer.

Each person has their own unique healing gifts. Some people are talented with the herbs, and are skilled in making ointments, tinctures, salves and teas. Some people are able to heal with the sounds they make, offering deep comfort and solace that allows the body to heal readily. Some people have hands that touch the body and soul (note: Mary treated body and soul as one word or concept), calling one to complete restoration. Some see colors of light with their mind's eye—colors that mend the body and soul. Others heal through their minds using pure thoughts that are imparted to another, while some people dream for another and resolve problems as they sleep. Still others create a resolve within themselves that others are able to sense and feel. Some help people heal through art, dance, movements that stretch the body—and still others have perfected the skill (note: art) of listening.

There are as many ways to help another heal as there are creative possibilities. Each person's skills are unique unto themselves. And so we rely on each other to assist us in our greatest times of need. We are the hands, ears, eyes, heart, mouth, and mind of God unto each other—instruments of God's great work. (Note: I'm not sure why the nose was left out, since some people can assess through their sense of scent. Perhaps it was simply forgotten.)

There is always support in healing through each other. When you pray to God for healing help, look around you and graciously receive assistance from whoever is able and willing to offer their assistance. Remember, as a healer it is your responsibility to tend to yourself and keep yourself well. In this way, the community remains strong as individuals are ready and able to help one another.

In all matters, and as you use your healing gifts, remember to attend to and be mindful of love. Love is the great healer. Your love will open pathways of wisdom to you and insights about how to use your gift most effectively. Even the seemingly incurable can be cured where there is love.

Mary's message is important for both new and practiced healers, especially deeply empathetic healers who are inclined to sacrifice their own wellbeing for the sake of another. There is no long-term benefit in weakening oneself as a healer. When you as a healer cannot offer assistance, you can be sure that someone else close to them has a healing gift that could be used to help the individual heal.

Describing a range of energetic healing gifts, talents with the plants, and creative abilities, Mary assures us that every person has a gift intended to help oneself and others in healing. As I teach people about their spiritual gifts, it has been my observation people are often delighted to discover that a healer lives within them. I have further noticed that people love to be asked to help. Being noticed for your healing abilities, and knowing that you can make a meaningful difference for someone in pain, can be a deeply satisfying experience.

Using the Sacred Feminine Holding Meditation with Mary's Teachings

When I began applying Mary's Four-Fold Path of Healing (covered in the previous book), I was pleased to see how beautifully the Holding meditation provided a framework for meditating with each step. I watched lifetimes of suffering associated with each step unravel itself and transform in the presence of the all-accepting love accessed through Holding.

Within a very short time, I had penetrated multiple layers of forgiveness, the first step in the Four-Fold Path. When I say penetrate, I do not mean I thought about forgiving myself or another. My understanding in compassion was so deep that my heart felt the greater truth, beyond what needed forgiving. All that remained and still remains is love.

Many good healers naturally Hold the person they are assisting. When a healer becomes very still, compassionate, and willing to be a sacred receptacle for Divine grace to flow through them for the benefit of another, they are in effect Holding.

The moment a healer enters into the space of stillness and compassion they are opening to the energetic healing field of the Sacred Feminine. Their Yin energy is the receptacle for receiving Divine grace. When you open to this state of loving acceptance, you are open to the potential that exists beyond perceived limits. You stand on the edge of the unknown. And it is in this space of the unknown that the limitless power of the Divine emerges. This is what Mary knew and this is what she would like each of us to know and experience for ourselves. The practice of Holding is a beautiful and powerful way to enter into the limitless nature of the Divine through the Sacred Feminine where all potential for life is held in all-accepting love.

Because Holding is so fundamental to healing, this next section comes directly from my first book in the *Sacred Feminine Awakening* series, [*The Emergence of Compassion*](#). I do recommend that you read the book, because it shows you how the Holding can help you release struggle. Further you'll develop a greater understanding about when you are embodying primarily Sacred Feminine energy in your healing and when you are embodying Sacred Masculine energy for healing.

Emotions can be powerful aids or inhibitors to healing, as well as powerful doorways to awakening. Understanding how to be with intense emotions can make your own healing journey easier and, as you develop your ability with Holding, you will have a simple and effective tool for helping those you serve heal the powerful emotions behind or accompanying their illnesses.

The Practice of Holding

Taken from my writing in [*Sacred Feminine Awakening: The Emergence of Compassion*](#):

In Holding, you Hold everything and every emotion in accepting love. You enter into and embody the Holding nature of space—as you now know—the great primordial womb from which all life and all potential for life is born. As you Hold, you receive new insights about yourself and the action you specifically need to take in the world. Being able to access this space provides wonderful healing insights for both men and women.

To Hold, as I was taught by four Native Grandmothers, is to return to the limitless potential from which you were born. In the experience of unconditional, or all-accepting love, you remember your original intent for this lifetime on earth—to be the experience of love expressing itself, and in that memory, you are born anew in loving intention. Holding trusts that you and I were perfectly created and if you return to the awareness you are loved just as you are, you will be reborn in the light of that awareness once again.

As you Hold yourself in endless love, and as love becomes a constant awareness, what you create and attract into your life becomes a reflection of that love, uniquely inspired by and for you.

This ancient wisdom of Holding has been buried deeply in our subconscious minds and has not been as highly valued in our age of achievement, and yet it is this soothing, compassionate energy that brings balance to our lives. This awareness is coming to life in every sector of humanity because we need to know we are loved for who we are, as well as for what we accomplish in order to make wiser choices for our selves, our communities, and our planet.

Imagine a world where every human being, whenever they were feeling pain or stress, Held their problems in profound love until the fundamental fears behind their stress and pain dissolved. Life hungers to know it is loved, and when love is realized, the pain and stress that occurred when we disconnected from love no longer exists. Once the core fear is gone, we can then enter the expanded nature of creating as we Hold our dreams and visions fearlessly in profound love until they easily and beautifully become reality.

In a world where the masculine energies of planning, action, expression and achievement are highly valued, women and men can find themselves overwhelmed and exhausted, in an attempt to demonstrate personal value. Working, cleaning homes and yards, getting the car repaired, driving kids to activities, buying groceries, and taking care of family needs absorb huge amounts of time, overriding a deep, personal need to be still enough to experience the healing life-giving energy that lives within the restful nature of the Sacred Feminine.

How can our intuition possibly be heard, when we are so busy? How can we set down the burdens of regret, shame, pain, numbness, confusion, anger and sorrow, if there isn't time to be compassionately present to ourselves? How can we be reborn in the wonder of our truest Divine desires, if we do not enter into the sacred womb from which we came so we can be consoled and release our burdens? Without returning to the womb for its comfort and love, we can find ourselves being driven by fear and living within the constraints of our own perceived limits, rather than in the full delight of who we truly are as Divine beings.

Something beautifully freeing occurs when you slow down enough, even for minutes during the day, to Hold. When you Hold, you hold everything (good, bad, wonderful and terrible) that is going on with you in unconditional love and without intention to fix or improve yourself or someone else. It is about honoring yourself and loving every experience you are having that is being brought to your attention through your feelings.

When your emotions and correlating thoughts and physical sensations are painful, you Hold with compassion for yourself and all the experiences you have had that have led you to this moment in time. As you Hold, difficult feelings, thoughts and sensations dissipate. Sometimes, you will feel a permanent dissolution immediately. Sometimes dissolution happens after you have held daily for 30-90 days. It just depends on how much internal work you have done up to this point, and how deeply the emotions are embedded in you.

When your emotions and correlating thoughts and physical sensations are happy, you Hold with the pleasure of your happiness. Your feelings and sensations of happiness and delight expand until you are Holding as much joy as you possibly can. This is a good time to stop and bring your expanded awareness into action.

As you become more familiar with Holding, you will discover that your emotions and experiences are in a constant state of contraction and expansion, as you move through your limiting feelings and expansive feelings. Both are powerful states of awareness, and honored as such. In Holding you do not make one state better than another. After all, there are doorways to happiness in the middle of the pain you are feeling. You are very likely experiencing pain because at some point you set into place a limiting belief that allowed you to navigate life with greater ease, or to feel safer. So the limit has served you. Limits allow you to experience "otherness" which allows you to have a journey of multiple and unique experiences exploring the meaning of Divine love in your life. Sometimes that journey is grand and wonderful. But when the limit begins to feel too restrictive, life becomes uncomfortable or even painful, and it is time to once again enter the womb of creation, so you can become recreated in the awareness of a new, expanded view of yourself and your potential.

Because the potential of creation itself is in constant evolution, redesigning its own experiences by exploring what it is and could be, learning how to be with your own personal states of contraction and expansion can afford you the ability to create greater peace in your life, and live in harmony with the waves of creation. You become conscious of how much you are naturally influencing your own reality, and your feelings provide a natural feedback mechanism for you to recognize whether what you are creating is working for you.

You might discover that undercurrents of negative feelings are often the true driving force behind the decision you make. Holding is one way in which you can help those negative feelings finally rest, so you can now be inspired and motivated by the exhilarating positive feelings that naturally emerge when the fear behind negative feelings has at last been recognized and loved. Your emotions, if you attend to them, lead you back to the silence where you can be reborn in compassion and intuitive wisdom, able to express your creativity from the reawakening of yourself as limitless love.

Holding honors your evolutionary process of constantly exploring your true nature. The moment you attempt to define your experience, it has already changed, and the experience itself was far more than you could possibly express in words. Simply the act of Holding and observing a feeling, and associated events, changes the experience of the event. Your love is at work all the time. Your focused attention to love allows you to see the breadth and depth of your soul's experience. Are you in this moment reacting to something in the past that you can't change, a future that hasn't happened yet, someone else's feelings, or an awareness from another dimension? Are you reacting to something happening to you, someone else, or the planet itself? If you are empathic, it can take a while to figure out what's going on, if it is ever important to do so. All the while, you might be uncertain about whether the discomfort or pain, or even gladness and joy you are experiencing is originally from you or someone else.

If you choose to Hold in love whatever feeling and thought arises in relationship to a specific event, you quickly discover there is no need to name your experience, define it, or to even know its source. The original experience has already changed, but love is a great time traveler. In love you can be present to what was, is and will be. As you Hold any experience in love, the entire experience can rest and ultimately blossom in love. When emotions are honored in all-accepting love, you emerge clearer and able to make new choices based in love. It is in this state of Holding, that Mary Magdalene invites us to review our lives and discover the great love that heals all things. As you Hold, your emotions become doorways to spiritual freedom.

In my own experience healing myself and helping others heal, I have discovered what Mary Magdalene knew—many physical conditions have emotional roots. And if an illness doesn't have emotional roots, your emotions are often affected when you feel limited and constrained by an illness. So attending to the emotions you are experiencing plays a significant role in healing. Holding is a simple way in which to be present to and heal your emotional body.

The Holding was not originally taught as a guided meditation. An elder walked a young woman through it, and the woman was then invited to make it her own, allowing her own spiritual perceptions and gifts to open as she discovered Holding for herself. This is the ideal way to be with The Holding—to make it your own. Since we now have recording technology available to us, the non-profit organization I direct, The New Dream Foundation, makes this practice available at no charge to men and women all over the world in the form of a guided meditation. You can read how to do The Holding here, and/or you can download a free audio version of it at our website: SacredFeminineAwakening.com.

Holding Is the Embodiment of Sacred Feminine Energy

As you use the Holding meditation with Mary Magdalene's teachings, your experience of the Sacred Feminine will deepen. However, let's get you started with some insights from my first book in the series, [*Sacred Feminine Awakening: The Emergence of Compassion*](#).

What Is the Sacred Feminine?

Imagine that within you is the capacity to lovingly hold everything that troubles you and pleases you—in compassion and without judgment. Imagine how sweet your life would become if you remembered how to hold yourself and others in that kind of limitless love.

Think of the vastness of space, from which all of the planets, super novae, suns—all of life—emerges. Combine that vast space with limitless love and you have the vibratory essence of the Sacred Feminine.

The energies of the Sacred Feminine and the Sacred Masculine, two halves of one whole, have existed since before time. Most of us today are familiar with the Yin-Yang symbol—darkness on one side, light on the other, representing masculine and feminine energies. The concept of Yin and Yang energies can be found in written records dating as far back as 1,400 BC. The Chinese have written about these energies for thousands of years, and they tell us both energies live within each of us—indeed, within all of life.

The Sacred Feminine is not merely energy for women. These two distinct energies complement and balance each other, and they are always working together inside all of us. One does not exist without the other. The Yin energy is associated with female qualities—dark, cool, and receptive—with a focus on nurturing and compassion. And Yang energy is associated with male qualities—bright, hot, and active—with a focus on vitality and bliss. Both are necessary parts of being alive and creating life.

When you think of the Sacred Feminine, think of these qualities: stillness, intuition, receptivity, compassion, potential and reflection. Its energy is associated with darkness and space—both inner and outer space. Metaphysically, it is the limitless capacity to lovingly hold all of the potential for life.

The Sacred Masculine is exactly the opposite. Its energy is about action. Rather than a compassionate love, it's an ecstatic, blissful love. This is about expression, achievement, generosity, logic, and light. It is the endless and limitless capacity to lovingly express all of life.

If you would like to experience the Divine Feminine energy of Holding, here is a written version from [*Sacred Feminine Awakening: The Emergence of Compassion*](#). You can read it and then do it on your own.

—The Holding—

Create a quiet, uninterrupted time where you can focus completely on you. Turn off the phone, the TV, stereo and any other distractions. Do not answer the door during this time. It is important to maintain your focus for the entire meditation. You might want to light a candle or place a bowl of water near you, but most of all what you need is your solitude.

Before you begin, consider a situation or emotion that has been troubling you. This emotion will be the state of "I am," that you bring to the meditation, as in: "I am frustrated," or "I am sad," or "I am numb," or any other feeling that comes to mind. You do not need to be able to identify the feeling with a name, but it does help to be able to feel whatever is present for you.

Sit or recline in a comfortable position. You want to be relaxed, without falling asleep.

Breathe gently and sweetly, accepting the nourishment of the air, the day, or Spirit—whatever fills you with peace. Breathe into the space of your body—the space between the cells and within the cells. We are more space than physical matter, so become familiar with that space.

When you have become aware of the space you are, think about some moment that caused your heart to open and feel your heart open once again. Expand into the love you feel. Become aware of your expansive capacity to be love.

Now focus on your energetic womb. (Both women and men have energetic wombs.) Your energetic womb and the primordial womb of all life are one. Breathe into the space that holds all life with love and compassion.

Become aware of the situation or emotion that has been troubling you. If you are focused on the situation, become aware of the feeling associated with that situation. Become aware of the most predominant feeling, whether or not you can name the feeling. Hold this feeling in the compassionate space that you are.

Do not try to fix or change your feeling, for that would dishonor the wisdom that lives within the limit of that feeling. Simply be with this feeling, acknowledging that it seems to be limiting your life. As you hold it, feel compassion for it. If compassion is difficult for you, reflect on a moment with a child or an animal in which compassion was easy for you to access. Imagine how you would hold a child or animal in pain, and then hold your feeling in the same way. Simply be in compassion. Do nothing, except be with it.

When this feeling has experienced enough compassion, it will begin to dissipate. It might take one session, or a session each day for weeks, or several sessions a day for months. Eventually, the painful feeling will soften and disappear.

Often, as one feeling softens, a new one arises. As the feelings ebb and flow through you, simply hold whatever feeling rises to the surface, moving from feelings of discomfort to overall peace. Before you end your meditation, be sure you are in a peaceful state.

At the end of the meditation, you might hear a word or sound; see a symbol, color, or vision; smell something; taste something; feel something; or know a truth. This is your new “I am,” for your well-being. The “I am” comes from deep within your subconscious and might not even make sense to your conscious mind, but it is your intuitive wisdom guiding you.

It may be helpful to find or create a symbol of this “I am” to put in a special place in your home to remind you about the beautiful reality you are creating within yourself.

Then breathe long and deep, exhaling through your mouth to bring your awareness fully into this reality. Breathe and exhale through your mouth until you can easily feel your body, hear the sounds in the room and feel the temperature of the air around you.

Because the meditation above is focused on healing, we focused on Holding difficult feelings—pain, doubts and fears—so that they can finally find their rest and your energy is available for the healing that comes when you have entered a peaceful state. If you wish, before ending the meditation, open to your unique energy healing gift after you have entered the peaceful state. Observe gently whether you are seeing a color, symbol, or vision; or feeling a surge of energy from your feet, heart or top of your head. Notice if you hear a sound or wish to make a sound. Perhaps your hands are getting hot and want to touch some place on your body needing attention. Maybe you are drawn to a specific herb, tincture, or essence, or essential oil. Or perhaps you are drawn to specific healing stones or crystals. Even being drawn to foods or teas can be a way in which your intuitive wisdom speaks to you about what you need to heal yourself.

Often your energetic healing gift is very close to something you already love to do. Even if you have never considered that what you love could actually heal you, consider it now. This peaceful, loving state is where you get the clearest insights of Divine insight and wisdom. The more you trust these impressions and impulses, the more you will begin to understand the nature and power of your unique healing ability. That gift is intended to be used in healing yourself and in helping others.

In addition to using the Holding to assist with healing, it is important to note that Holding is also used for manifesting desires—hopes, dreams and qualities you enjoy. That can include healing. When using the Holding to manifest, after opening your heart, you focus on a quality of life you desire to create. You remain in loving presence to that quality, allowing it to expand within you. If you find yourself experiencing a doubt or fear related to the quality you are creating, pause and Hold the doubt or fear until it subsides. Then resume Holding the quality you wish to manifest until you receive your “I am” awareness.

Do not let the simplicity of this meditation fool you. There is a great deal to master within yourself in order to become a pure vessel of healing and manifestation. In order to be truly present, if you choose to awaken yourself through this Sacred Feminine practice, it is helpful to do this meditation at least daily. In this way, you begin to recognize the nuances and subtleties of you. You recognize the qualities behind your desires that motivate you the most. You see how your intentions are reflections of those profound desires and qualities born from the Divine pulse that lives inside you. You identify how you unconsciously and consciously sabotage your own best efforts. And you see how all your concerns dissolve in the presence of your profound, attentive love, and your soul’s desires naturally flourish and attract what they need in order to become.

This simple meditation is an approach to life. With time and practice, you naturally open and Hold when you meet adversity. You instinctively Hold when your emotions are high. You create time to consciously Hold when you are ready to attract something new into your life. The meditation takes you into the awareness of Holding as a way of being and walking in the world.

How to Hold Others

Ideally, you will develop some mastery in Holding yourself before Holding anyone else. That said, people have experienced a natural expansion from Holding oneself to Holding others, particularly as they enter into deep states of peace, or beyond peaceful awareness into joy and bliss. Therefore, it is useful to know how to Hold others in the event this occurs spontaneously, or you are Holding someone for the benefit of their healing.

As you enter into the energy of the Sacred Feminine that Holds it all, *you* Hold it all. Your empathy finds a home as you discover that as you are better able to maintain a state of peaceful love, so your empathy for others does not end up hurting you. You don't take on their physical pain or emotions. Rather, you become the manifestation of that which Holds all in love, which allows another to feel that love for themselves. As they remember they are loved, Divine insight can awaken within them. In that state of awareness and peace, they are better able to receive healing energy and they attune to clearer insights about the choices they feel they need to make. Holding allows your empathic nature to serve others, as a truly supportive energy that does not interfere with the sacred journey of another.

In keeping with what I mentioned earlier—attending to yourself, attending to another and then attending to yourself again whenever possible—I recommend that you Hold yourself first before Holding another person. When you are finished Holding someone else, Hold yourself again. This ensures you maintain yourself in a peaceful, loving field of awareness, free from another person's doubts, fears or pain.

Hold another with permission. No one likes to think something is being done to them without their permission. Before you begin Holding someone else, you need to ask them, physically or spiritually, if you may have their permission to do so. If you can, get verbal permission from someone. It gives them an opportunity to understand how you are serving them.

If you can't get verbal permission, ask their spirit. Their spirit will let you know right away if the answer is, "Yes" or "No." Depending upon how your spiritual gifts work, you might see a door open or close in your mind's eye, or a small voice inside you might say, "Yes" or "No." Or you might feel their energy come closer to you or move away from you.

Your signal will be unique to you, so if you don't know it already from healing work you have done, you'll need to ask and then attend quietly to receive an answer. Honor the signals you receive, and if you aren't sure, don't Hold until you do receive a clear signal.

To be clear, in Holding you are not sending someone energy, including light. You are not even sending them love. You are certainly not attempting to fix or mend them in any way. When you Hold another, you are entering into the realm of the Sacred Feminine. As you recall, this is dark, cool, still and compassionate Yin energy. You are offering to help them experience restful, all-accepting love, much like a child inside their mother's womb.

Most Holding is done silently, allowing the compassion you Hold for another to do the work. When you perceive you are Holding with as much love as possible, encourage yourself to go even deeper. There is no limit to Divine love, so encourage yourself to stretch beyond your perceived limits. The deeper your love, the more expansive the field you Hold, creating a space in which the person you are serving can more fully release.

You might choose to support an individual in person or remotely. If you work with someone in person and they are meditating with you, or the individual is resting while you meditate, you might want to include the ninth step below to help them return to their awareness of their body and their physical space. That said, it has been my experience that people naturally return awareness to their physical space if they are allowed to rest as long as they like. You will need to decide what is most appropriate given your circumstances.

Steps for Holding Others

These steps for Holding Others for Healing are adapted from the original Native meditation to include Mary Magdalene's recommendations regarding gratitude and her recommended steps for forgiveness.

1. In keeping with Mary Magdalene's teachings, begin in gratitude for this opportunity to open to Divine love, open to sacred space and be of service to another.
2. First enter into the Sacred Feminine stillness and open your heart in love. Hold yourself until your energy feels as clear and pure as it can be in this moment.
3. Then, open your heart to someone you care about or are concerned about to see if they would like to be Held. Pause for a moment to sense whether they are willing or not. If they are willing, Hold them in all-accepting love.
4. Hold whatever feelings ebb and flow through the space. You might sense the feelings behind their hopes and dreams. Or you might sense the feelings behind their doubts and fears. Simply Hold the feelings and impressions that arise in your love, and do nothing else. This includes feelings that relate to areas in their lives needing forgiveness. (See Mary's Four Steps of Forgiveness listed below, and fully explained in the previous book.) Remember, this is not about helping or fixing. This is about loving someone in trust that your love is enough to help them re-center in Divine will in accordance with their sacred contracts.
5. If you find yourself feeling ill at ease or being triggered emotionally at any time, pause and focus on yourself for a while. Hold your feelings until you are at peace once again, and then resume Holding the other person.
6. Hold them until you reach complete stillness or you feel a sense of peace wash over you and them. When the person you are helping is ready, you will feel a very deep place within the Holding, when all the emotions that are most evident relax and dissolve, in which there is absolute silence and stillness. This is a place of no thought, of no-thing. When you reach this

with them, the energy is completely reset at Source. If they are not quite ready for this depth of stillness, you are likely to feel a steady sense of peace wash through both of you.

7. Following this, you might feel a surge of energy, including light or sound, as their spirit awakens in Divine aliveness. As this energy washes through the body, it gives life. Divine love penetrates the cells of the body, calling forth healing and wholeness, in accordance with the soul's intentions.

7. When it feels complete, you are ready to come out of the meditation. Many people simply come to awareness of their body and physical reality on their own. However, you can assist the person you have been meditating with by offering instructions for coming back into full awareness of their lives on earth. You might instruct them in this way, using this Grounding Breath Exercise, picking up your pitch and speeding up the tempo of your voice as you speak:

"Now, in three breaths bring yourself back into full awareness of your body. Inhale through your nose. Exhale through your mouth. Feel, smell, and hear the air around you. Inhale again. Exhale through your mouth. Feel the chair you're sitting in or the ground that you're sitting on. Take one last big inhale. Exhale through your mouth. Bring your awareness fully into your physical being, while also remaining conscious of the space that you are. Stretch your fingers, toes and neck. When you can feel yourself in your body, very gently open your eyes."

19. When you are finished being of assistance, spend time Holding yourself until your energy feels pure and whole.

10. Again, in honor of Mary Magdalene's teachings, give thanks for the individual you have assisted, all that you have held sacred, and for the experience of Divine love you both experienced in the healing.

I recommend beginning by Holding just one person at a time, so that you can become familiar with the process. As your capacity to Hold in all-accepting love becomes clear and strong, and with practice, you will find you are able to Hold groups of people.

For the purpose of helping another heal, you Hold them to support them in the release of emotional layers behind their illness. Emotions laden in fear, doubt, regret and resentment serve as limits to healing, so it is important for these emotions to dissolve. The Holding creates a safe space for these difficult feelings—and the stories and beliefs accompanying those emotions—to be recognized and honored so they can finally dissolve.

Often these feelings and beliefs arose out of necessity, as a way to protect the individual; and therefore, what any feeling represents is worthy of being treated kindly. For example, if someone exploited your vulnerability as a child, you might have protected yourself by repressing your vulnerable nature, and developing a tough exterior. You might find yourself having feelings of defensiveness when someone wants to become intimate with you, causing you to become angry when someone tries to get close. As you Hold the most apparent layer—your anger—your feelings of defensiveness rise to the surface. As you then Hold the defensiveness, you discover the layer of vulnerability beneath it. As you Hold your vulnerability, you finally soften completely, and are able to rest fully in Divine love.

All feelings are worthy of your love and respect. They are authentic parts of that individual, reacting to events in their life, with whatever emotional skills they had at that point in their development. By Holding a person's feelings in all-accepting love, and without judgment, you are helping them gently release their own judgments about themselves, so that they can be fully present to Divine love.

The Four Steps of Forgiveness

In [*Sacred Feminine Awakening: Wisdom from Mary Magdalene on Healing the Self*](#), we explore the significance of forgiveness that comes from the heart. In order for forgiveness to be true and lasting, it cannot be done through will alone. It must be felt as compassion. Holding another in absolute loving compassion sets up a natural field of forgiveness, in keeping with Mary Magdalene's Four Steps of Forgiveness.

As you Hold another purely, you create a space of acceptance in which they can:

1. Forgive themselves for the choices they have made that have harmed themselves.
2. Forgive others that have harmed them.
3. Forgive themselves for harming others.
4. Forgive themselves for any pleasure they derived in the harming of themselves or another.

In my own personal meditations with the Four Steps of Forgiveness, I take myself into a deep state of compassion through Holding. I then open my heart to each step, one at a time, allowing my subconscious mind and emotions to show me anything associated with each step that needs love and compassion. Typically, I have found that Mary's steps progress quite naturally. It is generally easier to forgive myself for harm I have done to myself than it is to forgive myself for harming someone else, for example. To experience complete release, I find it necessary to experience forgiveness on all four levels.

You might want to introduce the Four Steps of Forgiveness to the person you are helping, so they become aware of how their compassion might support them in experiencing greater peace. You might want to walk through the Four Steps as a guided meditation. Or you might both choose to be conscious and aware of the layers of forgiveness that are likely to arise during the Holding.

If you choose to walk them through the Four Steps of Forgiveness as a guided meditation, be aware that your language affects their ability to access their inner wisdom and let go of their guilt, regrets and resentments. People receive spiritual guidance and insight in their own ways. Some people are primarily clairvoyant, some clairaudient, others are clairsentient, and still others are primarily claircognizant. Many have a mix of these abilities to receive spiritual insight. To honor the various ways we receive intuitive awareness, I often use these words in facilitating a guided meditation, "See, hear, know, sense or feel _____."

Here is an example of how I might help someone in a guided meditation format, slowly, with lots of time to experience between sentences:

“See, hear, know, sense or feel a choice you have made that harms you.” Allow yourself to Hold this choice and the feelings you have about it in your compassion, in the same way you might Hold a child that made a choice they regret. Let your compassionate love deepen and deepen. Hold each feeling with kindness and understanding until the difficult feelings soften. As the feelings soften, allow yourself to see, hear, know, sense or feel greater peace and appreciation for yourself. Let this feeling expand inside you until you are at peace and full of love.”

When you are finished, you can use the Grounding Breath Exercise above to help them anchor themselves back into their body and physical awareness. With individuals who are in a great deal of physical or emotional pain, I precede a guided meditation with an instruction to think about something they want to complete here on earth. I tell them I know how hard it can be to come back to physical reality when you are in a peaceful, pain-free meditative state, and yet, we are here to bring this spiritual awareness into our physical reality. Therefore, I suggest beginning with an awareness of what this person longs to do in the physical. This helps to ensure that the person being helped returns to physical awareness when the meditation is ended.

You might find, they move swiftly through all four layers of forgiveness in a single session or they require several sessions to come to completion. The person you are assisting might want your help in accessing their first layer of forgiveness, and choose to create space for further forgiveness by Holding themselves alone, on their own. As the person releases any burdens they have been carrying within each step, they increase their capacity to receive healing energy. When all four layers of forgiveness occur, their energy is fully open to experience love that heals. When the forgiveness is complete, they will be able to sustain a state of peace.

Holding is a powerful way to create a sacred container honoring the emotions, memories, and spiritual experiences that influence one’s life. If it is done with pure intent to lovingly Hold another with compassion, and without an intention to influence a specific outcome, the person being helped is safe to remember and Hold in their own compassion those events and experiences that have been longing to be understood and loved. It is in this all-accepting pure love that true forgiveness can occur, and the person is no longer bound by the doubts and fears of their past that have limited their ability to heal. They are at peace.

The Four Steps of Gratitude

In this state of profound tranquility, an individual is ready to enter into the second step of Mary’s Four-Fold Path for Healing—Gratitude. As you did with the Steps of Forgiveness, when the person you are helping is ready, you can guide them through the Four Steps of Gratitude, or simply Hold them as they focus on gratitude in their lives. It is important that they feel truly ready for this. If they are still speaking with energy about their pain, they are not ready. When it is time, this process can be quite uplifting, as an individual realizes not everything in their life has been difficult or bad. In fact, a great deal of their life has been filled with the wonders and gifts of the Divine.

As a reminder, here are the Four Steps of Gratitude:

1. You gratefully appreciate yourself for the choices you have made that have helped you.
2. You gratefully appreciate how others have helped you.
3. You gratefully appreciate yourself for the ways you have helped others.
4. You gratefully appreciate the pleasure you have derived through acts of kindness.

The Four Steps of Receiving

Now you can continue with the third step in the Four-Fold Path for Healing—Receiving. This is when your energetic healing gifts and the energetic healing gifts of the person you are assisting open up. Previously in this book, Mary describes the various ways one’s healing gifts might emerge. It is good to be aware that gifts take on many forms, so it is helpful to refrain from limiting the nature of the gift. Rather, notice how the energy naturally presents itself and flows. You need to be willing to observe it, and allow the spiritual energy itself to guide you.

The Four Steps of Receiving are:

1. Receive God’s love through your hands, songs, or visions in whatever way God communicates (speaks) to you directly.
2. Receive God’s grace through the hands, heart and gifts of others.
3. Share your healing gift with others.
4. Give thanks for your body that enjoys the gifts of our Mother, the Earth.

I watched these three steps of Forgiveness, Gratitude, and Receiving unfold in pure healing when I was called home to visit my mother when she was dying. It had been two years since I had seen my mother, and when I finally returned home to say goodbye, our conversation began with words and tears of forgiveness. We forgave each other for all that we were unable to be and do for each other in this lifetime. From the ensuing peace we found together, we naturally entered into a delightful state of gratitude for one another as women who had done our best. Even through our painful moments together, we both remained aware that beneath it all we loved each other. In that love my healing gift of sound medicine emerged pure and sweet to help her. And my mother, at peace and filled with the love that gratitude brings, opened up her heart, mind and body to receive the healing song that welled up from deep within me. When the song had been sung, I could see the specific areas of her body that had been affected in illness, and then saw and Held for her the color of radiant light she needed for healing. She got up from her deathbed 24 hours later and remained with us until her journey was truly complete.

The Four Steps of Service

My mother left me with a precious awareness—that each of us can heal ourselves and others through Divine love. It is good to get our tests done, to listen to the advice of professionals, to follow the protocols that help our bodies heal, provided that each of these steps is an act of love, rather than fear. Because, in the end, it is our love for ourselves that opens the doors to our most profound healing.

Because of this touching moment with my mother, I dedicated my life to helping people heal and, more importantly, to aid them in discovering the limitless depth of the love that lies within them. Divine love lives around and inside each of us. As we shed our limits to feeling that love, the love itself opens our lives to the wondrous, limitless energy of creation and recreation. The natural

outcome is a desire to serve others in discovering this beautiful awareness for themselves. Service, as it turns out, is Mary Magdalene's fourth step in her Four-Fold Path for Healing. Each person's healing is a gift that enables all of us to live as the embodiment of love in service to the Divine and all beings. Service is the great celebration of healing.

As you help another in healing, it might not seem that Holding an individual in the concept of Service is useful, but it can help someone to meditate on what service will look and feel like in their lives, given the healing they have experienced. Feeling the celebratory nature of service is a powerful way to be motivated to continue in the journey of healing by sharing one's gifts and Holding others.

The Four Steps of Service are:

1. Serve God with all your heart.
2. Serve God within you with great care and love.
3. Serve God within others with respect and compassion.
4. Serve love in all things, for love is the direct pathway to God, and God's grace and blessings.

What I have shared here about the Four-Fold Path for Healing just touches the surface. Mary's profound thoughts and well-considered recommendations for applying the Four-Fold Path for Healing can be found in the preceding book, [*Sacred Feminine Awakening: Wisdom from Mary Magdalene on Healing the Self*](#). As you are able to understand and apply these steps in your own meditations, you will be better able to hold these concepts and progressions for those you are assisting.

Final Thoughts from Mary Magdalene

I leave you with these words from Mary Magdalene, as shared in [Sacred Feminine Awakening: Wisdom from Mary Magdalene on Healing the Self](#):

Most of all, your spirit and temperament guide your health. So keep your spirit strong, clear and happy. Let nothing come between you and your love for God and you will live better and heal more easily.

Find delight in what each day brings you. Let no day go by in which you feel robbed of its gifts. Take quiet moments to notice what you love. Let your mind become quiet so that you notice how God is touching you. Then give to others from a generous heart that is overflowing in appreciation and love every day. Affirm your trust in God every day as you gaze upon the treasures of people, creatures and things already in your life. Maintain a happy heart and when you experience sorrow, comfort your spirit immediately. When you experience anger, show compassion and understanding toward yourself immediately. When you are fearful, cradle yourself with soothing words and thoughts until your heart is at peace, you are calm, and your thoughts are clear. Only then can God's gifts of wisdom and guidance enter you.

When you live from this clear, calm and loving state of being, you are now able to help others in their healing. You are a vessel through which God's love and grace flows. You are ready to help others heal.

Thank You

Honoring Mary Magdalene once again in her teaching that it is wise to begin and end offerings with gratitude, I am deeply grateful to each of you for joining me in this journey with our beloved Mary Magdalene and my precious Native ancestors. I give thanks to these beautiful teachers for all that they awaken within us.

I give thanks to you for all of the healing you have done and continue to do, on your own behalf and in service to others. When one of us heals, whether in small or large measure, we are affecting the matrix of creation. Within our collective consciousness, there is now another experience of healing, and everyone who accesses the collective consciousness can draw upon that wisdom and strength. Your healing, and the healing support you provide for others, matters. Your love is a gift to us all.

Continuing Your Journey

I invite you to continue your exploration of the Sacred Feminine and healing with these resources:

To receive an audio recording of a guided meditation on *Holding Others*, register your purchase here (using the code “Holding” if you don’t have your receipt number):

SacredFeminineAwakening.com/mary-magdalene-healing-others/.

If you would like to get the first Mary Magdalene book, [*Sacred Feminine Awakening: Wisdom from Mary Magdalene on Healing the Self*](#) and download an audio recording of a guided meditation, *Heal Yourself*, combining the Four-Fold Path for Healing with the ancient Native practice of Holding here:

SacredFeminineAwakening.com/mary-magdalene-healing-self/.

To discover and experience more about the Sacred Feminine through articles, books, retreats, audio recordings and videos, visit:

SacredFeminineAwakening.com

To discover more about Misa’s work in applying Sacred Feminine principals specifically to self-healing, or to learn more about her bestselling book [*The Root of All Healing: 7 Steps to Healing Anything*](#) visit: MisaHopkins.com

To receive Misa’s free inspirational Prescriptions from Heaven ecards in your morning emails, sign up at

PrescriptionsFromHeaven.com.

If you feel that this book would be helpful to someone you love and/or your prayer or discussion circles, please spread the love of the Sacred Feminine by suggesting that they acquire their own personal copy of this book.

Thank you in advance for sharing your thoughts about this book with others by writing a review on Amazon.com and/or other online booksellers.

About the Author



Reverend Misa Hopkins is the Spiritual Director of the New Dream Foundation, dedicated to healing and awakening in the Sacred Feminine, and the inspiration for the website Sacred Feminine Awakening. She is the author of three other bestselling books, [*The Root of All Healing: 7 Steps to Healing Anything*](#), [*Sacred Feminine Awakening: The Emergence of Compassion*](#), and [*Sacred Feminine Awakening: Wisdom from Mary Magdalene on Healing the Self*](#).

Misa has been ordained as the Guardian of an ancient Native Sacred Path of the Feminine, and initiated in feminine and masculine sacred mysteries. She has been given the sacred name Amma (Mother) in Hindu tradition and Morning Star (after the planet Venus) in a Native tradition. Reverend Misa's life is dedicated to the awakening of the Sacred Feminine for healing in the world today.