



## Camino II: The Healer's Toolbox

The Healer's Toolbox was made along the vibrant ley lines of the ancient Camino de Santiago. This group of Essences reminds us of the deep link between the physical body and healing work. They offer support for the solo healing pathway and work done in groups. The collection is especially attuned to aid light workers, healer's of any kind or any souls who care for others as part of their day-to-day lives.

### How the Healer's Toolbox came to be

The Healers Toolbox is a collection of Flower Essences made during my second journey to the Camino de Santiago de Compostela in northern Spain in the summer of 2009.

After my dramatic journey the previous summer, and because of the cargo of Flower Essences that returned with me in 2008, I knew this new Camino journey would have a flow and purpose all its own. I suspected new Essences collected during this return journey would tell a whole new story, share unexpected gifts and reveal the way forward, but I must admit that at the beginning, as I started up the Pyrenees mountains once again, I had absolutely no clue what they would say.

What resulted was a collection of fifteen combination Flower Essences that unfolded like slow blooms, at times mysterious and often much more profound than they appeared at first glance.

In connecting with the Devas of the Flowers and the soul of the trail, I drew on my roots as a dancer and my extensive training in bodywork to bring together the threads of this collection. As I moved each day, connecting with the land and others, I felt the Essences carried the vibrant energetic blend of deep soul work and dynamic care of the body. This became clearer when I discovered the central message of the collection was the growing importance for all of us to integrate healing work into our physical bodies.

The Camino is a spiritual healing journey with ancient roots. It is also a consuming and humbling physical path. Your spirit may be charged and ready to get on the trail, but it is your body that has to walk the 800 kilometers. Without your body, your healing journey will not take flight. In such a walking life where I depended intensely on my body, its bones and muscles, breath and blood, balance and endurance, I could not ignore that we were a team, a team so linked and intertwined that any healing and growth would be processed through the body as well as the brain and heart.

Often we forget how much the forward journey of our souls is deeply rooted in both our energetic and physical bodies, and these Essences are a strong reminder of this essential truth. For healers, the body is our realm- the barometer on which inner change is revealed, but it is also the medium through which we connect. This collection of Essences aids us in both kinds of work: the solo healing practice and work with others.

Though this collection is called the Healer's Toolbox, these Essences define healers as anyone who works, connects, gives support and devotes heartfelt time and energy to another living creature and therefore offer broad and welcoming support to all of us. Your dog is certainly a healer when he comforts you during a rough stretch in your life, and you are a healer in how you care for your children, your neighbors, your students, your animal companions and your friends. And you are a healer in your interactions with yourself. It is not who or what we do when we engage in this healing work; it is the energy and intention behind our words and actions. These essences support us to bring more light through in all the healing interactions that fill our lives.

### *The Thread of Change*

This essence is embodied by the sternum.

It supports us in gathering the courage and willingness to enter the healing dialog. It fuels the spark of thirst for healing work and helps ready the physical body for energetic growth. It aids us in finding the energy to face mountain climbs and engage the physical and etheric body in beginning a new venture.

### *The Architecture of Balance*

This essence is embodied by the ribs.

It supports the full diameter of our energy field as we do work by balancing both the inner and outer experience of healing. It also helps us integrate communal knowledge, current and ancient wisdom about healing at the same time as we honor our own internal guidance about healing pathways.

### *The Wing Span of the Senses*

This essence is embodied by the skin.

It allows us to be open and immersed in the energy of healing and humanitarian work but to stay grounded in our own energy fields. It helps the healer work deeply with another but not become tangled in another's energetic field and/or current situation. This is especially helpful if the healing work involves people who are near and dear to our hearts with the connection more intense. This essence helps us experience the sensation of immersion in another soul's plight, similar to being caught in a heavy downpour, but not remain there or take on the energies as our own. This essence reminds us to come in out of the rain and dry off. It reinforces our vital need to feel empathy and compassion while supporting others but also retain our own energetic integrity. This essence reminds us that we don't need to and shouldn't stay in another soul's field after guiding them through suffering or deep healing work.

### *The Evolution of Ever Forward Motion*

This essence is embodied by the eyes.

It supports us when we seek new more evolved ways to go forward, heal and connect. It helps us trust our body when our minds run amok, trying to convince us that we are digressing or going in aimless loops. The essence helps us trust that we are not back in the past or old patterns but always growing and moving forward.

### *The Vocabulary of Cleansing*

This essence is embodied by the ears.

It is directed toward energetic field hygiene and helps us to take time to clear our fields, seek open spaces, movement and rejuvenating experiences. It is imbued with the beauty of stillness and listening.

### *The Ley Lines of Trust*

This essence is embodied by the joints and legs.

It is an essence that centers on the humbleness of pace. It gives us the patience of a wise healer to see the road ahead and trust the timing. It allows us to listen to the pace that is called for and ground in the stride that is right for another's healing, especially when it might be contrary to our own energetic cadence.

### *The Healer's Keystone*

This essence is embodied by the pelvis.

It is a warm, expansive, delicate essence that helps us tend to our own creative healing center as a restorative practice. This essence has a deep link to the most eternal part of our beings. It encourages us to feed the beauty of our lives and practice lovingly nurturing ourselves in order to be able to nurture others.

### *The Kindness of Untangling*

This Essence is embodied by the internal organs and digestive track.

This essence supports us as we face illness and injury in the midst of a healing process. It allows us to incorporate all the physical systems into the discharge of residue from past suffering.

### *The Structure of Roots*

This essence is embodied by the bones.

This essence is based on the essential core strength of bones. It helps us to stay present physically in the face of old situations or confines and encourages us to ground back to our most elemental support system of bones when treading old pathways with new consciousness. This essence helps us move through such energy snares with a lightness and evolved ease.

### *The Empath's Axis*

This essence is embodied by the muscles.

The essence brings forward the dual strength of being both soft and strong. It reminds us how to be vulnerable at the same time as we are solid pillars of support on which others can lean. This encourages us to find the place of balance when connecting with others. This allows us to be grounded healers yet also feel empathy. It is the antithesis of compartmentalizing. It is a thorough integration of both sides of the warrior healer. This essence encourages us to integrate this dual way of being into our very muscle tissue.

### *The Narrative of Release*

This essence is embodied by the skull.

This essence helps us notice and integrate our own wounds. It aids us in recognizing and acknowledging that they are there so we don't allow them to rule the work we do. Holding our own wounds with compassion aids both our own lives as well as the healing

work we do with others. This essence helps us see our ghosted patterns, hold them with compassion but not let them run the show.

### *The Rhythm of Growth*

This essence is embodied by the spine and shoulder girdle.

This essence helps us see our own growth arc clearly and embody how far we have come in our own healing journey. It helps us assimilate how far we have traveled to arrive at our current state of wisdom and growth while encouraging us to continue on with healing work. This is especially helpful for the weary healer who needs encouragement that they are valuable evolving forces of light in the world. One of the ways the essence helps us is in recognizing the outer world signs of encouragement. It also acts like a warm embrace and heartening pat on the back, helping us feel supported and revealing proof to the contrary when we feel as if we have gone nowhere.

### *The Truth of Touch*

This Essence is embodied by the hands and supports healing from a place of wholeness.

It encourages us to engage in healing the whole being of others from a rooted sense of our own wholeness.

### *The Plumb Line of Energy*

This Essence is embodied by the feet.

It encourages and supports us in sourcing the land for refueling, cleansing and comfort. It calls us to soak up the connection to the Earth and feel the grounding below our feet as we engage in healing work.

### *The Gravity of Beauty*

This essence is embodied by the heart and was made in the magic forests of Galicia.

It encourages us to act from a place of loving without judgment. At the same time, it calls us to source our own childlike wonder while doing healing work. It is an essence about the simple yet profound flow of energy we knew and embodied as children. It reminds us to act from the tender young hearts that still remain within our adult hearts today. This is also a wonderful essence for kids who need to be reconnected with the joy and wonder of being young, particularly hurried children.

