

# When we gather “all of us”



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*“Most of us are being held together by our ‘woundedness’ so when healing starts it can feel quite chaotic.”*

Pete Bernard, *Algonquin Medicine Man*

“The Gathering Ceremony” in Spiritual Healing and Energy Medicine Therapy (SHEM) is a powerful way to work on your wounded issues in a safe environment.

It will help to “gather all of you up” (the parts of yourself that have become scattered, disorganized or split off) and reorganize you into a healed outcome, issue by issue, no matter where you are at in your healing journey.

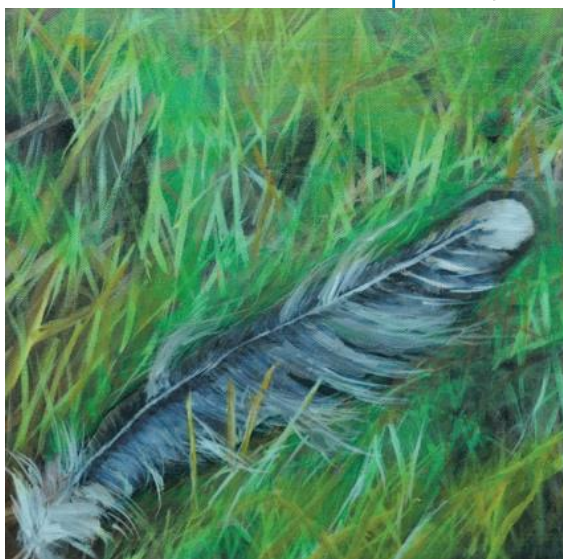
There are parts of ourselves that we sent away at a time of trauma, in order to hold them safe, unharmed and unwounded. These fragments can come back to us now that we are open to healing our “woundedness,” as they are our trusted allies, our best helpers.

These pieces (of you) knew you before you were wounded and still know you best. They are just waiting patiently for you to gather them up – to “gather all of you up.” They can “re-inform” you, imprint you in a positive way with what can be true for you now instead of running old programming.

These parts can be in the form of soul parts, power animals, higher self and/or divine aspect. They can also be some very real truths and new awareness around original wounds and old wounded agreements that you are still living by that are no longer needed or necessary in present day.

Healing is completed in the sacredness of multiple medicine wheels in this ceremonial journey.

The entire root structure of the original wound (causing the issue you want to work on) is identified from the first experience your “consciousness” knows of it happening. You will become aware of how it is still playing out in your life in many ways even though it is very old. And it can be healed in all timelines not just what you remember.



Angel Feather © Lise Champagne

Also imbedded within are old agreements you made (consciously or non-consciously) pertaining to that original wound that keep reinforcing your “woundedness,” issue and limiting beliefs. Remember, one of the major wounds in childhood occurs when we are not being seen and/or heard.

Did you know that even the things we say become truth? The non-conscious hears you say it, so believes it to be true as it has no filter. Or possibly someone else voiced it as you can’t “unhear” something once you’ve heard it.

Your power animal comes to you in this journey. It is a soul part that is returning to you, not an animal totem. It may not be the one you want but it is the one that will help you the most right now with your specific issue.

Hallie, age 45, wanted to heal the “not feeling worthy of love” issue that has played in all the relationships in her life. In “The Gathering Ceremony” the original wound was her mother not being loving toward her in childhood. She believed this to be her fault and there were feelings of powerlessness too. The ceremony healed the original wound, the old agreement and she fully merged with her newly found, very heartfelt feeling of “I am worthy of love.” Her power animal was a dragon which gave her an immense feeling of wisdom and power. She spent a week away with her mother shortly after this and she reported: “I felt this sense of power with no drama with my mother that I never experienced before.”

Halt the chaos inside. Your healed outcomes are waiting for you in The Gathering Ceremony, the gathering of all of YOU!

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Note: This information is for educational purposes only. It is intended to supplement your current health program, not to replace the care of a licensed medical doctor. Please research all topics for yourself.

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