

case studies

October 2013 Healing 101: The Recapitulation

The way to transform is through expanding your conscious awareness. There are many ways to do this. Below, I share an excerpt from my book *A Call to Heal*, in which I worked with The Recapitulation, one very effective way to transform consciousness.

“The Recapitulation”

I was taking a walk along the East River one morning. After going about two miles along the East River towards the Manhattan Bridge, I reached a grove of trees growing in a circle. I had walked past this group of trees hundreds of times without ever really seeing them. Now I noticed that they created a sacred, protective, almost magical space. This gave me the urge to sit down and try the Recapitulation. I zeroed in on one particular tree and sat down by it.

I took a meditative pose. As I called in the Four Directions, I felt a little silly. Yet I thought it best to follow my healer Dianne’s instructions precisely. She had told me it was very important to protect myself with the shamanic powers.

I began at the beginning of the relationship. As I breathed in the first scenes I was stunned. This guy had been so difficult even on our first date. I had forgotten that I vowed not to seem him again. He talked me into a second date. He pleaded and cajoled until I agreed to get together again. I had completely forgotten these details, which now seemed so telling of what was to come.

I felt shaken when I got up from my session. I didn’t like what I had seen. I had no backbone. I was too eager to please, too easily persuaded. Nevertheless, I didn’t feel the exercise had accomplished all that much.

The next time I took a walk along the East River, despite everything, I gave the Recapitulation another try. As I sat there, breathing in and breathing out scenes from the relationship, I noticed that something was happening. I was seeing myself.

What I saw shocked me. I had been blaming him. Yet in the way I spoke and behaved, I had been a willing participant. I had done so unconsciously, of course. I had been completely disconnected from the true, knowing aspect of my self.

I had long taken pride in my level of self awareness, so this was a sobering revelation.