

case studies

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Healing 101: The Power of The Word

The power of the word is something that is revealed to each of us day by day. No one escapes the power of this force. At the same time, it's a force we can harness to great benefit. I will share an experience from my own life to illustrate.

Many years ago, someone I interviewed for a New York Times story brought me to meet her Teacher. This seismic event is something that I share in my book, *A Call To Heal*. My whole life changed, doing a 180-degree flip in five dimensions or more. metaphorically speaking.

One of the things that made this event so cataclysmic was that I received a mantra at that time. I had no idea what a mantra could do, or what a mantra really was. But I was told to use the mantra when I meditated. And so I did.

I was told that I should repeat the mantra to entrain my awareness to my breath as it went in and out. That sounded logical and I found it worked. For many years, I thought that was the purpose of the mantra. But as it turned out, this was just the beginning of the power of a mantra.

As I repeated the mantra day in and day out, many things in my life began to dissolve, from my career to many of my friendships. It was devastating. But at the same time, new gifts began to emerge: the ability to perceive subtle energies, the ability to heal people, and ultimately, much more equanimity and inner peace.

One day, I complained about all of the dissolution I had experienced to an acupuncturist friend. "Well, of course," he said. "You've been repeating a mantra that has Shiva as its deity. Shiva is the destroyer. Why don't you repeat a different mantra?"

The revelation was like a tsunami. I had invited this dissolution upon myself. At the same time, I realized the mantra had been a tremendous force of grace, dissolving out things that didn't serve me, and bringing in a much higher vibrational experience.

The mantra didn't just dissolve things. Each time I repeated it, the mantra aligned me more and more with my highest Self.

In that moment, I also realized that I had set up a wave of energy. Even if I stopped repeating

the mantra right then, the wave it had created would probably continue to carry out its work for quite some time. Still, I contemplated the suggestion of my friend.

Ultimately, I decided the mantra was a miracle. The power of these words was a force like no other. And so I continued to repeat the mantra day in and day out. But from then on, at least, I had some understanding of how that mantra worked, and the power of the word in general.

Each letter and each word we intone has its own power. And with that power we create our lives.