

From Shiatsu to Soul Healing: A Personal and Professional Transformation

By Kristin Kirk

The desire for spiritual connection has been guiding me most of my life; it led me to study shiatsu and meditation, and informed much of my daily living. Yet until the summer of 2003, I had not realized that I had been listening to my spirit's desires through a thick layer of fear. That summer, as I recognized my fears with clarity, I was overcome with curiosity as to what life might be like if I let my spirit's desire lead instead of my fear. I decided – just as an experiment - to set my fear aside and see what life offered.

That proved to be quite a choice. Unusual things began happening in my full time shiatsu massage practice. Vivid images began appearing in people's bodies. The images were filled with rich, dynamic details of individuals' lives and contained clear directions for healing old wounds. I had always had a propensity toward clairvoyance, but had kept these experiences completely separate from my professional life. With fear aside, however, the extra sensory skills I had been quietly sequestering in my personal life took full bloom and completely integrated into my shiatsu practice. My world, my relationships, and my healing practice began changing rapidly from the inside out and from the outside in as my access into the spirit world unfolded.

Shiatsu, a Japanese form of massage therapy, had been my main modality for sixteen years. Arising from the same foundation as that of acupuncture, shiatsu balances energy flow through the meridians (energy pathways) and is based in both Traditional Chinese Medicine and Five Element Theory. It supports the physical body, quality of mind, and emotional well-being in a sophisticated and integrated relational manner. Through this form I had already learned to see below the surface, but I had yet to discover I would reach beyond the physical and energetic flows of the body and into the depths of the soul to support transformation at an even deeper level.

I continued to practice shiatsu with some people, yet with others, when the images came, I experienced a strong force guiding me to work with those images and the information they provided. In the beginning, one image or bit of information appeared at a time. Emotion or thought would appear in a meridian, chakra (energetic center) or part of the physical body. An image could contain a whole scene in which I could access the emotional and thought content of each of the individuals in the scene. I was guided step by step through the individuals' body, releasing the specific thoughts and emotions they had experienced painfully, and that had remained unresolved, held in both physical and energetic aspects of the body. I was also guided to release similar kinds of energy that remained caught between individuals from previous interactions.

I was completely astounded. I had no idea that we stored thought and emotion in such highly organized detail. The subtle nuances of emotion were laid out like precious fragments of life, held in physical and energetic structures, all strung together with clear connections and meaning. Not only were each of us readable like a phenomenal novel, but the perfection and exquisiteness of each individual's

situation and experiences came forward, leaving me in a state of profound appreciation, compassion and understanding.

After working with clients in this new way I began to trust the skills I was developing. I began to see the spirit guides that were instructing me. They would offer manageable amounts of information at a time, leading me carefully and methodically from one area to the next. The sequences gradually became more elaborate as my skills developed. I realized that I was being taught. As the depth and breadth of my focus strengthened, I was able to see far more in each moment. Instead of just one image at a time, I saw many images in the whole body, both physically and energetically. At the same time, I was able to support multiple releases while maintaining direct communication with guides and clients.

Humbled and amazed, I continued to offer the sustained quiet mind, the attitude of trust and a willingness to walk in the unknown that was required of me to work with my guides and clients in this way. Rich and amazing treasures appeared time and time again. Hurt from previous abandonment melted into profound loving. Anger released, and uncovered deep grief, which, in turn, transformed into deep peace. Time-worn grudges dissolved into love and understanding. Each individual history of experience was unique and exquisite. Pain always gave way to something precious and true. Over and over again, I witnessed the hurt and misunderstanding in individuals' lives transform into that which is life giving: love, trust, acceptance, wholeness, truth.....

The impact of witnessing continual unfolding of painful experience into spiritual experience began to impact my personal life. In the past, I had only had access to my own mind and emotions. But now, with access to others' lives and emotions, and with the expansive support of spirit that came with these visions, my own life began to change. My heart softened and I experienced deeper compassion for others, and for myself. My level of trust in all things deepened as well. Under the surface of everything was spirit. For seven months I worked in this way, developing relationships with my guides as they taught me the practice, all the while, receiving remarkable validation from clients on the details of what I was accessing. Just when I was beginning to feel confident about what happened during a session, I had to surrender again to unknown territory.

The images that traditionally presented themselves began to have little pathways that would open up to yet other, deeper images. The deeper image resonated as the same person I was working with, yet, the image could be a different gender, in another country and from another time period. I still saw the emotional and thought content caught in the deeper body image just as I had seen that content in the body in front of me. I was still guided to support in the same ways I previously had. My trustworthy guides had taken me deeper into healing past life history. With this new shift, however, I generally could not get feedback from individuals on accuracy. Throughout this process I had taken solace in my clients' abilities to verify the details of their lives that I shared with them. I now had to trust more deeply in my guides and myself as I took this next leap.

The leaps have not ended. Individual past life clearing led to clearing emotions stretching through many lives at a time. Releasing emotion through lifetimes evolved into releasing whole patterns of thought

and emotion from the soul. Working through patterning in the soul led to deep realignment with Spirit and the soul's purpose. Deep realignment of one's spirit and soul led to communion with Source. The expansion and integration has not stopped. Accessing these layers in others allowed access to these layers in myself. What began four years ago as an experiment in releasing fear has transformed my shiatsu practice into soul healing and magnificently altered my experience and understanding of life.

As phenomenal as this awakening and unfolding has been, however, I understand clearly that I was brought on this journey not solely for myself and my clients, but to share these healing techniques with others. With the collaboration of my guides I teach the techniques that I have learned so that individuals may develop their own spiritual senses and transform their lives as well.

While my experience of reality continues to shift, some things remain clear. We are created to experience and learn and love. We are magnificent and unique and free to create within the universe. At our depth, all is well and there is no suffering. At our depth we do not confuse our essence with our experiences or our creations. At our depth we are magnificent and loving. We are just learning and creating to understand ourselves better, lifetime after lifetime. We are learning who we are and that we are love. We are learning that we are Source and we are creation.

Bio

There have been many influential people in my life. The two most profound have been my shiatsu teacher, Janet Murphy and my meditation teacher, Ellen Tadd. Janet taught me how to listen deeply to the body. Ellen taught me how to listen more deeply to spirit. Other important healers and teachers along my journey have been Master Tom Tam, Pricilla Kapel, Maru Matthiae and African shaman Malidoma Some.

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