

Energy Healing

There are many forms of healing and medicine which are practised by a diverse range of peoples around the world. The Harmony Centre run by the Shanti Mission, at 45 Kings Road, Cooranbong, offers a form of Energy Healing in their clinic. The following testimonial relates an experience with this method.

My name is Kain Robertson. I'm 38 and have lived in Wyongah on the Central Coast for the past three years. I have been riding road bikes for 22 years and have been riding off road since I was 12.

The morning of my accident was no different to any other morning commute to Cooranbong. It was a clear, sunny morning with hardly a breath of wind. Perfect weather for a morning ride. As I rounded a bend in the road, just West of Wyee, the bike dipped into a patch of road that had been poorly repaired. I had no control over the bike as it crashed to the ground trapping my hand and leg. This caused my ankle to dislocate and my Tibia to protrude through the skin just above my ankle. My index finger, middle finger and the tip of my ring finger on my left hand were severed off between the road and

handle bars, and my right elbow was badly lacerated.

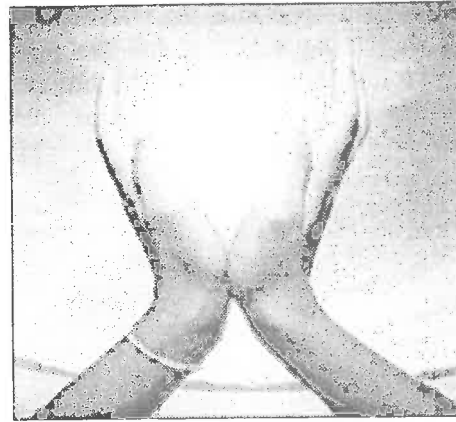
It was the people around me after the crash that make my story truly amazing.

The first two people on the scene were Rob and Paul, two brothers heading off for work. I remember one of them saying, "Don't worry mate, I've got my ute blocking the road, and there's an ambulance on the way". Then his brother, who just happened to have over 10 years first aid experience, covered all my wounds and kept reassuring me everything was going to be OK.

The second vehicle was an off duty nurse and her daughter, heading away for a camping trip. So she sent her daughter for ice while she stayed to assess how I was.

The third vehicle happened to be a road worker who promptly started traffic control.

My fiance, Kate, was only moments behind me on her way to the Shanti Mission, where she works in the book shop and is learning how to become an energy healer. I had never really understood much about energy healing, and like a lot of people out there had always been a little sceptical



that it could actually make a difference. However, as I was lying on the side of the road and the adrenalin was starting to wear off and the pain started to set in, Kate (or Natarani as she is known by her soul family) knelt down beside me and started gently sweeping the bad energy from my body.

The pain that had started to set in quickly went away and I felt very warm and protected. Shortly after this the ambulance turned up and they prepared to fly me in the

Westpac helicopter to the John Hunter hospital. The paramedics were all amazing, they worked together with the other people that were around and painlessly got me safely away to the hospital.

At John Hunter I was met by Brihaspati, one of the senior energy healers from Shanti Mission. He just happened to be visiting some other people at the hospital at the time I arrived. In all the commotion and business of the Trauma Ward he was able to keep me calm and continue sweeping away the blocked energy in my body.

Even though my injuries were quite severe, my state of mind has been very positive.

After my release from hospital, I have been receiving regular healings from some amazing healers from Shanti Mission, and have been learning how to feel and move energy through my own body during my morning meditations.

Four weeks after the crash, my partner

and I got married. It was a perfect day, despite the fact I was getting around on a mobility scooter. Nine weeks after my accident, I went on a trip to Uluru where we walked around Kata Tjuta and Uluru. This was such a big achievement for me as the doctors said it would be at least three months before I was even off crutches.

I think the biggest thing I've learned from my crash, is that when we get caught up in our own business we easily get complacent about the important aspects of our lives. Mine started out as being in too much of a hurry to stop and put my gloves on. After all, I had been riding for 22 years, and felt I didn't need them that day. I wasn't going to crash. Then I realised there's so many parts of my life I had been pushing to the side, because I felt I didn't have time. When in reality, everyone of us has a spare ten minutes where we could reach out and lend a hand to humanity. What a wonderful world we can live in, if everyone takes this tiny step!

- Kain Robertson, Wyongah.

Editor's Note: The Harmony Centre is located at 45 Kings Road, Cooranbong. They conduct a Meditation and Community Healing Clinic. Further details are available on 4977 3300.