

The Role of Soul in Healing

Karen Regnante

Your Soul is whispering wisdom and beauty to you all the time.

You just need to hear this Voice, listen and take action to have the life of your dreams.

For more than a decade, I had an extraordinary life, but it was the wrong life *for me*. I was a very successful Senior Marketing and Sales Executive working in New York City at the top of my field. My mind was ecstatic and satiated with the work I did and I knew I was making a difference by truly shifting the companies I worked for and their industries. And, my work provided me with a lifestyle of doing what I loved during my free time – international travel, sailing, skiing, hiking, windsurfing, diving, fine dining and enjoying the arts with my family and friends.

Sounds great, right? Well, amidst all this ‘great life’, my heart and Soul (and eventually, my body) were crying out for a different one. I was working 90 hour weeks and the time I got to spend doing the things I loved became less and less. I started getting messages, at first ‘Whispers’, when I was 40 years old. I was on a plane to Africa for a six week sabbatical from Apple Computer, where I had just received ‘The Most Valuable Player Award’ on my team, when I heard “Get out while you can! You are going to get sick! You can’t keep pushing your body this way and not feeding your Soul!” I knew this message was true. I knew this somewhere deep inside of me but I kept saying back to my

Soul... “Just a little more time. One more project, one more deal. Just a little more financial security. And, then I’ll go.”

In Africa I got really sick with what was thought to be typhoid fever and my health has never been the same. Out in the bush, I realized I had heard these Whispers before and had not listened. Out there with a 104 degree fever and violent vomiting for several days with only one of my best friends, the camp staff and no doctors for hundreds of miles, I thought I was going to die. I did not want to be medically evacuated because this *was* the trip of my dreams. We were on safari, deep in the African bush for two weeks, then traveling on to the Seychelles to scuba dive for two weeks and then to Chamonix, France to join two more best friends to ski for our remaining fortnight. I had been planning and dreaming of this trip for the last year and had worked so hard, I just could not imagine going home. So I stayed, and through sheer will I made it through the entire trip.

Even though I had barely escaped death there in the bush, and the whole notion of ‘getting out’ had really captured my attention, when I returned home, I went back to my same work pace. So much was expected of me, especially having won this award. I thought I would ‘buy’ enough time to accomplish my goals for the Company and myself and then move on to the career I had always dreamed of, which was to help people heal holistically and open a healing center. This had been my dream since I was 25 years old, but I still hadn’t acted on it.

I spent the next 10 years, ‘buying time with my Soul’ - being recruited by top firms, continuing to advance, creating landmark events for companies such as Compaq Computer and KPMG Consulting, and winning more awards. I worked with the top executives in the financial industry and their brilliant staffs and kept telling myself that this was such important work and I was making such great money, that it was OK to delay launching my healing center. I continued to be top in my field and fulfill everyone’s dreams but my Soul’s. My outward life, what people saw, was a corporate executive who enjoyed the City, traveled constantly for business and lead international teams to forge new ground and open new markets.

Only my closest friends saw and knew that even though I really enjoyed these things, *what ‘fed’ me was... studying spirituality, energy healing and nutrition... being in nature or around great art... surrounding myself with amazing beauty and people I loved... and working with spiritually-oriented people.* It was like I was leading a double life - my ‘traditional life’ during the week, and my ‘spiritual’ life on the weekends.

Then in August of 2000, quite suddenly, my body collapsed with a very serious case of Lyme disease. I had one of the worst cases ever seen and went to the top specialists in the country. It took forever to be diagnosed; I saw eight primary care doctors before I could convince any of them I had Lyme. *I knew* I had it. My Soul Whispered to me that I had Lyme, even when none of the doctors I had seen up to this point agreed with me. I kept searching until I finally found a doctor who specialized in Lyme who agreed. In fact, when I walked into his office, he said “I don’t even have to test you... just looking at you

I know you have a very bad case of it.” When his tests came back, my readings for Lyme were off the charts.

For the next eight years I was seriously ill, five of those years confined in bed, not able to work, and almost died. I was on antibiotics for years, with a PIC line dosing into my heart. I went from someone with a brain that was great at strategy, analysis, data and figures, to a person who couldn't balance her checkbook or drive around the neighborhood without getting lost. The fevers, muscle pain, sleeplessness, the violent shakes and atrophy of my body and nervous system resulted in such debilitation that I could barely talk on the phone. I knew I was dying and drew up my will. I was so ill my lawyers had to come to my home for me to sign it.

During this latter phase of my illness, I went through several months of going in and out of the hospital and my mother insisted I move home, back to the Boston area. At that time, there weren't any good Lyme specialists in Boston. I was too weak to travel on my own to NYC and my parents were too elderly to drive me on a regular basis. Fortunately, at this point, I was really listening to the 'Whispers', which had now become 'Screams' from my Soul, and started following its guidance. It resulted in a path of treatment and emotional clearing that rescued my body and saved my life. All the doctors I had worked with up till that point had advised me not to do a serious detox... that I was too weak.

My Soul had been telling me for years to go to The Hippocrates Health Institute in Florida, which is known for its detox and raw vegan diet. I had put so much faith in my

doctors at the time, I did not go. But now, up in the Boston area with my old support system gone, I forced myself to develop the courage to take action on what my inner Voice was saying. Every day, it told me to go to Hippocrates. Several months later I went and within days, *I knew I had found my answer*. This was the turning point of my illness. After being there a month, I was healthy enough to go on vacation and have a wonderful time.

Since my forties, I've studied with amazing healers that helped me immensely. But it was not until I was faced with Lyme that I dramatically changed my life, diet, and ramped up my spiritual studies. During this time, I was formally introduced to 'Soul Work' when I studied with a wonderful spiritual mentor, Adair Heitmann, who taught a class called *Feeding Your Soul*. It led me to enroll and complete a three-year Feng Shui Certification Program. I'm not sure how I was able to do so being in such ill health, but I did. Denise Linn was one of my instructors and when she developed her Soul Coaching Certification Program, I couldn't wait to be part of it. I was to be in one of her first classes, but I was so ill it took me many years to be healthy enough to fly to California and study with her. After I went to Hippocrates, however, I was able to fly to the West Coast and took her class. Denise's Program helped me clear emotional and spiritual blocks that took my healing to the next level. I also got to see how these blocks had prevented me from leading a life that was truly, authentically me. Her training was the spiritual doorway I had been looking for and provided me with a great set of tools to work with.

I am so blessed to have healed completely from the Lyme. Traditional doctors do not believe this is possible, yet I know it to be true. The combination of my new lifestyle, diet and Soul Work allowed me to start my life again, to take my 20+ years of business experience to start my own company and move to the town and home of my dreams. I was practicing what I had learned and was leading a life much more in line with who I was... *but not totally.*

What I did not know back then, but I do now, was there were more major lessons to come. I was so happy, working again, living in a beautiful condo on the water with a 290 degree view of Marblehead Harbor and in a community of like-minded people. I had a life again, with deep connections to my family and friends. I was sailing, traveling to places of amazing beauty for fun, and life was going well. My business quickly took off and I was thrilled with how rapidly things manifested now that I had cleared these blocks.

One of my clients turned into practically a full time position and things were going great for the first year. However, during the second year, changes occurred at my client's company and my Soul Whispered rather loudly that I needed to replace them with new clients. But I had been sick on the couch for so many years and now I was living the life of my dreams. I was working and living in the same town, with no commute, (which after a 5 hour commute, five days a week when I lived in Connecticut and worked in NYC, seemed too good to be true.) I so loved everything about the place where I lived, and being in this community, I just couldn't imagine how I could replace this client with another in this small, seacoast town which allowed me to maintain my newly-found

lifestyle. I was afraid to leave; afraid I'd lose everything. The taste of this new life, health and happiness was so strong I couldn't let go.

So I stayed, *against Spirit's strong advice* and amazingly so, within a year, I got uterine cancer. No one, especially my doctors, could believe it. I so didn't fit the criteria of someone with this dis-ease. I was thin and healthy. Nonetheless, here I was sick again with another, life-threatening disease.

This time, much wiser, I immediately started my healing on the spiritual level - clearing the emotional trauma that had precipitated during these past two years as well as other issues I had not healed the first time, including the fear of fully listening to this Voice. I did this with the help of two amazing healers, Dr. Issac Goren and Dr. Ibrahim Jaffe, and added some of the methodologies they taught me to my Soul Coaching techniques.

After another year, I parted with my client and my Soul Work continued. I now had to face all my fears of healing my cancer AND being out of work AND launching a new company based on my inward, *very private*, spiritual life. I'm not sure which of these was the most challenging to face. I healed a lot of the cancer spiritually and then also had surgery, because my Soul spoke so clearly that it was the way to go. It said: "You have so much living to do; it's time to get rid of it and move on to fully living an authentic life. You can heal the cancer spiritually, but it will take too much more time, so go for the surgery." So, under the guidance of two wonderful doctors, Dr. George Yu and Dr. David

Boruta, I went and had two surgeries back-to-back: a full hysterectomy and a lymph node dissection to insure the dis-ease hadn't physically spread.

The spiritual work I did to heal the cancer changed me so much. Now, I *totally* listen to Spirit. I don't do anything significant without first getting guidance from Spirit and listening and acting on *whatever* Soul tells me to do, *even if it seems ridiculous*. (I do however ask several times for confirmation before I act!) I have faith and trust that by listening, *whatever happens* is taking me in the direction I need to go, whether I can see it or not. This lesson was so huge. *To Trust. Really Trust.*

It has not been an easy journey, nor has the direction of my life been how I planned or thought it would go. But the life that Spirit has brought me has changed me into the person I've always wanted to be, and I am so grateful for everything that has happened, and for the life I have now. My joy and health continue to grow in leaps and bounds with each step I take that Spirit suggests.

I am no longer living in my beautiful condo, nor am I living in my seaside town of like-minded individuals. I had to temporarily let it all go in order to launch my new business and learn to accept it all... remaining joyful and trusting. In the moment, during some of these twists and turns, I couldn't believe what was happening, nor did it seem to make sense. But as time passes, the wisdom of these events is revealed and I can see how important it was for them to happen. I have now witnessed that when I ask Spirit for change and for my dreams to be fulfilled, I have to trust that the circumstances brought to

me are for my highest good and in keeping with the life of my dreams, *as long as I stay connected*. Spirit is so much wiser than my mind about what is best for me, if I can only let go and let it happen.

It's been several months since I moved. I now clearly see how I've needed to be in a quiet place to hear my Soul's wisdom and to have the space and time to bring my dreams to fruition. That and spending more quality time with my 88-year-old mother whom I love beyond words. My health is now soaring and my heart is full of joy and happiness... even as I walk the path of the Unknown as I create this new business.

Denise Linn's Soul Coaching Program was the spiritual doorway that allowed me to open to my next level. Here are some of the truths I've learned during my amazing journey:

1. All dis-ease begins on the spiritual level.

Our bodies consist of many layers of energy, going from the most refined 'spiritual' energy to dense physical energy (i.e. the body). Emotional and spiritual trauma can be easily cleared when it's at these energetic levels, which is why it's so important to learn to discern, listen and act upon our Soul's Whispers when we hear them. So much body trauma and heartache can be avoided if we take the time to honor ourselves in this way. When dis-ease is not healed at the energetic stage, it progresses deeper into the layers of the body and finally manifests as a physical disease, something that can be identified in our body's physical form. It is not until the physical stage that Western Medicine can

identify and treat the disease - *which in many cases is too late*. I'd like to share a story with you that so exemplifies this truth.

One day I was having lunch with one of my 'healthy' best friends who was leaving the next day to go to Europe for a month. As we were leaving the restaurant, she casually mentioned she had been feeling a mild, annoying pain in her side for the last few days. I convinced her to immediately go to the emergency room since she was going on this extended trip. That afternoon she was diagnosed with Stage IV ovarian cancer and passed 7 months later. She had been receiving checkups regularly and no one picked up the cancer until she had this physical symptom; no one detected it before it rapidly spread through her body. For years, however, she had been ignoring her Soul's Whispers, telling her to make a drastic change in her life... one she was not willing to make, though the consequences would be severe if she avoided the *call* to change.

Fortunately, I heard 'the call' and acted on it before it was too late. So, I ask...why go through all this hardship if instead of illness, we can be healthy and living the life of our dreams today, *right now?*

2. Our Soul talks to us at first in Whispers.

In the beginning, the Whispers can be so subtle it can almost feel like you're imagining it. For me, it began like a wisp of a few words... something so transient... it didn't seem real. As time progresses, the Whispers become a Voice. If we act at this point, it becomes a lovely, incredibly useful conversation. After that, Spirit will increase the frequency and

loudness of the Voice and then do *whatever it takes* (in my case, ‘screams’, severe illness and almost death) to get our attention.

Our Soul is the connection point to Spirit, and Spirit is God or whatever creator energy we believe in. Spirit is the universal energy that connects us all and underlies all religions. It is the source of the Voice we ‘hear’ through our Soul. Oh how I wish I had listened to this Voice when it was at the Whisper stage!

3. All dis-ease ends on the spiritual level.

To live the life of our dreams, it is essential to find the root cause of a disease and heal it.

Even when we are fortunate enough to heal dis-ease on the physical level, we still need to clear it at the Soul level to prevent the dis-ease from reappearing or manifesting in a different way in our body or our life. I know this may be a difficult concept to embrace, but I found that when I looked at my life, I saw ‘patterns’ occurring over and over again. I found that underneath it all, my illnesses and even unrelated incidents were all being driven by underlying beliefs I had about myself, my life or the world. I had to identify, face and resolve major conflicts I had in my life, shift these beliefs and clear the negative emotions in my heart in order to heal. Once I identified and shifted the root cause, my life changed and my health and happiness soared.

4. Find your beauty, enjoy the day and be in LOVE no matter what is happening.

Each day it is important to focus on what is wonderful in our lives and in our healing, even if it seems to be only a small ‘sliver’ of our lives. *Stay with the Light, no matter*

what happens. Whatever we focus on will increase, so by focusing on whatever is fabulous and healthy in our lives, we create more of it. I got through these experiences by going to bed and waking up every day *with gratitude for whatever in that day or moment was great*. I filled my body and heart with this feeling of lushness, regardless of the amount of physical pain I was in or procedures I was about to endure.

Some of the best times I've ever had with one of my best friends were on days I had doctors' appointments or surgery. She and I created these days as 'special outings', and as much as possible had a ball. We downplayed the fact that my body was going to be unbelievably violated with machines and chemicals, and focused on the joy we had being together, the beauty we saw, and funny things we thought of as we drove to these appointments. We were authentic in our joy and happiness because *we created the day from this point of view*. It worked because we were able to authentically create being happy. We stayed present to what was happening in *that* moment.

For example, even though I was to undergo surgery at 10am, at 7am, I wasn't in surgery. I was in the car with one of my best friends and we were driving along the ocean on the way to the hospital in Boston. We focused on *that*, not the surgery, which wasn't occurring for another 3 hours. I filled myself with gratitude to be with such a beautiful friend who could create this experience with me. My gratitude replaced my fear for all those moments. Even the times when I felt the fear and cried my eyes out, afterwards I would look for something to celebrate, something to be happy about or to look forward to.

I tried to reduce the amount of time being frightened or upset, to *moments*, so that once the moment passed, I could return to being in joy, grace and peace.

Finding our beauty is all about getting in touch with what is authentic and real in our lives, and living from this point of view. Beauty starts on the inside, deep in our Soul, and connects us with the grace that lies within and comes from Spirit. By bringing this grace into our lives and everything we do, our lives become about ‘who we are’ and not our ‘circumstances’ or the way things ‘look’. By connecting to the LOVE that is deep in our hearts, and by being this LOVE whenever possible, our lives can be transformed. *It is the LOVE that melts resistance and negative emotions, protects us, and creates positive outcomes and miracles, regardless of our circumstances.*

5. The outcome of our lives and how quickly we heal when confronted with dis-ease depends on how connected we stay to Spirit, and how much we listen and act in a timely way to the messages from our Soul.

When the fear or pain came, I found it so much easier to give in to it. But when I did, I’d notice shortly thereafter that I was no longer connected to Spirit. It is this fear and pain and choosing *‘it’ rather than the Light* that ‘disconnects’ us and brings us into darkness. Over time I learned that when I stayed connected to Spirit, and didn’t go into the darkness, there was a vital message for me to hear. When I allowed Spirit to show me the message and I then acted on it, the lessons I learned were truly powerful and moved my life forward in leaps and bounds.

It's essential not to become swayed by the collective consciousness about any disease or situation in our lives. If we want to have an extraordinary, healthy life, we have to find the courage to forge our own path and listen to our own Wisdom, regardless of what others we hold dear may advise us, including our family, best friends and advisors.

It's important to listen to experts and people with vast experience, intuition or can access Divine guidance. When we find the right experts, doctors and practitioners to work with our healing can be amazing. But we can spend our lives and a fortune going to 'experts' for guidance, and relying on people who really aren't an expert on the particular topic we need advice on. Or they are not a good 'fit' for us personally. Each of us knows our Own Truth, and ultimately what is best for us. This includes which 'experts' to truly seek, and which advice to follow. *Only when our Soul is telling us this is Our Truth, too, does the advice makes sense to follow.*

This Truth lies deep in our heart and our Soul, and with the right tools and training, anyone can learn to quiet their mind, and hear these Whispers. Your Soul is whispering wisdom and beauty to you all the time. You just need to hear this Voice, listen and take action to have the life of your dreams.

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Karen healed her body and transformed her life overcoming corporate burnout, more than a decade of chronic lyme disease, chronic fatigue and most recently cancer. In the process, she learned how to deeply connect with her intuition and follow Divine guidance and now lives an amazingly healthy and abundantly joyful life.

Karen is a graduate of Denise Linn's Soul Coaching Program®, Hippocrates Health Institute, The New England School of Feng Shui and Young Living's Essential Oils Program. She has studied with the Dali Lama and other Master Healers in the areas of feng shui, medical qigong and sufism. She also graduated summa cum laude in Biology from Bowdoin College and has a Masters degree in Biology from UCLA.

This training combined with her 20+ years of achieving landmark results for top companies, such as Apple Computer and KPMG Consulting, and her transformative life experience provides her with the unique ability to help women see the Truth about their lives and make the shifts required to achieve vibrant health, true happiness and success doing what they love to do.

Karen helps her clients connect to Divine guidance, develop sound strategies and action plans to live a more beautiful, fulfilling life and create businesses and careers that nurture them while making a difference in the world. She also helps women with health challenges identify the underlying cause and create paths to true healing. All in a fun and gentle atmosphere.

If you would like to work with Karen or have her speak at an event, please visit her website at www.KRegnante.com.

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