

## Heidi's Healings



Heidi J. Petersen

- § Clairvoyant Readings
- § Energy Healings
- § House Healings
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Heal the spirit  
and the spirit will heal your life.



## House Healing with Heidi

HEIDI PETERSEN

Ah, clutter! We all have our pockets of unsorted, unfinished stuff. Let's explore one common dynamic that we may experience in relation to our clutter.

I became aware of this dynamic in a beautiful, 1930s bungalow-style Denver home. The main floor of the house is filled with a tasteful, eclectic array of art, artifacts and furniture. The basement of the house, however, has three

## Clearing Clutter

rooms dedicated to storage. These storage spaces open into an office covered in photos that chronicle my client's journey through this lifetime. It is obvious at a physical level, in the layout of the house, that my client has been sifting through experiences in order to uncover meaning, value and beauty in her life.

As it turns out, many of her family members have passed. Much of the stuff that fills the basement is inherited. My client's clutter is a reflection of the unresolved relationships she has with her family members. She is healing these relationships by gradually sorting through the inherited belongings.

So what is involved in this healing process? Or, in other words, why is it so difficult for her to let go of these possessions? My client is continuing to prioritize caring for her family — by tending to their stuff — over caring for herself. Although her family members have crossed over, their belongings continue to carry some of their energy. If my client did not see her energy as senior to the energy in her family while everyone was living, their passing will not affect her seniority. She will sacrifice her needs for theirs.

In this way, my client's clutter reveals the vibrations in relation to which she has not yet been able to assert her own value. Hence, clutter can show us the types of energy that interfere with our ability to fully be ourselves.

Let us consider the example of her brother's favorite book. He set the energy of the book by saying "This is a great book." When my client decides to purge the book, she picks it up, unwittingly senses its energy, and thinks, "But this is a great book" — even though she has not read it and has no intention of reading it. At this point, she returns the book to her shelf. She is not senior to her brother's energy in the book. My client mentioned having decided to get rid of various belongings several times, only to revoke her decision and reabsorb the possessions into her home.

We all have those areas of our lives where it seems that it would be easier to sacrifice our own interests in order to keep the peace. However, now might be a good time to revisit that conviction. Do you have objects in your home about which you feel ambivalent? This ambivalence might be presenting you with an opportunity to notice whether you feel comfortable being yourself in relation to whatever kinds of energies the object holds. Why not celebrate being you instead?

*Heidi Petersen, founder of Heidi's Healings, provides in-person and long-distance clairvoyant readings. She reads energy, and helps people to clear blocks in their personal lives, their relationships, their homes and their businesses. She can be reached at 303-652-2491.*

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There are many aspects of the indigenous way of life that can be successfully reintroduced into our modern culture. Many of the ceremonies, and rites of initiation help to define the passage of one's journey and create a sense of belonging. This is the last of a series of articles features different aspects of honoring the Divine Feminine to help us regain a sense of balance and right relationship.

## Crone's Crowning

The third stage of the crone's journey is the crowning. It signifies the birthing of the new self and the crowning of the radiant wise woman. This ceremony marks a commitment to the community.

The young ones will look to the crone for guidance and wisdom. The crone is the mother of all and the model of poise and cultural understanding. The woman who holds her wise blood holds the future of seven generations within her womb. The turtle, one of the longest living creatures on earth, guides her leadership. She has seen the changing seasons through the four directions and the cycles of the moon are now complete in her. The ebb and flow of the universe is revealed through her eyes.

The crone contains all aspects of the feminine. No longer the maiden, yet always the maiden is present with her enthusiasm and wonder for life. No longer the mother, yet always the mother is present with creative inspiration. The crone is the symbol of integration, wholeness and completeness. She has the freedom to be spontaneous and the wisdom to be impeccable in her word and actions. By accepting the process of metamorphosis, she emerges as the butterfly. Her skin is translucent and soft. Her wisps of gray and her wrinkles reveal her migration through life. Laugh lines accentuate her diamond eyes. Now is the time for the crone to reveal the feminine power that pulsates in her veins.

The crone knows the passage through menopause. She has observed the changes in her body and embraced the hot flashes, night sweats, flooding, dryness and mood swings. When the distress of menopause reaches its peak, the labor is complete and the emerging woman begins the push toward the crone's crowning. On the new moon, 13 months after her last menses, she will pass through the ceremony that marks her new role as wise woman.

She is now revered as the grandmother to a community and extends her hand to the ones coming up behind her. It is a very important time on the Earth Mother. More women are entering menopause at this point in our planet's evolution than ever before. By the

year 2013, millions will have passed through the crone's crowning, guided by enlightened women. No longer will the mysteries of menopause be shrouded in fear and shame.

This new generation of women is moving through their journey learning about the herbs and the natural ways of coming into balance. They will bring to bear a powerful energy at the time of the "earth changes." Together the crones will move us into a new era of honoring Mother Earth and returning to wholeness.

There are things you can do in these modern times to honor yourself as a woman. Look into exploring ceremonies of initiation like the Crone's Crowning. Even if you have long since passed this stage in your life, you can rejoice in the ceremony and step into yourself

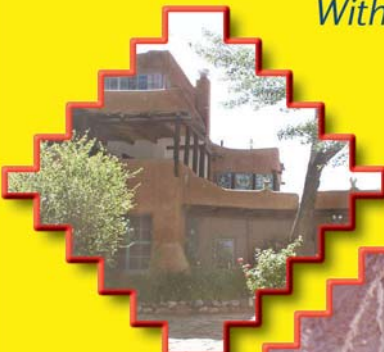
as a powerful crone. Learn the herbal remedies and nutritional allies that will help ensure strength in your elder years. Take on leadership within the community and mentor others or contribute your expertise. Learn more about the earth ways so that you can lend your energy to these changing times.



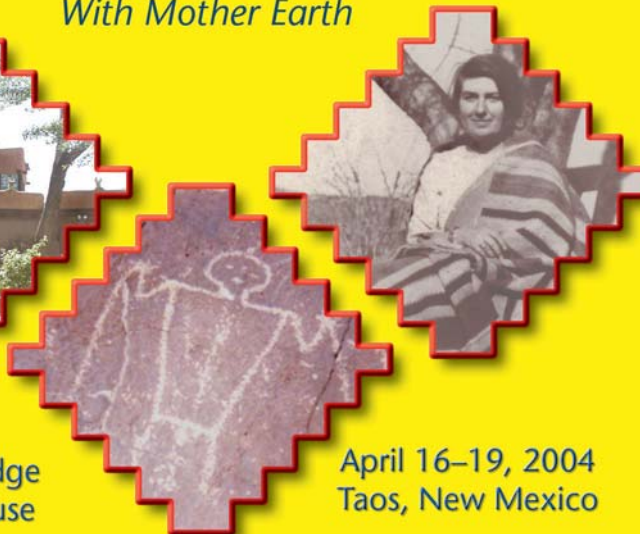
*Suzanne Rougé is an artist, sculptor and spiritual teacher offering an array of avenues exploring inner sanctuary. For more information on this topic, Medicine Wheel readings, or to visit the Moon Lodge, contact her at: Hummingbird Horizons, 970-490-6061, or email Hummingbirdsuz@yahoo.com.*

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