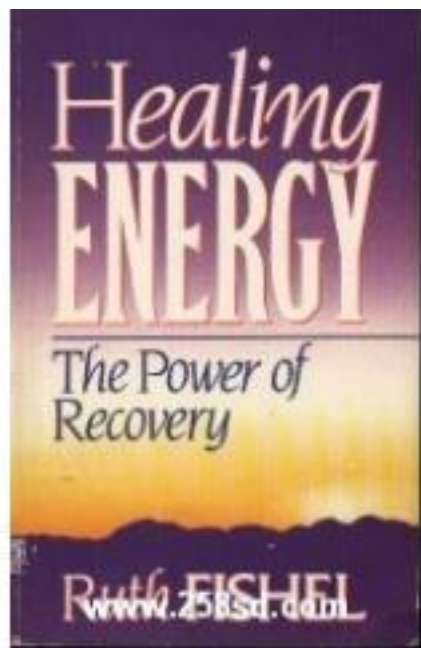


Healing Energy: The Power of Recovery



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AWAKENING TO HEALING AND RECOVERY
It is as if a river that had run to waste in sluggish side-streams and marshes suddenly found its way back to its proper bed or as if a stone lying on a germinating seed were lifted away so that the shoot could begin its natural growth.
Carl Jung
On a recent trip I received the gift of witnessing the healing powers of nature at its most basic, fundamental and natural level. I drove through Mount St. Helens in Washington State nine years after the devastating volcano had erupted its destructive ash down the mountainside, killing everything in its path. All the trees for miles around the mouth of the volcano had fallen like match sticks. They looked like thousands and thousands of telephone poles fallen in straight rows along the mountain side. Gray ash still covered everything and it looked

>as if a major war had been fought and lost. It was an awesome
sight. The destructive power of nature could not be denied.

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