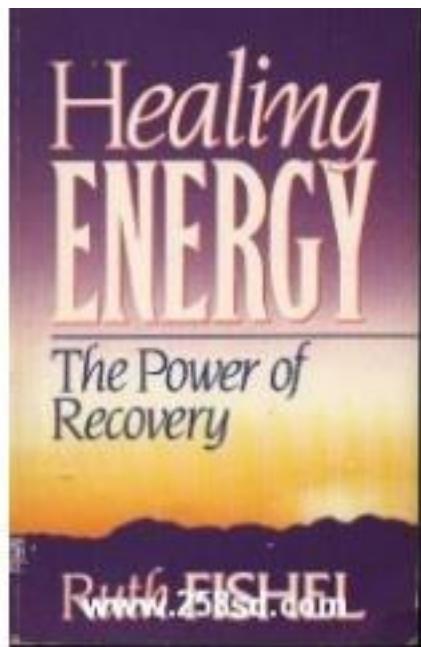


# Healing Energy: The Power of Recovery



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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 lung  
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<br >sight. The destructive power of nature could not be denied.<br >

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