

Your Spirit Is Calling

by Katina Makris, CCH, CIH

Lyme disease is our spirit's calling for ultimate full-life change. All of our bodily systems, energy chakra and emotional fabric are being asked to transform. You can no longer run on your old "grid." That pattern was not as healthy and productive as you maybe perceived it to be, even if aspects of your life felt rewarding or fulfilling. I was a homeopath with a thriving practice in a quaint New England village. I sat on the national board and wrote the national exam. I was a wife, a mom, a great neighbor and caring friend. I thought I was doing everything right and Lyme took me down- way deep down- and asked me, forced me, to change. This illness is powerful and asks you to summon your own powers.

Our life steward- the wise guide- our connection to the divine reaches us no matter what our circumstances, no matter how fixed we are in our lifestyle or defense postures. When it is time to change, our life steward presents the opportunity- it is more deeply understood as personal transformation. Personal transformation is a deep, soulful journey, akin to Persephone's descent into the underworld and hellfires of personal demons and treacherous obstacles, even what some call imprisonment. But, ultimately, if we listen within, and we learn how to let go and with the ability to find faith, trust, balance and self love, we can recalibrate, receive divine guidance, and grow in vastness and depth, we return to the land of light and the living refreshed and graced with creative outpourings and ultimately an open channel to the Divine.

Like a mother who is willing to sacrifice her own self needs to another's wellbeing, we too must accept the gesture of self-nurturance. This is not an easy task at first for most of us in modern western society. We put others ahead of ourselves, including job demands, chores, partners and our children. This is all

acceptable, to a point. But where is the balance point? That fulcrum of sacrifice and self care? Lyme disease puts a BRIGHT spotlight on this very intrinsic life sustaining issue.

Everyone, myself included, afflicted with chronic Lyme disease, must delve into their personal relationship with Self. What can be let go of? What do you now sacrifice in order to heal?

Like the revolving seasons of nature, we must honor times of deep rest, those of creative juices and the hard work of harvesting our efforts. The Lyme bacteria itself has life cycles and our body recognizes these states via symptom states. And, personally, we all have our own rhythms. These rhythms must be honored. Our culture is forgetting how to- all we do is push harder and faster.

When we are seriously ill, the hamster wheel *absolutely* must stop! Immediately! No more multitasking, charging, late hours, ignoring your time for quiet and serenity. In fact, most chronic Lyme cases ask a being to enter the domain of retreat and solitude, to move inwards and open to divinity's tappings. You are being called to. Can you hear the whisper, feel the urge, the desire?

If not, I will help you. We will find that pearl of Spirit calling. It is in your heartspace, waiting for you to claim it. You can claim this precious gem, and in turn nourish your self intimacy, for then, when we look to create balance, not fight the tide or push upstream but instead accept the ebbs and flows, like moon cycles and nature's seasons, does our psyche, our spirit and eventually our cells and body find balance or homeostasis and return to wellness. This journey is sacrificial. Like the the shedding of autumn foliage we must let go!

Drugs, herbs, supplements, diets, are critical external tools offering support for better systemic function. These are our help-mates on the material plane.

But on the internal plane, at the metaphysical juncture only *you*- hear me- only *YOU*- can make these shifts. Only you can create shifts of consciousness, only

you can open to your higher source, only you, only you can learn to honor your rhythms, love yourself, attune to nature and in fact, it is you that can set deep healing in motion.

We are not compartmentalized beings, comprised just of body parts, but we are integrated and whole, fascinating, creative, resilient creatures with facile minds and elastic, ever-evolving feelings and powers. It is my role to serve as your guide into the domain of spiritual healing and accessing the mind-body pathway.

I am here because I care about you. We are here at the Ultimate Health Summit, because we want to create a paradigm shift regarding illness and healing. I am here because I have been in many of your shoes and I made that frightening, death-call journey into Hades and back out here into the light. I am here to remind you with my presence and renewed health and vitality that anything is possible! Your spirit is mighty, your heart is filled with love and your mind one of your most powerful allies.

I am graced to be here with you, not by accident, but to help usher in change in our individual lives and within our culture. It is with honor I lend my energy to us all as we embrace personal transformation and the presence of higher guidance.

Right now though, I would like to anoint us with the calling in of spiritual guidance and allow us individually and collectively to experience the universal healing power of love.

I am setting a healing Intention for us all of us at The Summit now.

“I believe in the power of the mind, the calling of our heart, and the mighty force of our will. When we can draw on these inner resources well then we can move mountains. We can affect change. We can heal ourselves, others, the planet.

If we can all focus together, aligning our heart and mind in a common energy, then that unified force gains power and momentum.

I believe we can change the future of Lyme disease. I feel the awareness shifting, the call of hundreds of thousands of voices in dire need, pleading for help and for change.

Right now, here, I would like to set a healing intention. A healing intention for the Lyme community, as well as each of you individually. Let's take a moment together. Close your eyes if it helps. Put your hand over your heart. Drop your awareness down into your heart. Feel its steady, knowing presence. It is wise and loving. It is from our hearts that we heal.

I speak these words of healing intention, with love and in hope. Hope for your healing, for the Lyme collective's healing and for an end to this epidemic. Here are my words of healing:

I believe in a healthy future for myself, for my loved ones and those who suffer with Lyme disease.

I trust that the right people, resources and energies will align to arrest this epidemic; bring us clearer diagnostics, an integrative healthcare system with Lyme restorative facilities.

With my own personal will and intention I move forward into a happier, healthier, Lyme-free tomorrow.

May each and every one of us be guided and protected.”

Namaste,

Katina Makris, CCH, CIH

www.KatinaMakris.com

