

An Excerpt from Lorna Brown's Dragonfly Dialogues: Memories of an Awakening Spirit

Local author Lorna Brown released her spiritual memoir last summer. Lorna grew up in a traditional Christian church, and in 1972, at age 32, was introduced to the ideas of José Silva, among other New Thought philosophers, prompting her to create her own belief system and delve deeply into her spiritual growth. Lorna is now a minister, ordained as a Melchizedek Priestess, and has been teaching workshops on topics such as *Munay-Ki* and *Sacred Geometry* for the past 18 years.

Her book, which is written as a dialogue between herself and Spirit, as represented by a dragonfly, recounts this journey and encourages readers to listen to their higher self and review how their life has set them up perfectly for their own spiritual awakening. The following excerpt, which concludes the book, tells the powerful story of how Lorna's decision to follow her intuition changed her approach to treating cancer and to healing herself.

One More Opportunity for Growth

Dragonfly made his presence known once again when one day he appeared and asked: "Are you now ready to add that last chapter to your story?" Somewhat reluctantly I replied: "I guess I'm now ready."

A few months ago, after I had written the previous chapter in this narrative, I thought that my story was complete. However, once again I was faced with a situation that was to offer another profound opportunity for growth, and that there was one more chapter to this story.

"Can you share why you are adding another chapter to what you had considered complete?" he asked.

"Once again life has had a way of interjecting the unexpected. And once again I have had to recall, examine, and mentally and emotionally try to make sense of what has occurred."

"Now you know you are piquing our curiosity..."

"Yes, I'm afraid there is another opportunity for yet another lesson to be shared. It all began several months ago when I discovered what appeared to be a lump in my breast. At first I tried to deny it and ignore it, but after a couple of weeks of vacillating from 'could-it-be' to 'it-can't-be' I decided to have it checked out."

"It doesn't sound like you were in a panic about it."

"No, I was pretty calm considering the possibility. After going through the standard medical process the ultimate conclusion was Stage II breast cancer. During the days that I went through the process of diagnosis and medical recommendations I naturally confronted the usual questions of 'why, why me, why now, how did this happen, who or what can I blame, I am really angry about this, maybe it is my time to die, maybe my work is complete, maybe my work is not complete.'"

"Given all of the possible answers you might have received to your questions, how did you process this information?"

"As is my fashion, I truly did explore all of the above questions I had for myself. I especially questioned the fact that I have spent more than 35 years of my life on my active spiritual path, have a good understanding of the mind/body relationship and don't hold grudges or dwell in the past, and I don't abuse my body, and wondered how this could happen to me."

"Have you been able to resolve any of your major questions and how did you proceed?"

"Given my many years of thinking and acting outside of the proverbial box, on my first visit to the Oncology Department I informed the doctor that I was not his typical patient and my desire was to work with and explore all of the alternative methods, ideas and therapies that I knew about, given my extensive network of resources, practitioners and friends."

"How did he react to your decision?"

"He replied that his preference was to be able to use procedures from which he would get a certain expected result, but that if I wanted to do this my way he would order the necessary diagnostic tests that may be required."

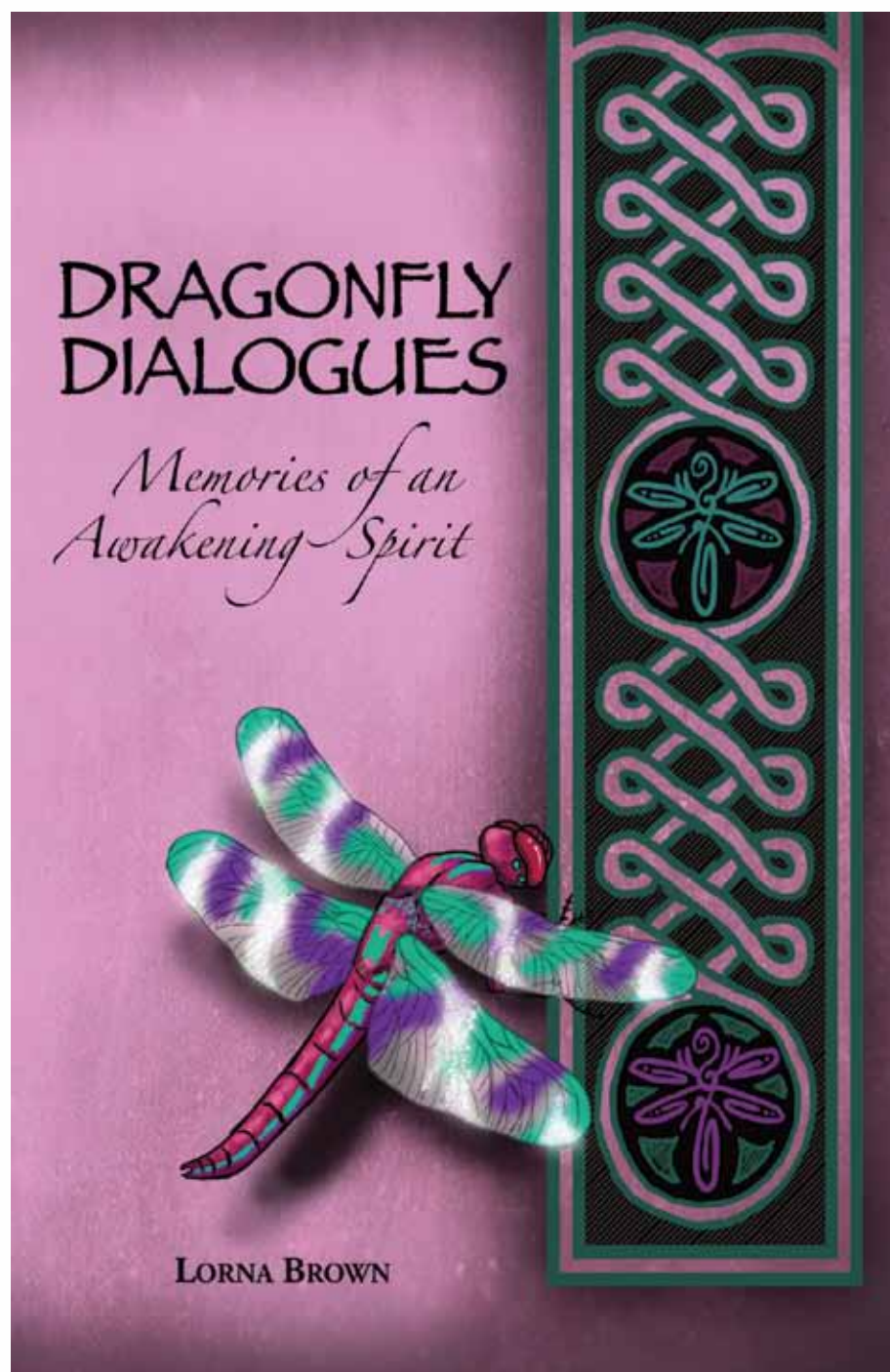
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"How did that work out?"

"I did proceed with various tests to determine that the rest of my body was clear and I told him I needed some time to process the information in order to formulate my game plan, to which he agreed."

"And how did you formulate your game plan?"

"Well, there were extensive alternate therapies, ideas and books that were suggested to me and I intuitively looked into a number of therapies — some of which I



Lorna Brown will be a guest speaker at Crazy Wisdom on Tuesday, April 3rd, at 7pm, to talk about her new book and interact with the audience, as part of our winter/spring Local Authors' Nights. She is a well-regarded spiritual teacher in the region.

rejected and some of which I pursued. I also obtained a number of books — some of which I rejected and some of which I pursued.

"I also availed myself of services and modalities offered by many of my friends who are active in the field of alternative energy healing and I was placed on many prayer lists."

"It sound like you went about formulating a plan, so what does that plan look like?"

"Someone referred to my process as 'circling my metaphysical wagons' and I actually looked at my process from a physical, mental and spiritual perspective. These areas have long held an interest for me and this seemed like the way I wanted to proceed.

"I have long advocated the idea of naturally supporting the body with supplements and essential oils, so from the physical perspective I followed a program that included natural supplements that support my healing process, along with some supplements that act as cleansing and detoxing agents.

"Many of the books I read also used these modalities along with a strong emphasis on eating a very clean, healthy and supporting diet."

"So, did you have to eliminate all of your favorite foods?" Dragonfly continued.

"I have not eliminated all of my favorite foods, but I have made some adjustments. It is apparent that the standard Western diet has lead to or exacerbated many of our current health problems, including cancer, so I have become very strict about what I put into my body.

“I eat primarily a vegetarian diet with lots of greens and other organic vegetables, no white sugar, no white flour and no processed foods. I also eat only fruit with a lower sugar content, lots of seeds and dark skins such as blueberries, strawberries and raspberries. At this time that does mean no cakes, no pies, and no ice cream.”

“Has this been difficult to do?”

“Sometimes it is not as much fun, but it is really not difficult. It is just something

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that is necessary at this time, and since I have rejected the standard medical model I have taken this on as my model for healing my body.”

“How do you feel following this regimen?”

“I feel great, am never hungry and have also lost a few pounds. I’ve moved back into my old size 8’s.”

“How do you think the mental perspective has come into play?”

“I think this has been a crucial component in my journey. Since I have long known about and advocated the concept of the mind/body connection, I also read or re-read many of the books related to healing.

“Since it is apparent to me that sickness and disease can be created or encouraged by the mind, it is also obvious that healing and curing have a mental component.”

“How did you work with this idea?”

“Of course I had to think about how or why I was in this situation. Was it because I had harbored the wrong thoughts, internalized my emotions, exposed my body to toxic chemicals, ate the wrong food, or just lived on a planet where some toxins cannot be avoided.”

“Were you able to isolate one culprit?”

“As much as I tried to point my finger at one specific area, I finally had to conclude that all of my life may have contributed to my situation, and it was probably a combination of issues and situations.”

“Do you see a bigger perspective also present?”

“I had to ask myself, what opportunities may lie in this seeming challenge?”

Although I am not afraid to die, I think my soul still has work for me to do here. I am not finished. I don’t think my life has brought me to this point with what I feel is unfinished business. This could be at a soul level and it could also be at a planetary level. As humans we are about to make a great leap forward in consciousness and I just don’t think my job is done.

“Since I do not think my job here is finished and I feel like there is still more for me to do here, I have not collapsed myself into victimhood or taken on a negative attitude regarding my situation. Rather, I have regarded it as presenting me with an opportunity to explore how an illness that some would regard as life-threatening can instead be a vehicle for growth and change.

“How can I work with this to become a person who lives life from a higher perspective, and perhaps even be able to encourage and share ideas with others who may be facing life challenges? I believe we have to acknowledge that situations come to us that are beyond our reasoning mind and we have to accept that therein is contained the element of grace.

“I feel like this is something in my body that has gotten my attention and even before the ‘diagnosis’ I was being prompted to listen to my intuition.”

“How does intuition figure into this picture?”

“This is a part of my story that I have found most interesting. Among other things, the time leading up to the diagnosis was filled with a number of issues with my car. Nancy Tappe, one of my teachers/mentors, has created a whole concept around car issues and what they are trying to tell us, based on the fact that our car is such an integral part of our life style.”

“That sounds different, but pretty interesting.”

“My car had issues with heavy wheel vibration, two brake repairs and a flat tire. Within Nancy’s concept all of these things were telling me I was out of balance,

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losing energy and needed to slow down and readjust my priorities. At the same time my writings were encouraging me to listen and pay attention to my intuition, which I did in having some medical tests, which resulted in the diagnosis.

“But the clincher for the intuition came in a very dramatic way.”

“OK – give us the story...”

“It was a drizzly day when I made my first visit to the oncologist, after the various tests had been completed. As already stated, he shared with me his observations and recommendations for treatment, which included the standard ‘slash and burn.’ Since I had told him I was not his typical patient and wanted to think about it and also look into some alternatives, he agreed.

“As I left the office and went to my car in the parking lot I found that someone had smashed my driver’s side window and stolen my GPS.”

“That’s quite a shock, so what was your reaction?”

“My first reaction was to be angry and ‘pissed.’ Why did this happen, etc., etc., etc.? I made a police report, cleaned up the glass as best I could, found a towel in my trunk to partially cover the window and keep out the rain and headed toward home.

“A bit later, in assessing the situation from a metaphysical perspective and using the information I had about automobiles in our life, I was able to formulate a message.

“Through journaling and listening to my intuition I concluded that this incident was the way for my Soul to get my attention in a manner I could not ignore. My assessment is the following:

“The left window was broken because there was something I was not seeing clearly in the outside world and left side is right brain or intuitive. The GPS is an automated system for navigation and it was stolen so that I could not rely on an automated system, but should listen to and follow my own intuition. Since this happened outside of the Oncology Department, I was not to follow the automated system for my treatment, but was to follow my own navigational system. This was a very significant and powerful message to me. It also acted as a confirmation of what I was already considering.”

“Did those close to you agree with your decisions?”

“Not totally, but in the end it is my life and my decision, so they are all supportive.”

“How does the oncologist feel about this?”

“When I went back for a follow-up visit to reassess my options and decisions, he said, ‘what you are doing is not the way I would proceed, but keep doing what you are doing. You could live like this for 30 years.’ I took that as a positive statement. I have subsequently received other positive feedback and continue to experience good health.

“So, right now I’ll keep doing what I’m doing. I will continue to eat a very clean and supportive diet, I will continue to support my body with natural supplements and alternative therapies, and I will continue to maintain a positive attitude regarding my body, knowing that I will be here on planet Earth for as long as my Higher Self wants me here, in order to further serve the growth of my Soul, and possibly also continue to be of service to humanity in ways I am not now even aware of.”

The Gift

“Given all that has transpired within this opportunity, how would you summarize the gift?” asked Dragonfly.

“Life may not unfold in the way that our minds think it will, but it will unfold according to the plans of our soul. Life always provides new opportunities for growth if we are willing to be open to the broader perspective. I know that my life is not yet finished, so as the old saying goes: when life hands you lemons, you make lemonade.”

Lorna Brown has been a spiritual teacher and workshop leader for over 35 years, covering a wide variety of metaphysical subjects. Her primary focus has been in areas that encompass both personal and planetary change. Her current work includes classes in sacred geometry, earth history, Peruvian shamanism and personal empowerment. Dragonfly Dialogues was self-published in August 2011 and is currently available from the author at www.RevLornaBrown.com and at Crazy Wisdom Bookstore. She can be reached at 734-428-8748 or at: starlab6@aol.com.

Postscript to the final chapter ~ The Book of Wisdom: Opportunity

By Lorna Brown

As you sit here on this beautiful summer day listening to the many birds that fly and chatter around you, with a soft breeze stirring the leaves and grasses, you can observe that all of life speaks with the energy of creation. Life is here and life is everywhere. Nothing is ever lost or destroyed. Your time here on the planet will continue for you have a message to share and a spark to ignite. The time in which you now live is an auspicious time of opportunity for change and growth.

You also listen to your intuition, for it is in this way that your Soul or Higher Self communicates with you, if you will but listen. Sometimes the message can be very dramatic and sometimes it is in a small whisper, but the key is to listen from your heart. Life is still one breath at a time, one step at a time, one day at a time. So live your life as though every moment is a gift, both to yourself and to the world. Think of ways in which you can truly live your life with meaning and purpose. You didn’t grow yourself up to who and where you are today to ignore this gift, so live life fully for yourself and for the world, in whatever way that may take shape for you.