

Rapid Transformation Therapy

Centering Activity
Deep Breathing
Visualization
Guided Exploration
Tapping the Subconscious Memories
Fully Experiencing the Feelings that are Aroused
Reframing the Experience
Communicating with the Ancestors or Others
Bringing Closure to Relationships
Opening the Heart
Bringing in the Light
Embracing Inner Peace

The treatment methodology utilized by the WRC team evolved from the study of indigenous healing techniques from around the globe and communication with the unseen dimension. The methods used are indigenous-based as they bring together teachings, ceremony, song, and movement as they relate to tribal peoples understanding of mind, body and spirit relationships and what sustains the embodiment of health and well being. We draw on these teachings as we acknowledge and honor the wisdom and support of our ancestors.

Our understanding of the experience of trauma and Post traumatic Stress Disorder lead us to this method for accessing and releasing repressed emotional energies. This method has demonstrated facilitation of dramatic and quantum healing in a very short period of time compared to western methodologies. While the process may ultimately look quite different for each individual; to ignite the process initially, facilitators at the *White Raven Center* utilize a guided deep breathing technique. The breath is the pathway to access emotions stored at a deep subconscious level. Proper and full breathing restores the body's natural capacity to heal itself.

To begin the session we invite each participant to lie down on a padded mat, making sure the spine is straight and legs are propped comfortably over a pillow to release any tension on the lower back. A blindfold is placed over the eyes, as this allows for privacy and facilitates an easier journey "within". Depending on the climate; at least a light blanket is placed over the body. If the client feels chilly then several blankets or a wool covering may be added. The goal is to make the participant as physically comfortable as possible at the onset of the session; recognizing that as the session progresses the tapping of intense emotional feelings will wake up body memories that may be extremely uncomfortable. In order to heal and experience inner peace we must first allow and experience the presence of our pain as it relates to past traumatic events.

Each session opens with a trained facilitator literally "breathing with" the client to ensure they feel safe and are maximizing the breathing effort. Once a breathing pattern is established a prayer will be offered for protection, guidance and healing, as well as to honor the ancestral helpers who come to help with the healings. Staff are conscious of the diverse spiritual and religious beliefs possessed by individuals seeking our help and we take care to remain sensitive to personal preferences for prayer. At the *White Raven Center* we honor all belief systems that are of the light and lead to the center. It is the primary responsibility of the facilitator to "be with" and "hold space" for the participant in order that they feel

safe enough to allow their inward journey to unfold.

The first phase of the session, with guided focus on the breathing is generally used for teaching the participant to tune-in and listen to the body. We teach that the body never lies and if we learn to listen to the body we will know exactly where we need to do our work. For example, many of us on the planet are so used to living in our heads, either projecting in to the future or dwelling on the past, that we become disconnected from what is happening in the present and what messages our body's are signaling for us to be aware of. As we come more fully into the physical body we learn to recognize where our conscious attention is focused and how we have learned to numb our pain by spending most of our lives in our heads trying to figure things out. We ask clients not to judge themselves for this; but to in fact to honor "self" as this has been a coping skill/survival skill up to this point.

As the session progresses the participant will begin to tap core emotional energy; which in turn will trigger memories of experiences that were soul damaging. Facilitators will encourage clients to keep breathing into those powerful feelings "to drop deeper" and to stay with the process. By staying with the process the client opens multiple doors to healing which eventually produce a state of inner calm. As stored emotional energy is tapped, each process evolves in a manner and experience that is unique to the participant. Generally, participants connect with past memories where they have been abused and traumatized in some way. Facilitators support the participant by working with these memories and using the emotions that are further triggered, by allowing for the presence of pain, anger, fear etc., to heal deep wounds. The evolution of the process normally involves the removal of unwanted energy forms from the body and retrieval of lost soul essence or soul particles. This latter phenomenon is referred to by Dr. Rolland as participatory soul retrieval and is viewed as one of the most empowering aspects of *White Raven Center's* healing process. This technique is frequently used to close a session as it leaves the participant with a renewed sense of personal power.

During a session and weekend retreat many ceremonies, techniques and tools such as singing, drumming, dancing and rattling are incorporated into the treatment based on the needs of each individual and the group as a whole.