Alternative Healing of Lyme Disease

By Kathleen Downey, CSC

Lyme disease is a spirochete. Its energetic pattern is to attack weaknesses in our body systems. Weaknesses in the body are primarily caused by emotional and physical trauma or environment.

Thousands of people have the same introduction to the illusive disease that a deer tick carries that I had seventeen years ago. Unlike flu symptoms, which come on gradually and subside gradually Lyme disease symptoms, very much like Chronic Fatigue Syndrome include: heavy lethargy, intermittent fever, sleeplessness, arthritic joint aches, muscle twitching, heart palpitations and pressure on the chest that feels like a two hundred pound weight. They subside as suddenly as they come and stay away for a few days at a time then return. Thus indicating the nature of the disease - receding into dormancy or remission and then resurfacing as emotion is stirred, we are injured or when the environment is unhealthy.

There is usually a round red “bulls eye” indicator that signals the presence of the deadly tick bite. Ticks contaminated by the environment spread the plague during the middle-ages and people died quickly. These tiny creatures live in grass and bushes. I didn’t trudge through grass or walk in the woods unprotected nor did I contract Lyme disease the way the rumors that are spreading like wildfire across the country scaring everyone suggests, through sexual contact. There is no conclusive evidence that Lyme disease has ever been contracted like the STD that is a spirochete. Ticks jump long distances and pets will bring them into the house. That’s how I contracted Lyme disease.

Most people are prescribed long and sometimes intravenous doses of antibiotics that the body starts to reject. Like myself, many people are allergic to antibiotics the only cure modern medicine offers for Lyme disease. I turned black and purple for over a month after swallowing one doxycycline.

Normally healing any disease or virus should start with detoxifying. However, Lyme disease creates parasites that are causing co-infections, which can cause hyper-sensitivity. Therefore a parasite cleanse, which is very potent must be introduced to the body slowly. During my onset of Lyme disease symptoms seventeen years ago I engaged in small doses of internal cleanses and manual manipulation. After a month of six days a week with acupuncturists and chiropractor’s spending thousands creating dependencies while trying to stay balanced I started asking questions. This was when I first discovered that my emotions were largely the reason for organ dysfunction. Although these therapies are valuable I understood no one else was going to heal me. I had to heal myself.

At the time I was unsure how to become my own healer then suddenly my symptoms turned into twenty-two days and nights of sleeplessness. I had my second “near” death experience while in my one hundred year old New York brownstone apartment. Being enveloped in euphoric light, weightless, separate from my body stopped the chest pain and released me from the grips of Lyme just enough to sleep for an hour or two and realize I had to get out of my New York life and deal directly with my spirit-life in order to heal my emotions. I had to learn to navigate the world I had two profound glimpses of with my ”near” death experiences and still be safe and alive.

 Looking for a therapy that offered a first hand conscious experience with my spiritual life brought me to the work of the original spiritual tradition, the original meditation practice and medicine, that of the Shaman. I found a profound way to tap into and learn first hand from the billions of bits of information the sub-conscious has. Learning this profound language and landscape became the most important work of my life.

 Becoming your own healer means learning to release energy of expectation born of traumas, which heals weaknesses in the body. Each pernicious symptom of Lyme disease I had stared to dissipate. In a relatively short period of time I was functional enough to participate in every Shamanic workshop offered in the country. After which I traveled to the four-corner area every years for 5 years and stayed a month at a time. I also traveled to Egypt, Ireland, Sweden, Italy, Mexico and Peru. These trips, where I worked with various indigenous healers and explored my soul history in these parts of the world led me to developing an additional therapy to what is traditionally taught and used with Shamanic healing, Past-Life therapy. This is when I miraculously healed the residual symptoms of Lyme disease as well as a serious spinal injury. My body naturally detoxified as my spirit let go of trauma, old energy and beliefs. I am healthier now than I have ever been to the point of being able to rock climb when I was hardly able to walk.

The miracles I experienced prompted me to dedicate my life to helping others by offering the same to them. Aside from diagnosis and physical healing as a result of profound emotional release, you gain a balance of mind, body and spirit that offers clear direction and insight, authentic forgiveness, new choices, healthy boundaries and the courage to create a new life. In my seventeen years as a Shamanic Counselor helping others I have seen this serve to miraculously help when modern medicine and other therapies fail. Through this first hand experience with your spirit life you receive the same information about supplementation specific to your needs that I received like hawthorn for sleeplessness, and many other supportive tools that you will use for the rest of your life.

My spiritual journeys diagnosed another aspect of why I was ill, my environment. This allowed me to understand the importance of a safe mold and toxic free home and work environment. It is the ultimate goal of the medicine person to help us become conscientious caretakers of our earth and each other.

Kathleen is considered a pioneer in her field. Aside from helping thousands of people to heal she trains new and helps established practitioners to fine-tune their therapy. She sees clients in San Diego, the San Francisco, Bay area, Felton and throughout the world with long distance sessions. Her book, Map of The Soul: Journey to The Soul Mate outlines her healing and therapy it is due out soon, her published articles can be seen at [www.corelevelhealing.com](http://www.corelevelhealing.com) or www.corelevelhealing.weebly.com she can be reached at 858.401.3144/415.536.9403