

My Story of Healing

by Jane Grant

In April 2009 I participated in the Healing Touch Association of Canada (HTAC) 2009 National Conference in St. John's, Newfoundland, Canada's most eastern province. The previous spring I had been asked by the planning committee to provide hand-painted 'iceberg' rocks for the conference banquet. As rock-art is an enjoyable pastime for me, I happily agreed. I spent some time searching the beaches and meadows for rocks of just the right size and shape. Off I would go with my basket over my arm like an eccentric lady picking berries. Nothing made me happier than to find a "good" patch of rocks. I soon had a fine collection, and during the long winter months I painted one at a time until I was satisfied with the finished stones. It was fun for me to see the small white "icebergs" sitting at each guest's place at the banquet tables. I was asked to come forward to talk a little about how I had started to paint rocks, and how for me they had a healing connection. As my talk had not been a prepared presentation, this is a synopsis of the story I shared with the dinner guests.

Newfoundland rocks to me are unlike any others in energy, appearance and touch. The rock here is ancient, older than the Rocky Mountains and older than the dinosaurs. I have tried to paint rocks in other places, but they do not speak to me in the same way. It has something to do with the amazing energy of this place.

In May 2000 a total shock wave hit me when I was diagnosed with an inoperable cancer tumor due to non-Hodgkin's Lymphoma. I decided to take a leave of absence from my job, so that my upcoming battle would have my entire attention. After tests, and recovery from exploratory surgery, I was walking



Above: Jane Grant holding one of her beautifully painted rocks.

along the hospital driveway to the cancer centre to learn about my chemo regimen. I looked down and picked up an intriguingly shaped rock, flat on the bottom, but solid and chunky on top, about as big as my palm. In my eyes, it resembled a miniature Newfoundland coastal island, complete with cliffs and surrounding water. I picked it up and put it in my pocket. Following my appointment, I went home, and took it from my pocket, excited with the anticipation of buying paint to bring out the image I saw in its shape.

The next day I bought some paint, and three hours later, there was my little island, with blue water and a tiny white sailboat, highlighted cliffs with grassy tops, and a tiny house overlooking the water. I realized in surprise that for three whole hours I had not even thought about cancer. The next morning and many times thereafter, I took my medication, and went to the beach in search of new stones. Of course, in my forays to the beach I connected with the ocean waves, the sparkling water, the salt air, the sun and wind. Most often I was the only one there. I would sit - sip tea by the shore - and listen to music. The cancer became smaller in my mind and my body. It somehow was no longer the central focus. In the coming months I found, washed, dried and painted over 75 rocks. I gave them away to people who liked them and sold some in gift stores.

Around the same time I also made new discoveries such as Reiki, as well as, the concept of the mind/body/spirit connection, the physical manifestation of emotional and spiritual wounds ignored for lack of wisdom, the value of meditation, quiet time, hope, and the joy of everyday beauty. Books about

healing seemed to fall into my hands. As my reading and learning continued, I subsequently learned that creative activity raises our energy frequencies to a higher level, thus supporting the healing process. Without consciously knowing it, I had helped and allowed my body, mind and spirit to heal. During this period my sense of healing was very strong. I felt no fear and experienced no nausea or hair loss which are the most common side effects of my medication.

At this time I have been in remission for nine years. I am now a certified Reiki Practitioner, have completed several levels of Energy Medicine including Healing Touch Level 1. I love to empower and encourage others with the healing lessons I have learned, and to help people connect to their own healing potential. The universe provided a lesson in healing for me. I learned that often a serious health or life crisis is simply the stop sign which give us pause to examine the road we are traveling. I know that life still has much to teach me and I am an eager student. I know that we are all connected to one another in this adventure of life, growth and learning, just as the cells of the body are connected in a magnificent intelligence, and as we learn, we change the world in a small but significant way.

About the author:

Jane is the mother of two adult sons, and grandmother of two beautiful young grandchildren. She has been an Administrative Assistant with Nursing Education, Department of Health, John's, NL for the last 28 years. An amateur writer of poetry, articles and essays, she received the Editor's Choice Award from the International Library of Poetry, Maryland, USA in 1999 for her contest submission of "Wound," and in 2002 her submission of her observation of her mother in old age "Lady in Waiting" published by the International Library of Poetry in an anthology "The Best Poems and Poets of 2002." Jane is a Reiki Practitioner, and student of Healing Touch and Energy Medicine