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Heaven on Earth

By Cyndi Dale, "The Angel Who Forgot Her Shoes: A Story of Love and Healing" (1)

Once upon a time there was an angel who knew she was completely and wildly connected to the Source, no matter what. She was so excited when the Source asked her to come to earth to share its infinite light, for the earth was a dark place and in need of the reassurance of eternal love and the bliss of golden grace.

While she was packing her bags, the Source walked in. Poking through her suitcase, the Almighty made an observation. "You did not bring many clothes. Or undergarments, or even shoes for that matter." The Source wondered especially at the latter, as this WAS a girl angel, after all.

"Oh, I will not need them!" She quipped brightly. "All I need to do is give away your Light and I will be continually refilled."

Though the Source advised otherwise, the girl angel did not pay attention and off she went entering the healing field, the best possible place to share divine light. As you might expect, life did not go as she had hoped.

After a couple of decades of providing never-ending streams of loving energy to others, the girl angel noticed that she was constantly tired, even irritable. In fact, she was often sick. After coughing her way through yet

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Energy Medicine: Improvements of a Genetic Disorder

By Gloria Cahill and Ian Cali (2)

Gloria McCahill first began working with Ian Cali in 2013 to address symptoms associated with fibrodysplasia ossificans progressiva (FOP), a rare genetic condition that causes muscles, tendons, and other connective tissues to form into bone. Ian struggled with stress, pain, limited movement, and difficulty sleeping. Working with Gloria using different energy medicine...techniques, Ian experienced noticeable improvements in his energy levels, pain, and mobility after just a few months...Now, in 2019, Ian states, "Not only have all of the benefits and changes we documented proved consistent over the years, but my body has continued to change and get better. The past 6 years of working with Gloria have been a wild ride," says Ian. "I mean that in the best way possible."

Although FOP can get better in the sense that a patient's symptoms are

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The Real Miracle

By Thich Nhat Hanh, *The Miracle of Mindfulness: An Introduction to the Practice of Meditation*

“People usually consider walking on water or in thin air a miracle. But I think the real miracle is not to walk either on water or in thin air, but to walk on earth. Every day we are engaged in a miracle which we don’t even recognize: a blue sky, white clouds, green leaves, the black, curious eyes of a child—our own two eyes. All is a miracle.”

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another healing session, she finally asked the Source what she was doing wrong.

“You do not wear clothes, undergarments or shoes,” the Source gently reminded her.

“What would these provide me?” She queried.

“Your clothes represent boundaries. Without distance between you and others, you are in danger of becoming them. You are here to become yourself, not someone else.”

“Your undergarments serve your inner self. To focus on the self IS to focus on me—as you are part of me. The journey of life involves becoming more of yourself, but also more of me.”

“Finally, your shoes help you walk this world without sinking too deeply into it. There are many problems on this planet and it is not your job to fix all of them.”

“In fact,” the Source continued, “the less you care for yourself the harder it is to connect with me. You will lose yourself in the giving to others.”

The girl angel thought about all of this and decided that perhaps, the Source was right. She began to conduct what could be called “self-care.” First, she asked the Source for clothes, which the Divine customized for her. Separated from others’ woes, she ironically found herself more objective and thus better able to serve others. As she became used to distance, she started to notice how she felt; what she liked or did not like—and what was unique about her being. It became easier to carve out time for herself, feed herself good food and indulge in rest. More relaxed, her life became more of an adventure and she found herself enjoyably traveling the many worlds inside and outside of herself.

The Source next selected appropriate “undergarments”—qualities and virtues for her to hold dear and eventually embody. What did it mean, to identify with faith, hope, love and joy? What did it mean, to be faith-full, hope-full, love-able and joy-full? In seeking to understand the true nature of being an angelic spirit within a body, she uncovered her own deep needs—and wounds. The subsequent journey of self-healing invited a deeper dependency on the Source, as well as those around her. She learned to trust, and became an even clearer channel for divine love.

And in the buying of more shoes, her wardrobe became the envy of everyone she met.

In the end, the girl angel realized—as did boy angels on the same path—that she was not only on this planet to give love and healing to others. She was also here to receive. By giving and receiving, she discovered that this world became a little more like the heaven she remembered. That knowledge made her even happier.

NOTE FROM PENNY: When we miss heaven, what if we’re also missing our True Self? What if, by taking care of ourselves, we find our True Self and more opportunities to bring healing, love, peace, and joy not just to ourselves, but to everyone? What if creating Heaven on Earth started with each of us and our unique, Divine innate gifts? During this holiday season, may each of us feel our True Self’s love and peace in our heart, which radiates from each of us to create an energy wave of love felt around the world—bringing the love of Heaven to be on the Earth!

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relieved, it is rare to see the dramatic improvements experienced by Ian where the body's composition changes, the heterotopic ossification [i.e., where bone was forming in the wrong places] breaks down, muscle mass redevelops, and movement noticeably increases.

"That being said," says Ian, "I have dedicated a lot of time and effort to taking notes, doing all of the little daily exercises I can as consistently as possible, and instructing other people to help me when applicable. Gloria has also spent an enormous amount of time and effort communicating with me, thinking outside the box, taking classes, and doing virtual meetings with a few other FOP clients."

One of the biggest changes Ian has experienced and that those around him have also noticed is his walk. "In 2013, 'walking' was a generous word for how I moved," says Ian. "It was more of a concentrated hobble. In more technical terms, my walk was considered a step-to as opposed to the usual step-through." This means that he'd step with his right foot and quickly shift weight to his left foot, only to quickly shift his right foot forward again. His gait was irregular and dysfunctional, his steps were short, and his pace was slow.

"Fast forward to now, and I am walking consistently with a step-through where my gait is much more normal, my left foot now reaches the same distance as my right foot, my strides have gotten longer and my pace is faster and smoother," says Ian. "This is all pretty unbelievable progress considering in August of 2018, I broke C6 in my neck and 7 inches of my right femur." Because surgery can exacerbate FOP symptoms, it is a last resort, and thus Ian decided to recover without surgery. While he had to live 24/7 in bed for the better part of 3 months without any weight-bearing, he stood up for the first time after 9.5 weeks. "That's 9.5 weeks of no drugs, no surgery, and no casts—just energy medicine sessions with Gloria, and natural stress and pain management techniques," says Ian.

Overall, Ian has experienced vast improvements in both his physical and mental condition since he started working with Gloria. "I feel lighter and much less constricted than I was 6 years ago," he says. Both of his arms have gotten bigger due to muscle mass returning and his arms filling out, and they have also gained movement that they didn't have in 2013. His legs have both grown in size and mass, and his back has gotten straighter with less irregularities throughout. His face looks different - most noticeably at his cheekbones and forehead...In addition, his body has not had the infamous overreaction to any pain, trauma, accidents, and flare ups over the past 6 years, which is extremely rare, if not unheard of, in the rest of the FOP community. Historically, FOP is considered a progressive disease that typically only gets worse.

According to Ian, his progress "is a massive paradigm shift for someone involved in or close to the FOP community."

(2) Excerpted from Gloria McCahill and Ian Cali "Eden Energy Medicine Leads to Remarkable Progress for Rare Genetic Disorder"

https://edenmethod.com/eden-energy-medicine-leads-to-remarkable-progress-for-rare-genetic-disorder/?inf_contact_key=840604a4154bca4d6668517a5dce1144680f8914173f9191b1c0223e68310bb1 accessed 9-30-19



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