



Random Suicide Healing by Bernadeta Izar Ederra, France

"Life is like a box of chocolates, you never know what you're gonna get".
Forrest Gump

Most of the time I thoroughly plan for each client and each session. But I know I never do the same thing twice and so I embrace challenges. And I never ever know what I'm gonna get.

The other day someone rang my doorbell. I had no one scheduled and planned to take an easy morning. I chatted outside in the garden with a lady client who just popped in unannounced and brought me a box of chocolates as a thank you. I was still in my pyjamas under the jacket, as we were admiring that beautiful autumn crisp early morning. She left and I decided to stick to the plan of doing nothing and eat the box right away. The chocolate was welcome to pleasantly glue my brain to oblivion. So I was indulging in my chocolates and tea and facebook pyjama day when this doorbell rang. Thinking it was a postman I went out again unwillingly my mouth full of the heavenly goo.

There was a man outside my gate. Not a postman. Maybe he'll want an appointment so it'd be next week earliest, he should have called anyway, I quickly swallowed.

He looked like he just lost the whole world. He smelled like he didn't have shower in weeks. He was hunched up, in tears and sobbing: "This lady that just left said to me to just ring here, she said you were very nice and you could help me".

Well, this apparently could not wait so I quickly ushered him in to my therapy room, threw a sweatshirt over my pyjama. While brushing my teeth I did my meditation, briskly connect with Earth and Spirit, breathe in and out, open heart and mind, grab a glass of water, tissues and here we go.

The man was on his way to end his life, contemplating seriously how to do it, by the river, that runs a few hundred meters from our house ... he came by my sign and stopped and stared at it, unable to make sense of what was written there. Then the lady who was leaving told him to ring the bell.

Divorce, after 17 years of marriage, house went on sale, wife leaving, kids leaving. "There is nothing in my life anymore. I am alone. I don't want to be here any more". Full blown catharsis, childhood abandonment, childhood sexual abuse, not being well in the body, looking elsewhere for healing and distraction, drinking, escape, energy attached linked to the man family line, dependence and inability to cope alone like a string around his neck, before birth, before

pregnancy. Attachment to his mother who was not there. Current life, heavy stuff, all the scale of traumas, very raw. Lots of catharsis. Bang, bang, clearing, taking off, big time. Then hypnotic suggestions, calm, heal, integrate. I was looking for his soul purpose to fill the empty spaces, so I asked what in this life he liked doing. He played music and that's what he liked. He liked people and people liked him back. He was gentle and made them smile and dance. He had friends that loved him and cared. So with all that he added his healed inner child self. He played music and danced. To the future.

The man remarked that he'd need more sessions and was relieved and determined to continue his life. I gave him Bach Rescue and told him to surely let me know. Two hours. I had a shower and changed and my day began.

Next session 3 weeks later on a short late evening notice. "Can I come tomorrow please?" Ehm, not really, I had some down to earth activity planned plus I had all this wine at dinner now, but ok, just come. I'll just do a consultation and a bit of coaching and schedule proper session for later.

Forget the plan. The man was still broken yet not as urgent as last night. He continued his work (music). And found a place to live – good news. He wore clean clothes and looked and talked much better, he was sore but composed. Missing kids and family badly. Stomach. Suicide thoughts he thought were not his. Can't eat really, lots of stomach pain.

Without any delay the session went right into the energy attachment of a distant uncle. He hanged himself in despair, succumbed to alcohol and depression when his wife left him. Apparently attached to the client at childhood at the sexual trauma. The whole session was about understanding the circumstances and releasing this fragment to the Light. From the stomach, yes. Two hours.

After we talked. The man felt really light. As he felt lighter, so was his voice, his thoughts. We talked about energy and links in relationships and he was happy this line of despair and abandonment will not continue with his children.

Next session properly scheduled 3 weeks later.

When the man walked in I wondered why he came. His energy was balanced, he walked straight and tall, smiled and joked calmly. Divorce was going through, kids were talking with him and he was able to talk to them, they spent some amazing time together and he was confident they would always be in love relationship with him. He seemed to me confident and independent. And what's more, he had a new girlfriend. Yes, maybe they won't be together forever but hey, they were good together now. Yes love.

So what's the problem? "Hmmm, what is it I'm doing here on Earth? Why did all this happen to me?"

Right.

So past lives of musicians, actors, with souls from this life. His ex, kids, friends, the old uncle, mother, father and others. Meeting with his Spirit Guide, by tune, by smile. By resonance of warm heart and tunes. Love shining. Yes forgiveness, "of course, look, we are just playing games down here, we need to learn from each other. Sometimes it's tough, and each time we don't get it, it gets tougher. That's why all this abandonment had to escalate in my life. That's why my wife left me. So I can pick myself up and do what I want with full heart. I have always been too attached. Even in those past lives... Now I got it. At last. I can do this now. I am ok

now." Connecting to Earth and body. He saw how his body functions in vibrations. He saw how he just by his presence was making difference to people around. He was helping them to connect with their own souls. His music was extension of himself, of what he does as a soul. Music was his tool to bring it down. It was easier for people like this and he had a bigger scope of influence. He appreciated his friends in life and soul level. He loved life on Earth. So interesting up there, and crazy down here. Two hours.

We chatted then for a long time. As his stomach was ok too he told me how he likes food again and can digest well, even gained a few kilos. Good to be in the body now. Like never before in fact. Even sex was like never before (sure thing). He told me about his plan to do something more with the music and travel a bit and may be later learn some healing technique. We ate together the rest of the chocolates and laughed. We thanked each other on and on until he left. No further session.

6 hours of therapy in total. The man took charge of his healing. His understanding hugely exceeded my own expectations. I was and still am in awe of his capacity to see the big picture, heal and bring this healing in for his loved ones (who were also his perpetrators in this life of course) in such a short time.

All this near suicidal story was totally unexpected and certainly not planned. At least not by me nor him. I surprised myself too. I usually take lot of time to prepare for sessions with my clients. My diet changes, sleep and even interests change according to what I am supposed to do next day. I feel different the evening before as my own energy body is getting ready to be fully present in my soul work down here. There is no way I would consider chocolate for breakfast. But this time it was exactly that chocolate that help me be present and the job was well done. Even in the pyjama.