

Healing in Bhutan

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Last month, my family and I travelled half way around the world to the little country of BHUTAN. It's little in the sense that it only has a population of 700,000 people and it is nestled in between India and China. However, it is ginormous by the fact that it lays in the Himalayan Mountains where the capital city, Thimphu, is at an elevation of 7,500 feet. And this is where my globetrotting adventure takes place, in the land of the Thunder Dragon!



For the month of June, my husband and I volunteered at the National Referral Hospital in Thimphu. It is the largest hospital in the tiny kingdom and the only one that has a psychiatric ward. I practiced transpersonal energy healing in the psychiatric ward while he practiced orthopedic surgery in the ortho clinic, and our children attended one of the local schools. This was my first time volunteering in a foreign country as an Energy Healing Therapist. The experience was incredible! I taught the nurses, counselors and the only two psychiatrists in the country how to see and feel energy in the body. I taught the anxiety class the same techniques, and it was amazing to see the patients playing with their energy balls throughout the day when passing by their hospital rooms. I had one-on-one energy healing sessions with patients either in their hospital bed or in the makeshift healing room I put together out of the storage room. This made me realize that aesthetics (candles, fountain, music...all of which I have in my healing room here in the States and I LOVE) doesn't really matter in the end! What matters most is CONNECTION!!! I want to say that about half of my patients spoke English and the other half spoke the native language called, Dzongkha. I had a fabulous translator who happened to be a recent college psychology graduate. He wholeheartedly took to energy healing and did a great job of relaying my message to the patients who were non-English speakers. I realized too, that it didn't matter if we spoke the same language or not. energy has a language of its own. Using my high sense perception, reading the field, noticing facial gestures and body language, I didn't need to verbally communicate to my patients. I did what I learned at Lionheart....I followed the energy. The patients and I were speaking our own language...the language of energy.



This made a very clear point to me. I now know that the language of energy surrounds us all the time. My volunteering experience didn't happen on a whim. It has been in the planning stages for the last eight years, even though I didn't know it. Eight years ago is when the transformation began...my transformation. It started right here at Lionheart when I began my healing journey. In almost a decade, I have discovered and uncovered myself. I know I am enough, I am worthy, I make a difference, and I matter. Never in my dreams did I think I would be teaching and giving energy healing in a foreign

country let alone have my own healing practice in Los Angeles. Never did I think I could make a difference in people's lives. Now, I know and learned not to say "never!" If someone were to say to me back then, "Lisa, you are going to become certified as an Energy Healing Practitioner, Body Mind Counselor, and Energy Healing Therapist. You will be teaching classes at Lionheart and be on the teaching staff at Lionheart. You will have your own healing practice and you will travel to a foreign country to teach energy healing," I would have not believed it! But this is exactly what happened. With the support of my family, Laura Fine, and all the students and teachers at Lionheart who have shared their love and understanding for me, this has led me to my greatness and my desire to pursue my goals. I send my message to the universe that I am going to create a non-profit organization for energy healers to travel to remote places all over the world to spread their gift of healing...something along the lines of "Energy Healers without Borders!"

In gratitude,

Lisa Lewis

To see more photos of Lisa's adventure to Bhutan, please go to <https://www.facebook.com/lisa.lewis.7311352>. To find out more information about Lisa, please visit her website at www.HolisticHealingbyLisa.com or www.Madison101Salon.com.