

# Harmonizing Heart & Soul: A New Genre of Healing



By Jennifer Mathews

At times I've wondered what it would be like if my life was a movie, with a soundtrack for the most significant scenes. What song plays as I watch the glorious pink full moon rise on Hornby Island? Or on the day my life-partner is diagnosed with advanced stages of cancer? What musical interludes would I hear in times of triumph, death, romance, heartache and transformation?

Recently, my daydream came true. I starred in my own personal Spiritual Cinema film!

Well, okay, I wasn't *really* in a movie. But this is the best way I can describe my joint healing session with two of Mount Shasta's gifted healing facilitators: Grammy-nominated musician Gentle Thunder and host of Mystic Radio® psychic medium Robin Alexis. Together they are creating a whole new genre, a cutting-edge healing experience.

Before I share more, let me just say that putting an energy session into words is like describing water. You know what it feels like on your skin, what it tastes like as you drink it, and the sensation of being surrounded by it as you swim. Powerful, life-giving. Sometimes startling when you expect hot and get cold. Supportive when you allow yourself to float. And yet, water – like a healing session – is truly beyond words.

Music, too, is beyond words and often underrated as a vehicle that can transport and heal us. As my session began, I closed my eyes and Gentle Thunder opened the space by playing a flute made from a 2,000 year old Redwood tree. I quickly dropped into sacred space even though I had rushed to get to my appointment on time. The melody soothed my mind and body as Robin began identifying energy in my field that wasn't mine. She was very communicative, checking in to see if her words resonated with me. I felt safe, knowing the intention of these women was to support the mysterious unfolding of whatever I needed on all levels.

One of the things I loved was their teamwork. Robin embodied the voice of an insightful narrator of my "movie," reading the energy rather than a script and expressing themes of my soul's journey. At the same time, Gentle Thunder communicated through music channeled specifically for me. This allowed the healing to actually enter my physical body. It was as if every pore could absorb the smooth notes she played. Robin and Gentle Thunder were present just for me, the three of us uniquely harmonized in this particular configuration. As the music reverberated in each cell of my body, a compassionate cocoon of energy surrounded me.



Robin Alexis

At one point, Robin described the exact photo I have of my father in uniform when he was a young Marine, his German Shepard dog standing at attention by his side. As my past military lifetimes arose, she placed her hands over my left knee, the only place I've ever been seriously injured in this current life. I could feel previous lives of active war duty clearing from my body. I became more aware of soul level agreements about my peace activism. Meanwhile, Gentle Thunder's intuitive choice of instruments – weaving between several Native American flutes, drum,

rattle and grand hammer dulcimer – made the healing tangible and magical. Instead of re-living painful cellular memories, I simply allowed them to release.



Gentle Thunder and her array of flutes

As the session continued, Robin sometimes spoke softly and at other times loudly and abruptly. I trusted her flow to be whatever my higher Self was willing to show her and express through her. Gentle Thunder's music allowed me to be steadily supported, regardless of where the session was taking us. The various flutes' tones seemed to literally move the energy of Robin's words. I felt the sensation of my spine adjusting. It was as if Spirit was the conductor and this duo was the dedicated orchestra, paying close attention and never missing a beat.

Suddenly the room quieted, preparing me for the "crescendo" in this independent film of my soul. The sweet energy of Kate, my life-partner who died in December 2011, began to speak through Robin. While I've connected with my beloved on my own, this was the first time I experienced her through someone else who is clairvoyant. I must admit, I was skeptical and felt my body constrict. But as a rich spectrum of tones filled the room, I felt my mind soften and my body relax into the sonic vibration of the grand hammer dulcimer.

If you've never experienced the way Gentle Thunder plays a grand hammer dulcimer, I would describe it as heavenly. By this I mean that whatever your picture of Heaven might be, I would imagine a hammer dulcimer could fit into it. It is like a combination of grand piano, 12-string guitar, and the smooth sound of a harp, with more levity and expansiveness. The full-body harmonic embrace of this instrument supported my next layer of opening as I sailed along the waves of emotions.



Grand Hammer Dulcimer

Small but significant messages were whispered directly to my heart by Robin. She could not have known these specifics other than through her psychic connection. My doubt quickly subsided. She mentioned Black-eyed Susan flowers. Love letters tied with ribbon. Asked about the word BINGO. One solitary monarch butterfly. She described merganser ducks and where Kate's ashes will be scattered. While each of these details is meaningful to only me, they demonstrate that the unseen world is often more accessible than many may think. All we need is to be willing to listen.

Gentle Thunder and Robin acted as a bridge between the physical and spirit worlds as they tuned into Kate's energy. Through them, Kate expressed the importance of me "releasing" her. I felt my resistance, imagining for a moment she was implying moving on in my life without her. But instead I was shown how setting each other free means we will always be together. By fully releasing my beloved Kate, I am able to be in more complete connection with her and with the spirit of who she truly is. Any clinging to how I knew our relationship to be – as amazing as it was – limits the truth and potential of who we *now* are and can be for each other.

The deeper "whoa!" of the session began the following day, when I listened to the recording as I was laying outside on the grass. I was right back in that sacred space – more present; heightened senses;

notable inner calm. It is a sacred container that I can always return to. I'm certain I will listen to the recording again and again and receive new layers of healing and insights. THIS is my own individualized inspirational "soundtrack," beautifully narrated with intuitive truths!

If my life was indeed a movie, the main genre would be "magical realism." And the award won for this healing session would be Best Original Score. The combination of Gentle Thunder and Robin Alexis deserves two thumbs up – and two prayerful hands held to my heart in gratitude. I encourage you to take advantage of an in-person session in Mount Shasta if at all possible. Phone sessions are also available. Enjoy!

*For 25 years, Jennifer Mathews has been focusing on how spirituality intersects with personal and social transformation. Her life is currently unfolding in magical ways as she shares the joy, aliveness and acceptance she has gained from her beloved Kate who is now in spirit. Jen@optimysticinstitute.com*

*Robin Alexis has a Bachelor's Degree in Psychology, is a clairvoyant, a medium, a paranormal fertility expert and the founder of Metaphysical Mothering®. She is also the author of "Raising Humanity" and "Robin's Song: Treasure Your Soul's Wisdom." Robin has appeared on many national radio and television programs and has her own radio program, "Mystic Radio® with Robin Alexis," that broadcasts live from Mount Shasta.*

*Gentle Thunder is a GRAMMY® nominated multi-instrumentalist, musical intuitive, recording/performing artist, producer, teacher and visionary who lives in Mount Shasta, CA. She has released 4 CDs and toured extensively obtaining an international audience through her diverse musical talent and authentic presence. She is honored to collaborate in service with Robin Alexis and is taking a hiatus from touring to offer private sessions.*

## Mount Shasta's "Heart Whisperers" Robin Alexis & Gentle Thunder



Clairvoyant, Psychic, Medium, Channel and Medical Intuitive. Beloved host of Mystic Radio® on KKNW and online since 2005, Robin serves listeners and private clients worldwide.

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### Harmonizing Heart & Soul

*"It was as if Spirit was the conductor and this duo was the dedicated orchestra, paying close attention and never missing a beat."*

Jennifer Mathews - Author of Above Article



GRAMMY® Award Nominated Multi-Instrumentalist and Visionary, Gentle Thunder offers her authentic presence and intuitive musical talent on a full spectrum of wooden flutes and grand hammer dulcimer to co-facilitate transformation.

*"Robin is a Being of compassionate vision, and with her access to the subtle inner wisdom that is hidden from ourselves, she guides us and opens us up to the path of our own Heart-Love."*

Krishna Das - Kirtan Artist

*"The presence of Gentle Thunder is a gift from the Cosmos. Her music moves us from the heart of the Heavens to the heart of the Earth and so we become in unison with the Universe."*

Flordemayo - 13 Indigenous Grandmothers

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