



Little Girl's Path to Healing

As a little girl, I used to say I wanted to be a "doctor of souls".

Of course, I was mocked. So, this little „wild“ girl, would isolate herself, taking refuge in nature. As she grew up, she forgot her calling, her desire, and created in herself a profound unhappiness.

Later on I came across a bioenergy group led by two women therapists and Pir Vilayat Inayat Khan. That first meeting with PVIK in the *Kanqa* of Suresnes in 1978 was an overwhelming experience of light that allowed me to recover the memory of my calling as a "doctor of souls"... Those three little words would not let me go, even if the path remained mysterious!

I began deep therapeutic work very much connected with the Sufi path (through individual retreats over many years) from which I can share here three seminal moments for my practice today.

First of all, I found the memory of the loss of a twin in-utero.

Then I found that in a previous life, as a little girl, I witnessed the murder of a mother, a "woman healer", who was in the grip of a gang of men intoxicated with power who made her suffer the fate of so-called witches. This child was left orphaned and abandoned, but later led a fight for the truth.

Thirdly, I found in my genealogy a healer.

In the work I then did on myself, I found the powerful desire to heal: it was the only way I could in my own being, my own soul, bring about the reunion of souls, and meet the divine.

That, in a few succinct words, is the description of a path that has taken tens of years to travel!

And that now leads me to the Sufi healing training that we have shared together.

During these past two years, those experiences I have described have been relived and led to healing:

- I have welcomed my link to the my lost twin and understood this formative event in another way, claiming the uniqueness of who I am, finding my place... and accepting is extraordinary guidance.



- I have overcome resentment, guilt, deep sadness, fear, and judgement. I have come to accept and access the other guidance from my past so that the woman healer is today restored to her power as a healer.

During our 2-year-training in Inayatiyya Healing, I have been able to accept the presence of these two guides in my life and define healing as the *reunion of souls* through the crossing of bridges, and coming to terms with *deeply embodied*, painful memories. Connecting souls and experiencing that reality at every moment of our earthly life are for me the key to healing. We make our souls real by building a bridge between our incarnation and the divine.

So how does this healing work unfold practically in my therapy room?

- When I receive a patient, I begin with relaxation and tuning.
- Then there is an exchange - a meeting - in which the patient says what is important to him/her, and what is motivating his/her approach: vibratory sensations sometimes appear when the patient has touched on something deep during this exchange.
- Then the patient lies down. I scan the body, locate areas that attract, repel, are empty or cold; burning or dense; or splintered...
- I then practice small, very subtle vibrations at the level of the joints, and in certain areas of the body from the feet to the top of the head.
- Feel the chakras (colors, dispersion, swirl, inertia, radiation, balance...)
- Work on the cranium.
- These stages allow a descent into the body and the lifting of memories that are ready to be revealed: they are sometimes expressed in words, at times emotionally, at other times they are silent but intensely embodied.
- During these stages I feel as if I am in a healing service, channeling and welcoming the energy of the Holy Spirit... doing then what needs to be done!
- Spontaneously a Wasaif may come.
- Scan what is revealed, while evoking silently Ya Shafi, Ya Kafi. Then I rest my hands on the body to allow a kind of reprogramming which very often produces a great calm, the experience of light or colours, words... each specific to each patient.



Each patient helps me to move forward.

I am at the service of the healing process.

I am deeply grateful today for this path which has allowed me to live these experiences and to share them with you.

I am deeply grateful for having been part of this training, to all of you, and to our teachers.

With All My Heart

KALIANI

Kaliani Béatrice Merlet

Very early on, I became aware that our body is our first ally, which naturally led me to my profession of psychomotrician.

Passionate, I enriched my practice with Caycedian Sophrology (<https://sofroca.com>) and Sophro-analysis (<http://sophro-analyse.eu>), in order to deepen the link between body and mind. While following this course, I met Pir Vilayat Inayat Khan in 1981. Since then, through Sufi teachings and numerous individual retreats, I have integrated the dimension of the soul and deepened the link between psychology and spiritual life.

In 2019, I embarked on the Sufi training of 'Spiritual Healing'. It consisted in the transmission of Sufi texts on healing in a high quality collegial teaching and the practice of healing techniques. The rich interactions within the group have confirmed for me the commitment I engaged in, back in 1986, when I received the initiation as a healing conductor by Pir Vilayat. Today, I feel at the service of the healing energy.

In 2015, I met Olivier Clerc (www.cerclesdepardon.fr) and participated in many "forgiveness circles" which helped me to get out of resentment and to heal the wounds of the heart. Training myself in this healing ritual of the heart, I now lead "forgiveness circles" regularly.

My wish today is to help the people I work with to reconnect with their life power, their confidence and the immense resources they carry within them, in order to put these resources at the service of their individual and collective evolution.