

**Tales of a
Reluctant Healer:
A Memoir and
Spiritual Call to Action**

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Introduction

Each of us is put here in this time and this place to personally decide the future of humankind. Did you think the Creator would create unnecessary people in a time of such terrible danger? Know that you yourself are essential to this world. Understand both the blessing and the burden of that. You yourself are desperately needed to save the soul of this world. Did you think you were put here for something less? In a Sacred Hoop of Life, there is no beginning and no ending.¹

~ Chief Arvol Looking Horse of the Lakota, Dakota, and Nakota Nations

I started writing this book two years ago, and have been putting the final touches on it during a worldwide pandemic, social unrest, increasing economic disparity, climate change affecting everyone and everything on this earth. With all of these challenges placed front and center, we are clearly being asked to re-evaluate our priorities, as individuals and as a society, a spiritual call to action to create a better world for all.

I have been hearing this call to action for several years, and knowing that we each have a part to play. That is why I wanted to share my story of discovering (or rather, rediscovering) the gifts I came into the

¹ Looking Horse, A. (2017, September 7). Important Message from Keeper of Sacred White Buffalo Calf Pipe. *Indian Country Today*.
<https://indiancountrytoday.com/archive/important-message-from-keeper-of-sacred-white-buffalo-calf-pipe-gVwRRwE1gESVo45I21E8Sg>

world with, gifts that allow me to contribute my part to bringing about this evolution in our world. In this book, I also talk about the tools I have picked up along the way that have helped me to excavate and polish those gifts. Each one of us comes into the world with unique gifts that can help contribute to the evolution and betterment of humanity. Like a magnificent orchestra, we each have a particular part to play, and it is up to each of us to play our particular piece of the symphony, coming together as a whole to create something so much more beautiful and transcendent that we can without one another. I offer this book of stories and tools as a message of hope for during this unique opportunity in history. I encourage us all to learn to raise our vibrations, listen to the still, small, wise voice within ourselves, live from a place of interconnectedness, unity consciousness, and help birth a better world for all.

And, I hope that, by offering my stories, I help you avoid some of the mistakes I have made along the way, mistakes that made me veer off the path of being true to my gifts. In writing this book, I discovered a pattern in my life. Each time I listened to the logical voice in my brain, or other people's opinions about what I "should" be doing, rather than listening to my heart, things had a tendency to go off the tracks. But when I paid attention to that still, small voice in my heart, my life flowed with ease, and I was able to clearly see the steps I needed to take to live

my life's purpose, that of a healer. Even though I have always felt a deep connection with all the beings on this planet, it took me a long time to accept the responsibility that I am here on earth at this time to be a healer for all of them – people, animals, insects, plants, minerals, and water.

We hear about having a life purpose, the path that we are called to follow, even if it is difficult. It is easy to ignore that call, and create a comfortable life by following a more conventional, money-driven path. But it usually leads to a feeling of imbalance, dissatisfaction, an always-searching-for-more. In some more extreme cases, Spirit² keeps bonking you on the head, reminding you that you have lost your focus, and demanding that you honor the gifts you were given. In many cases, when you think things are going along just fine, according to *your* plans, unexpected illness, job loss, loss of a loved one, or any number of other life disruptors come along to remind you of what you are supposed to be doing.

At times like that, I have felt abandoned by Spirit, and have fallen into deep depression, feeling utter despair, losing all perspective on my reason for being here on this planet, operating at a very low level of vibration. But over time, I have come to learn that this disconnection

² Throughout this book, I use the terms Spirit, Light, and Divine as a simple way to refer to Source, God, Creator, Universal Consciousness.

comes from within, from losing the bigger picture of why I am here on this planet, and cutting myself off from Spirit. Over time, I have learned ways to raise my vibration, allowing me to move out of those feelings of despair, open myself up to the higher realms of consciousness, and reconnect with my purpose.

Before I begin this book, I will take a moment to explain what I mean by “raising your vibration.” Three years ago, over a matter of just a couple of months, I had several different intuitive people tell me that I had a very high vibration. This was very nice of them to say, but I wasn’t exactly sure what they meant by it. I had heard the term “good vibes” all my life, and had a vague understanding that it related to a place or person feeling nice to be around. But I wondered, What exactly are vibrations when it comes to people? And how do you raise them?

To find an answer, I turned to the field of quantum physics which, over the past 100-plus years, has been exploring the idea that everything in the universe is made up of energy vibrating at different frequencies.³ Energy can manifest as different forms matter, depending on the speed with which it is vibrating. And human consciousness has been found to affect, on a quantum level, how energy manifests, the observer affecting

³ Ananthaswamy, A. (2018, September 13). What Does Quantum Theory Actually Tell Us about Reality? *Scientific American*.
<https://blogs.scientificamerican.com/observations/what-does-quantum-theory-actually-tell-us-about-reality/>

that which is being observed.^{4,5} We humans are composed of several different levels of energy: physical, mental, emotional and spiritual.⁶ Each of these levels has a vibrational frequency, some of which is measurable given current scientific methods. For example, it has been shown that human brain oscillates (vibrates) at a frequency of 70-79 MHz, the heart at 60-70 MHz, and our chakras (which are associated with endocrine centers) have their own particular oscillations. In addition, the entire body contains and is surrounded by an electromagnetic energy field, known as the Human Energy Field (HEF), which vibrates 1000 times higher in frequency than nerves and muscle.⁷

Each of these systems has an optimal vibrational level, which is associated with physical and emotional wellbeing. Low vibrations are associated with disempowering thoughts, negative emotions, poor health, pain and discomfort in your physical body, and mental confusion. Conversely, high vibrations are associated with empowering thoughts,

⁴ Ball, P. (2017, February 26). The Strange Link Between the Human Mind and Quantum Physics. *BBC*. <http://www.bbc.com/earth/story/20170215-the-strange-link-between-the-human-mind-and-quantum-physics>

⁵ Cho, A. (2017, October 27). Quantum experiment in space confirms that reality is what you make it. *Science Magazine*. Retrieved from <https://www.sciencemag.org/news/2017/10/quantum-experiment-space-confirms-reality-what-you-make-it-0>.

⁶ Thorp, T. (2019, August 11). Daily Practices for Spiritual, Mental, Emotional, and Physical Well-being. *Chopra*. Retrieved from <https://chopra.com/articles/daily-practices-for-spiritual-mental-emotional-and-physical-well-being>.

⁷ Ross, C. L. (2019). Energy Medicine: Current Status and Future Perspectives. *Global Advances in Health and Medicine*, 8: 1–10.

positive emotions, good physical health, and strong spiritual awareness. Because of this, you are better able to receive direct and clear guidance from your Higher Self, which speaks to you through that still, small voice in your heart, a voice that speaks in the language of pure emotion. By raising your vibration, you benefit, those around you benefit, and, by extension, the whole world benefits.

With this basic understanding, I looked into ways people can raise their vibrations. I found that many of the things I had been studying and practicing throughout my life, such as meditation, healthy nutrition, yoga, energy medicine, were exactly the kinds of tools that help sustain healthy vibrations. When I am consistent in my observation of these practices, I can really feel the difference. And when I “fall off the wagon,” I begin to suffer unnecessarily.

As I already mentioned, one of my main reasons for writing this book is to help you stay on the wagon so that it is easier to hear that wise, still, small voice within yourself. Given my personal experience as well as my extensive background in behavioral health, Reiki, yoga, and meditation, I figured I am well suited to help people learn how to make powerful connections to their deepest knowing, so that they can more easily live from a place of interconnectedness, moving from me to WE.

In this book, I share examples of how I have fallen down, gotten up, grown, regressed, but kept working to improve my ability to hear that

still, small voice within and honor my innate gifts. I encourage you to think about similar experiences in your life, and how they might be guiding you. I'm guessing that little I say in this book about finding your inner guidance will be absolutely new to you. In your heart, you all know all of this. But you may have set it aside for day-to-day "real life" concerns. But this is a time of remembering; remembering who we are, why we are here, and what innate gifts we have a responsibility to share during our time here on earth. It is always good to have reminders and tools.

So, in the last chapter, I share some of the methods I have found to be helpful in nurturing myself in body, mind, and spirit, in order to be more attuned to my spiritual senses. I encourage you to explore these tools, adopting those that work best for you. I hope this book will inspire you to keep striving toward that place where you allow yourself to shine, bringing your beautiful authentic self and gifts to the world, gifts that the world needs now more than ever.