

A Journey to Wellness

By Cara Brady - Vernon Morning Star
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Kelley Wright, Faculty - Training in Power™ Academy

Kelley Wright will offer an Active Meditation overview at Journey to Wellness and Transformation featuring more than 30 holistic healers Friday and Saturday from 10 am. to 6 p.m. at Trinity United Church.

Kelley Wright could be spending time with her family, teaching classes or walking the dog and enjoying every moment but she's also doing something else — practising Active Meditation.

"Active Meditation is a way to become so present in whatever you do and it can be incorporated into your daily life, unlike the traditional stillness method. We can learn to do this so we are always in a meditative state," she said.

Wright, an Active Meditation instructor, formerly of Vernon and now living in New Denver, wanted to know more about the practice after it worked for her.

"I knew something was happening in my throat, a tightening that felt like a big hair ball. The medical system told me I was totally healthy but since my grandfather had cancer of the throat, I didn't want to take any chances. I'm a skeptic and I approached other healing methods with an open mind," she said.

"I needed to understand what was happening and when I took the first Active Meditation course, I saw that it was based in science and the body's energy field. I found it very profound to work with the energy body and it gave me my answer as to what was going on in my throat as a stress point. I learned the tools to deal with it and I ended up getting very well."

Wright saw that she and other people can get caught in habits and thought patterns where they are out of touch with what is true and need to let go of what does not serve them well now.

She went on to study Active Medication extensively and become an instructor.

“People come to the courses in various states, for their health or for something they want to manifest in their lives or to get out of cycles and be able to make choices. This is not counseling or therapy, it is energetic reality,” she said.

She will lead an overview of Active Meditation at Journey to Wellness and Transformation Friday and Saturday in Vernon.

“This lets people know what Active Meditation is and help decide if they would like to know more. I will be running an energy system — this is hard to explain unless you experience it— it’s a way to increase awareness, and talking about the techniques people can use to do it by themselves,” she said.

“There are energetic realities and we can get out of alignment. We teach people how to get back to their natural state of being and own intuitive focus. It’s not a quick fix because we are changing habits but some patterns disappear immediately.”

While she sees all her students experience change, one that stands out is a man who came to the course depressed and anxious after 10 years of sobriety. Using the tools he learned, he was able to get off medication and find the lifestyle he wanted. She said people sometimes find the course helpful when life seems good on the surface but they are vaguely dissatisfied and want something more.

Wright will be teaching level one Active Meditation in Vernon in November.

“It can be difficult to look at the truth, to give up habits and life situations but we can learn. Maybe only subtle changes are needed. Active Meditation can fit in anyone’s life. I love to see people getting well and I am happy that this event is supporting the Women’s Centre because it helps people get well in many ways,” she said.

“Active Meditation is the most amazing and rewarding thing I’ve ever done. We empower ourselves and others and the highest way of being of service to others is being who we are,” she said. She and other practitioners will be offering healing sessions at Journey to Wellness as well.

The Journey to Wellness event includes Dr. Chris Spooner ND of Okanagan Natural Medicine, Dr. Ross Anderson DC, Marc S.U. Tey, Chi Gong master, and other speakers and practitioners. There will be music by Dave Anthony, Sazacha Red Sky, harpist Mary Stebbens, and James Hamilton, sitar.

Journey to Wellness and Transformation takes place Friday and Saturday from 10 a.m. to 6 p.m. with holistic healers, speakers and workshops in craniosacral therapy, naturopathy, raindrop therapy, martial arts, intuitives, sound therapy, nutritional therapy and much more. All treatments are by donation. Pre-register for healing sessions by contacting Sheila Snow at vernonwellness@gmail.com, 250-938-4905 or see www.SheilaSnow.com. The event is a fundraiser for the Vernon and District Women’s Centre.