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INTUITION AND HEALING

An interview with Francesca McCartney

DB: Could we start with a thumbnail sketch of how you came into your intuitive awareness and skills?

FM: That's a long story. I was born into a family where my grandmother and mother were intuitive, and so it was a part of my heritage and was included in the language that my family spoke. My grandmother taught me how to "read the candle flame" (an Italian metaphysical ritual which uses candle flames to tell if a person is being truthful) and how to read peoples' minds. Many family members often talk matter-of-factly about dead relatives' visitations, for instance describing how their spirit would walk through the house.

This type of phenomena was a normal part of our family's language.

For instance, I recall a story about an uncle who lived with my cousins until he died. He always used to play his favorite radio station at night. About six months after he died my cousins were downstairs and suddenly they heard the radio turn on upstairs in his room, which was still as he had left it, and it was dialed to our uncles' favorite station. They knew his spirit was still around.

DB: And then how did you come into using your intuitive skills?

FM: In college I was looking for a way to practice spirituality after being dispirited by Catholicism. I was seeking other ways to express my spiritual nature, and a friend in college introduced me to the Hindu meditation practice called Divine Science of the Soul. As I began to practice this method, I started to open up more clairvoyantly, clairaudiently, and telepathically. It just seemed to be an automatic process that went along, for me, with the meditation practice. During meditations, I would often go into spontaneous inner healing of myself – releasing sad emotions, healing physical pain and so on. Over a period of seven years, I began to develop a personal system of healing myself in meditation, using my intuitive awareness, which was developing at a rapid rate as I sat in this contemplative process.

DB: And how did you start using that to help others?

FM In one of my meditations, I had a directional epiphany. I went into intuitive inquiry, and I asked what my path was this lifetime. I heard a feminine voice (very clearly not my inner voice) which said, "Your path is to heal people by reading the colors in their aura." This was in my early 20's and I had no idea what it meant.

And at that point, I began searching – looking for ways to follow that path. I started looking for mentors and teachers as there were no intuitive or healing schools where I lived. I considered moving to England and studying spiritual healing. It appealed to me that it was taught as a complementary healing modality within hospitals. With that intention set, I began to find teachers here in California synchronistically.

I studied in mentorship with chiropractors, physicians, homeopaths, Bach flower practitioners. Most of these people were also using their intuition within their healing practice. I studied with many different practitioners for seven years. I also studied pastoral counselling for a year in a non-denominational church in order to receive a minister's license so I would be able to go into hospitals and work with people who were terminally ill or dying.

At that point, I was quite involved in the Bay Area with the alternative healers' community. I had begun to create my own client base, working with people and also teaching at different schools of psychic studies and healing centers, doing public lectures and such. In 1977 I was a speaker coordinator for a conference called "Alternative Healing in the Bay Area".

I connected with an invited speaker, a medical doctor, Alan Charles, who was a neurologist practicing Ayurvedic medicine, acupuncture, homeopathy, and many different types of alternative medicine procedures in his Academy of Eastern Medicine. He was a Zen Buddhist practitioner and believed in the healing potential of meditation. He was looking for someone to join his clinic who could teach his high blood pressure patients how to meditate so he wouldn't have to medicate them. I worked there from 1977 through 1984 teaching meditation classes and doing intuitive medical diagnostic work. When he found clients who were open to receiving energy work, I would also do hands-on healing.

I had the opportunity to go on clinic rounds, and thus learned about acupuncture, Ayurvedic medicine, homeopathy and other alternative healing practices. In 1984, I had a pretty large client base and decided to start my own school. That's when I founded The Academy of Intuition Medicine.

DB: As you've worked with your intuition through the years, what shifts have you noticed in the intuition, as it's developed and as you've developed?

FM: I'm highly clairvoyant, and that's always been a strong intuitive skill of mine, ever since I could remember. And I've always been clairsentient – running energies and emotions through my body. I came to realize that I was too clairsentient, and would run too many clients, friends and other peoples' emotions through my physical body. I began to experience how this was detrimental to my physical and emotional well-being. I began to learn how to work with my intuitive abilities so that I could keep them in balance in order to maintain my own optimum health. For me that was really huge, to learn how to control my intuitive sense. My development was not as much becoming more clairvoyant or clairsentient or more highly telepathic, as I felt like I was over the charts on those abilities, it was learning to modulate my intuitive sense – to know when to and how to open up and then close down my intuition in order to maintain my own personal health and well-being.

DB: Did you have any challenging experiences? Like lessons that came to you uninvited?

FM: Oh, yes. I predicted my mother's death. That was devastating for me. Her death occurred three months after I had the precognitive vision.

DB: Since you were comfortable with death and spirits, why was that so distressing?

FM: Because I felt responsible for my mother's death. I felt as though I should have done something to avert the possibility of my vision becoming reality.

I think the challenge for an intuitive person is learning how to use this skill with integrity, and towards a responsibility for the greater good of oneself and others. This life-lesson happened to me when I was 27 and at that time in my life I was still trying to formulate and understand how to use my intuition and how to work with it – for my own well-being, as well as for the well-being of other people.

DB: I'm interested in this particular example from my personal experience. When my daughter was about 12 years old, we had just come back from Israel. She knew spoken English, but not how to write it, and was struggling to get up to grade level in that way. She came to me one morning, and said, "Daddy is there such a name as Kevin?" "Sure," I answered. And she continued, "Well, I had a dream. I dreamed that I was tutoring a little boy named Kevin."

When I returned home from work that day she came running to me with great excitement, yelling, "Daddy, daddy! I actually tutored a boy named Kevin today!"

The next day she came to me in a very different, sober mood, saying, "Daddy, I don't think I want to have these dreams anymore – because now I'm going to be afraid that my bad dreams are also going to come true."

At the time, I couldn't find anything that would help her relax into her intuitive gifts and let go of the fear.

How would you talk with a child who came up with that fear, Francesca? I've struggled, looking back on it, to think of how I might have responded in some way to help her.

FM: That's really a big topic. It makes me think of my daughter, who is now 13. She's had vivid, accurate dreams about the past and future which she has told me in detail since she could talk. Because of who I am and my background, I encourage her to talk about her dreams and premonitions and precognitions, and all that sort of thing.

When she was about nine, she was explaining to me what happens when she gets frightened in her dreams. I would never ask her, "Tell me what your dreams were." It was just crucial to her to talk with me about it.

She said, "I had this dream last night, Mom, where I was with my friends, and they were all afraid. They were all having nightmares. And they asked me to help them. I told them that in order to get out of your nightmares, you look down at your body and you imagine dropping back into your body, and then you open your eyes and then that will stop your bad dream."

She was literally explaining to them in her dreams how to get back into their body when they get scared. I had never had a conversation with her about this topic. I've had various students who've come to me with questions like, "What do I tell my young child

who's having nightmares?" I've actually had my daughter, who's now 13, have little sessions with these children, and talk to them about how to deal with this stuff.

I don't think that's directly answering your question, but that's the story that came to mind.

DB: That's lovely! And how lucky she is to have you there for her!

FM: Well, we speak the same language. Here is another interesting thing that she has said to me. The first time was when she was seven and we were driving in the car, "Mom, is this a dream, is this real, or am I dead?" Those were her exact words.

And she has asked me that same exact question numerous times. When we're doing something, all of the sudden she'll say, "Mom, are we in a dream, am I dead, or is this real?" When I look at her during those questioning times, I see that she has not completely forgotten the spiritual state of being— the before being born time. The curtain is still open for her and she still moves back and forth between those worlds. At those particular questioning times the two world perceptions were overlapping, they were merging for her, and at times I see that she still becomes confused or unclear about reality.

Recently, she said to me, "Mom, I think this is death. I think what we are calling life is really death." She just says this stuff out of the blue.

So, who knows...we may be 'living'... or maybe this is death, and life is somewhere else... I don't know.

DB: Thank you. This is lovely.

Other questions... How do you feel that intuition can best be used in medicine and in conjunction with medicine?

FM: The way that I work with intuition is as a complementary healing modality. I also train people to work with intuition as a bridge that links physical disorders and ailments to possible spiritual needs, disorders and ailments; to look at how one may be affecting the other; and how one can heal or cure the other.

DB: Can you give an example?

FM: Through my practice, I have often worked with clients and students who come to me with physical ailments, and I do a diagnostic scan on their physical body and their subtle body. I attempt to determine if their physical ailments are energetically based or physically based and if they could be healed with energy medicine or cured with allopathic medicine. And many of these people come to me, usually as the last resort, because they had unsuccessfully tried allopathic medicine. In my work I focus on finding the healing energy, or the meditation practice as a prescriptive for healing the issues that show up as physical diseases – which to my discernment are based on core level spiritual maladies.

DB: Have you kept records of these?

FM: I wish I had kept better records.

DB: Are you keeping records now?

- FM: I've been asking people to keep records and then give them to me. I have an electronic file with recent reports.
- DB: Do you have instances where these have been verified by doctors through lab-tests, through x-rays or other objective findings?
- FM: I haven't worked that closely with doctors in conjunction with a specific disease to be able to do collaborative documentation. What I mostly have are letters and written notes from my clients and students, saying for example, "I had an EEG or an EKG before and after our session." or "This is what the blood test said after three healing sessions with you – that I don't have the problem I had before." So it's been more general than it has been specific reporting.
- DB: I would love to see one of your students go through your files and then follow up with the clients, obtaining their permission to get the records – to validate some of the changes. Reports like that would be impressive to doctors.
- FM: Yes, I think they would be.
- DB: I'd just love to see that ... you know, I've been looking and looking for anyone who can do that, and haven't connected yet.
- FM: Well, you know, it hasn't been something that I've thought as necessary to do. In the early part of my practice, I was completely engaged in helping and healing a person as best I could, and not looking at needing to scientifically prove or document. And in the 70's when I started my practice professionally, that just wasn't a part of what I needed to do or where I needed to go. I think that energy medicine has developed a lot through the past couple of decades, has been in greater demand, and there's no way to go back and correct those instances where files weren't kept. So for someone like me, it's more in my memory and in notes, and in thank you letters.
- DB: Could I ask you, Francesca, just to keep it in mind, and if you come across people now, who write like that to ask them if I could contact them?
- FM: Well, you know, one person is Carol Spence. I'd actually be happy to send you her information. She had Hepatitis C when she started working with me. And it's completely gone. There's no trace of it in her system. And she had allopathic treatment along with the weekly energy work. She had an epiphany in class where I was guiding the students through a very specific healing meditation – and at that moment she realized how to shift her energy to remove the toxins from her liver. And at the end of the class she said, "I know my Hepatitis C is gone now." It was that clear to her.
- DB: Wonderful! I'd definitely be interested if you'd get me her contact details.
- DB: Okay, I have other questions, if I may...
- Do you find that there are any kinds of problems that you are particularly good with, or that The Universe just seems to send you lots of people with these particular kinds of problems?
- FM: That has occurred in cycles for me. I've had bunches of clients with the same specific problem – for months, for a year, and then the cycle changes.
- So it's been an interesting sort of cyclical professional learning curve for me. But overall, I think I'm adept at health scans on the physical systems, and giving prescriptives of how

to work with healing of the physical system. I'm also adept at looking at spiritual malady and relationship counseling.

DB: Could I just pause to ask how you define "spirituality", and then "spiritual malady?"

FM: I define spirituality in my healing model as states of awareness not directly associated with the physical body, and those areas of a person not relative to emotional states. Spirituality, I believe, links with physical and emotional states in an autonomous nature.

Given that definition when I work with a person, I then define spirituality in the terms they have set up for them – whatever that may be. When I'm doing a diagnostic scan on someone, I scan the physical body, I scan their energy anatomy systems, and I scan and look at the configuration that they hold which defines their spirituality. Then I do a cross-reference – a scan to identify the weak and strong areas, the dis-ease and the healthy areas. So to me, it is a whole body of information within a person that I am scanning.

DB: It's a holistic spectrum.

FM: Yes.

DB: Now, you just throw off – "I scan the configuration they hold as a spiritual body of information..."

FM: Yes. The configuration is different with different people. After I receive permission from a person to do a scan on them I communicate to their spirit to show me their spiritual belief system. And sometimes I'm shown it as symbols, sometimes as colors, sometimes as a movie. At other times I get a flood of emotions. It's really dependent on how the individual stores their spiritual reality or their spiritual belief system. And I receive their information in the way that they have it stored.

DB: Boy, I'd love to see you expand on that one, because you're into territory where you pretty much have to experience it in order to know what you're talking about. I don't know if you can put it into words so that people who haven't experience it would know or understand it.

FM: I don't know either. Can you help me on this one? I'm not sure how to better explain it in a short conversation. Yes, it is wholistic experiential territory; I take students through two to three years of training in order to do what I just said in a paragraph.

DB: (Laughing...) Y-e-s...

FM: (Laughing...) So I can't give it back to you in another paragraph...

DB: (Laughing...) R-i-g-h-t...

Do you have materials for teaching about spiritual maladies?

FM: Yes. I have course materials for the Intuition Medicine Master Program. The materials have diagrams of the various energy anatomy systems that I teach, which show how energy flows in these particular systems. There are directions on how to interpret what you observe when you're scanning the various systems; as well as intuitive inquiry lists, and so forth. My new book *Body of Health* goes into more detail on my theories of health and healing and the practice of Intuition Medicine.

DB: I look forward to reading that.

DB: Okay, so here's a different question, but related...

Do you find any particular problems or areas that you feel you really shouldn't work with or don't feel comfortable working with?

FM: I am not comfortable predicting the future. First of all, I believe that the future is malleable – it can be changed. And second, it can be a cause of distress for a person if I have a precognition on something that is negative. It is possible that the person would accept my information as a fatalistic truth; this moves into areas where I practice discernment in communication. So I don't do predictions.

DB: Are there types of medical or psychological problems that you feel you would refer rather than treat?

FM: When I'm doing my initial scan on a person, if there are certain medical conditions that are not within the range of my experience or knowledge then I refer them either to an appropriate medical doctor or a licensed therapist. For example, types of conditions that I often refer to medical doctors are indications of chemical depression or clients with suicidal tendencies.

DB: When you say chemical depression, what do you mean?

FM: I was actually thinking of a couple of specific clients who have depression which is related to the biochemistry of their body and appear to need prescription medication in order to alter the biochemistry. Any amount of my energy healing would not alter this type of biochemistry enough to alleviate the depression. I believe that not all physical illness can be healed with energy medicine. Some people need to experience illness as part of their body karma and find healing and cure in the western medical modalities.

DB: This touches on one of my dreams of having people like you help with screening. This would help to direct more rapidly and expeditiously those people who come to a clinic who might benefit from conventional medicine to get the medicine, and people who might benefit from bioenergy healing to get help from bioenergy therapies and self-healing. People often have a real challenge in finding a therapy that will help, and sometimes spend weeks, months and years in pursuing a therapy that really ends up not being helpful.

FM: I agree with you. I don't think energy healing works for every ailment or for every person, and that some people in some bodies need to take prescription drugs, have different allopathic or osteopathic work done in order to heal and cure their physical, emotional, psychological, and spiritual disease.

DB: We're approaching the end of this interview. Looking to the future, what is your vision? What would you like to see manifest with your teaching?

FM: I would like to see energy medicine included in mainstream medicine and respected in our society. I'd like to see energy medicine as an accepted health care modality alongside Western medical practices.

DB: Do you see that happening?

FM: I see us moving towards it, not away from it.

DB: What are some ways you find helpful to present these ideas to skeptical physicians?

FM: I've come to experience that when the subtle energy modalities of energy medicine can be communicated and presented to skeptics in scientific and academic researched terms, then they usually listen, and that opens some sort of communication between the skeptics and those of us who practice energy medicine.

DB: That's my thought in asking you about keeping records, and especially records where there have been changes – because to clinicians, the laboratory results speak.

Thank you for sharing about your fascinating gifts, experiences and visions for the future.

CLIENT REPORTS

I get migraine headaches. I don't get them often as I have had maybe a dozen in my life. When I get them they are horrible. The last migraine I had, I decided that instead of taking medication, I would try to do a self-healing using the Intuition Medicine skills I have learned from you using the healing energy that you facilitate of the Buddha/Christ and Earth energy. I was able to not only stop the progress of the migraine but get rid of it entirely! I was astounded. Later, in looking at the origins of the headaches, I found out that they originate in my genetic tapes and are connected to my mom. Tracing the symptom back to the original source I have been able to eradicate the problem once and for all. A much more preventative treatment than just doing a healing every time the symptom arises. What a powerful model! I am excited about the potential of this type of healing.

– Jennifer Wilson, MFCC

My major physical manifestation of illness is in my throat and neck: A constricted and/or sore throat, tightness in the back of the neck; energetically I'm constantly challenged by my fifth chakra. In our sessions I have experienced both the intense tightness in the back of my neck and the instant release that comes from the facilitation of the healing energy upon that area. Now, with practice, I can stop the inevitable headache and stiffness myself. What a wonderful breakthrough for me of a lifelong problem. As an aside, I have had so much treatment for my sore neck, which I have now learned to heal myself with your instructive information, that I had a hard time figuring out how to describe the curative treatments on a recent health insurance application. How could I claim that all these past doctors visits were now actually unnecessary and it is no longer a health issue because I was cured with Intuition Medicine!? I don't think they'd believe me.

– Alexandra Nicholson

My diabetes is getting better with the weekly sessions we have had together for the past year. I have cut my medication in half with no apparent side effects. In another month or two, I expect to cut it in half again - but I need to take blood tests before doing so each time to be certain I'm staying in the green zone. This is actually a remarkable accomplishment, given that my physician had described this as a degenerative condition. I credit your work with playing a significant part in this turnaround. The healing energy focus and intention is something which is proving to be a powerful catalyst in my life.

You have my deepest appreciation for the skill and effort you have invested in blazing, mapping, and decorating such a clear path to the universe.

– Kirk Hurford

I have studied with Francesca McCartney PhD at the Academy of Intuition Medicine in Sausalito CA since 2001. When I was diagnosed with breast cancer in Feb 2004 I immediately turned to the Academy community for support. I received healings from Francesca prior to and during surgery and through the subsequent chemotherapy and radiation treatments. I credit her work, along with my traditional medical team, with my having survived this ordeal. Through the traditional treatments I consistently had excellent white and red blood cell counts, my quality of life was good, my acupuncturist was impressed by how well my liver and gall bladder were processing the chemotherapy drugs, my immune system was strong and I remained healthy throughout the process. I credit the healings that I received immediately following the cancer diagnoses (although having 2 separate cancers, one 1.2 cm and poorly differentiated) with the disease not being in my lymph systems. After healings I consistently would have more energy, perspective, and positive outlook. I am grateful.

– Ann K

FM - IN SUMMARY

By whatever means, if healing energy is successfully focused it results in transformation. All true physicians seek the same thing and the chasm between alternative therapy and western medicine is illusory. Western medicine springs from the same roots, and in the final analysis, acts through the same forces as alternative, complimentary, wholistic, integrative, and energy medicine. All worthwhile medical research and every practitioner's intuition is part of the same quest for knowledge of the same healing energy.

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