

# A 21st Century Experience

Lonna Ellis

Every year I am the extra student/teacher at the King of Prussia CFT seminar. As part of this 2012 seminar, Lillianna was one of the Saturday afternoon 'demo babies'. She was a 6 1/2 month-old baby, who had the BBS/CFT at birth. At the seminar this little girl had a very notable presence in being bright-eyed, alert, engaging, and very aware of her surroundings.

Later that evening, I went to the supermarket to get some groceries. While I was shopping, I noticed Lillianna and her father in the store. She was so easy to remember since she had that same presence: wide-eyed, enchanting, and taking in everything. I just couldn't keep from interacting with her! During the ensuing conversation with her father, he told me, "Everywhere we go, she brings joy! It doesn't matter where we take her, people seem to get joy from her." My heart smiled. I said, "Thank you again for bringing her to the seminar. She is such a precious little one."

As I headed for the checkout line, my heart and mind became so heavy. I was fighting back tears. Upon reaching my car, my emotions could no longer be contained, and I began to weep. How much of my life have I spent in aches, pains, and suffering. I thought of the seven operations I have had on my legs between 2001 and 2007. I once again recalled the sound in the operating room of doctors sawing my bones during the knee replacements. I was sobbing. My body cringed and ached remembering how drugged up I had to get for the rehab sessions. When the pain was too great, the therapists would push and hold it while I suffered, cried, and silently screamed.

With CFT over the years as an assistant, I have peeled a lot of my surgical physical onion. Barry remembers how I used to kick and thrash when I got on the table by saying, "There goes Lonna, again." Being on the table during this seminar and interacting with Lillianna at the market enabled me to reach the emotional part of my being holding the cellular memory of those surgeries. Even though I was not on the table receiving CFT, the emotional releases lasted for several days.

I continued to cry in the car thinking how much joy I have missed over the years. I recalled a scripture (Joel 2) about how God promises to restore the years the locusts have taken. Is this what the Gillespie Approach is about, restoring the years? Whether 10, 20, 30 or more years for some or maybe just minutes for newborns like Lillianna? What would my life had been like if I had not lived with so much physical pain? What would a friend or family member have

felt if I had brought joy rather than pain, suffering, and limitations? What would have been my contribution to the world?

I stopped the tears and started dreaming. What would it be like for each of us if we were not constricted or restricted by our pain? How much joy would we have? How much joy would we bring to our friends and families? How different would the world be if everyone were bringing joy and not pain? This is why I believe in and practice the Gillespie Approach and CFT.

For the parents there is HOPE for your children. If you are a practitioner, DREAM BIG! If we can reach newborns like Lillianna, we can change the future! What are you waiting for? Do you want to be Lewis, Clark, or Sacagawea?