



THE
 CELESTINE
 JOURNAL
 EXPLORING
 SPIRITUAL
 TRANSFORMATION

THE MYSTERY OF AVALON

BY JAMES REDFIELD

As I write this, Salle and I are returning from a two week book tour that took us to London and to Frankfurt, Germany and then finally to Glastonbury and the mythic-isle of Avalon. London felt historic and we slipped away to visit museums and the many cathedrals and abbeys.

Frankfurt was the site of the annual international book show and here we were able to see just how many books are published in the world each year—an awe-inspiring spectacle. In Frankfurt, we were also able to meet the many publishers of *The Celestine Prophecy* throughout the world. At last count, these international editions had grown to over twenty, and now the people who had felt the affiliation and the direction to handle the book in their particular country were here, in one location, able to trade ideas and converse about *Celestine Prophecy's* reception across many cultures. Most of the foreign editions have yet to be released, but in the countries where the book is already published, it is doing well: a number three best-seller in Australia, number three in Korea, and number six in Italy.

The book's success across many borders means only one thing—that in spite of our incredible and important diversity, we as human beings share a common spiritual consciousness and evolution. The spiritual Renaissance that is happening in the world

(continued on page two)

VISIONARIES AT WORK
 A CONVERSATION WITH GARI CARTER

BY SALLE MERRILL-REDFIELD

In 1982, Gari Carter and her son were traveling on a country road in Virginia during a snow storm when they were hit head-on by a station wagon.

Her son survived the accident without a scratch, but Gari's face was crushed beyond recognition by the steering wheel, her leg was partially severed and her bones were broken from her toes to her hips.

With the help of her family and friends, Gari slowly began to recover. She spent the next ten years rebuilding her body through orthopedic and plastic surgeries. She jokingly calls herself the Bionic Woman. She also credits her plastic surgeon, Dr. Milton Edgerton, for giving her a new face and a new life.

(continued on page three)

INSIDE

- Book Review4
- Perspectives5
- Synchronicities6
- Environment & Health7
- Sun Sign Forecast8
- Daily Forecast 9
- Notes from the News11
- Upcoming Events12
- Lectures & Workshops....12
- Ordering Information12

(VISIONARIES—continued from page one)

She writes about her experience in her book, *Healing Myself: A Hero's Primer for Recovery from Tragedy* (Hampton Roads, 1993).

Gari is a courageous woman whose survival and recovery are miraculous. She has dedicated her life to the encouragement of others who have suffered similar tragedies. We talked one day about her book, her new life, and the method she used to help free herself from pain during and after surgery.

Gari, how long was it after the accident before you began to feel normal again?

Oh gosh, at least a year. The changes were so massive that it took me at least six months to begin to walk again. I had to learn when to put my toe down, when to put my heel down, and when to swing my arms. No matter how difficult it was, I always had a dream of what it was going to be like in the future. I went through numerous surgeries. I was having a difficult time with the pain until a friend introduced me to a series of Hemi-Sync® tapes.

Tell me about the Hemi-Sync tapes.

The tapes were developed by Robert Monroe, the founder of the Monroe Institute in Faber, Virginia. They balance the left and right brain hemispheres to promote whole brain functioning. The tapes have soothing voices, descriptions of relaxing scenes and complex hemispheric sound patterns. The technology allows easier access to the body/mind connection in order to promote healing from injury and disease.

The series I used for my surgery was the Emergency Series. It has six audio tapes designed to help patients reduce the need for anesthesia. Before my nose surgery, I talked with Dr. Edgerton about the tapes. I asked that he and the nurses monitor me after surgery to see if I was in pain. I made it clear that this was an experiment, and that I wanted codeine immediately if I needed it. I didn't! I breezed through the five-hour operation with minimal swelling and no pain. I recovered quickly and didn't have the memory loss that drugs create. It opened a wonderful doorway for me to control my own healing.

Have you continued to use the tapes?

I have. They have over 200 tapes and CD's available for varying subjects. I do want to stress that the tapes do not contain subliminal messages. I have also just completed the Gateway program offered at the Monroe Institute, for the second time. My bond with the Institute is one of gratitude. People often ask if I am employed by them. I am not, but I will never forget the gift of freedom from pain. People can contact the Monroe Institute for information about the tapes or programs they offer. (See box on the next page.)

Were there other methods you used in your healing process?

I did Yoga exercises when I was finally able. I had been practicing Yoga for ten years before the accident. It kept my spine flexible and free from damage during the accident. I have continued to gain more flexibility through the exercises and am now an advanced Yoga instructor. I also follow the Feng Shui principles of decorating my home. I have created a warm, safe, nurturing environment around me. I take homeopathic remedies when I can, instead of allopathic medicine. I get a lot of body work, ranging from massage therapy to craniosacral work, to neuromuscular therapy. I explored every possible avenue for healing that I could find.

*What inspired you to write *Healing Myself*?*

I was taking a creative writing class in Denver. I wrote about the accident for one of my writing assignments. When I finished reading the essay to my classmates I looked up, thinking they had probably gotten bored with my story. Instead, they all stared at me and said, "What

happens next?" Their enthusiasm inspired me to write the book. I also wrote it because I was unable to find a mentor during my recovery who had been through an experience like mine. I began to realize that maybe it was my mission to let people know what had happened to me. I wanted to help encourage others who had been through a similar tragedy.

Didn't you have a near-death experience during the accident?

Yes. After the car struck us, I became unconscious. I traveled through a tunnel into the light and then into a garden. The garden was the most beautiful place I had ever seen. My father, who had died ten years earlier, was there with me. I was bursting with happiness to see him. He told me that I could not stay because I had a purpose to fulfill. I kept insisting that I wanted to stay and he kept repeating that I couldn't because of my purpose. Right after our conversation, my son revived me with CPR. It was actually my third near-death experience. I had two other experiences prior to the accident. I am currently working on a second book and plan to write in-depth about all three.

It is amazing that your 11-year-old son was able to revive you, especially with your face being so badly injured.

It was. He had just learned CPR a week before through the Cub Scouts.

How did the accident change your life?

It has changed my life in so many wonderful ways. I feel as if I was given a second chance or second life. At the same time that I changed my appearance through surgery, I deliberately changed my attitudes and behaviors to become the kind of person I wanted to be. In my "first" life as a model, I was more interested in the lamp shade than the light bulb—appearance was important to me.

When I communicate with people now, I feel I am communicating with their souls instead of in a superficial way. I have learned to relax more during situations I can't change. I look more at the big picture of life instead of the trivialities. I try to bless everyone in my path and see them blessing me. If I am stuck in traffic or in a line at the supermarket, I do yoga breathing and look around to see who I might need to connect with, instead of becoming angry or frustrated. I look to see who the person really is. I have met so many wonderful people I might not have met otherwise. It has been a real blessing—not that I would choose to ever go through an accident like that again!

Do you feel you are living the mission and purpose your father mentioned?

I do. As I have traveled around the country lecturing about the book, I have come in contact with so many people who tell me they appreciate what I am doing. They seem to look at me and feel safe enough to share their stories. They know I won't be critical of their scars because I've been broken and rebuilt.

Where do you lecture?

I have spoken at bookstores, clubs, universities and conferences. There has been a large variation in the type of audience. I love talking to groups. I love being able to reach out and give people hope. I think my lectures have helped people open to their feelings. I once was lecturing and explaining that when a person is in a coma they can still hear what is said around them. A woman in the audience expressed appreciation at my statement because she had a daughter who had been in a coma and died. The woman had sat by her daughter's hospital bed every day, speaking loving words to her. It gave her peace knowing her words had been heard.

Tell me about the volunteer work you do now.

I volunteer my time by reading books on a local National Public Radio

(VISIONARIES—continued on page four)

(VISIONARIES—continued from page three)

(NPR) station. NPR stations offer one band of their radio station for a national program called the Radio Reading Service for the blind and those who cannot hold a book because of cerebral palsy, arthritis, quadriplegia, and so on. Radio Reading Service operates 24 hours a day and offers local news, books and stories. I have actually read my book and *The Celestine Prophecy* on the air. A radio receiver is necessary to receive the program. Anyone can get a free receiver by contacting a local NPR station's Radio Reading Service department with a letter from your doctor. Anyone interested in volunteering or getting more information can contact their local NPR station.

In Healing Myself, you speak of your mother and how supportive she was of you during your recovery.

My mother was extremely instrumental in helping me recover. It was a difficult time for me because I had lost my physical identity. I could no longer care for myself, my business or my children, and I was going through a divorce. She was very there for me. My son and daughter were also very supportive and helpful.

How do you feel about your life now?

I am very happy with my life. I have two wonderfully loving children who are my grown-up friends whom I adore. My mother and I

have a deep bond. I am engaged to a wonderful man, and my book and lectures enable me to share with others. I am grateful for the opportunity to help give others peace. They can look at me and see that I have lost everything, including my face, and have still done all right. *What would you say to those now who have gone through some kind of tragedy?*

To never give up hope! There is always somebody you can find who can give you that hope. It really is there, even when you doubt it. Many people along the way were heroes and allies to me. I hope my book will be that hero to those in need. After all, we are all one, here to help each other. To me, that's what life is about! 🌍

To schedule a lecture by Gari in your area, call:

Russell Robertson of Hampton Roads Publishing

phone 800 766-8009 or 804 459-2453

fax 804 455-8907

For details about the Monroe Institute and its tape programs, contact:

Monroe Institute • Route 1, Box 175 • Faber, VA 22938

phone 804 361-1252

fax 804 361-1237