

Living Natural Magazine Interview with Paula Muran Albuquerque, New Mexico

Through her vast years of study and world-renowned healing work, Paula Muran developed a healing system—The Sovereign Light System of Emotional Healing which employs a new book *Codes of Light: The Power of Our Beliefs and a Revolutionary System to Heal Them!* Featuring Sovereign Light Crystal Elixirs and Vibrational Sprays: Aromatherapy with a Twist of Energy!™ By identifying emotional patterns, core beliefs, and current habits. *Codes of Light* teaches us how to locate our ‘core’ self, release limiting emotions by using visualizations, positive statements, and chakra healing work.



First, I'd like to welcome Paula Muran back to Albuquerque. Paula began her vibrational healing work in 1992 in Albuquerque, where she developed a successful healing practice and the Sovereign Light Healing System: Crystal Elixirs and Vibrational Sprays: Aromatherapy with the Twist of Energy!

Since living here in the early 1990's Paula has traveled extensively sharing her wisdom and teaching others how to embrace personal fears and awaken to their inner wisdom. Developing a worldwide medical intuitive practice, Muran continues to channel Sanatkumara (planetary Logos, Hindu Deity) and her mission is to inspire us to reach beyond our normal levels of awareness through classes, personal intensives, private sessions and healing retreats.

I recently met up with her to discuss her new book, *Codes of Light* and The Sovereign Light System of Emotional Healing, and to talk about her best selling guided meditation available on CD, *Purify the Body Temple*, as well as the upcoming spiritual retreats to India in April of 2006

LN: You have traveled far from your Ohio roots, your fashion career with Saks Fifth Avenue and Harper's Bazaar and the music industry. Can you trace how these beginnings led to your 'career' in healing?

PM: Ever since high school I have been interested in nutrition and organic foods. I would ask my parents to take me to the far reaches of the northeast Ohio in search of organic apples and spring water. I also had a deck of tarot cards in high school, I loved the Ouija board, crystals and I always talked to animals. As a small child I was very attracted to scents and smells (aromatherapy). It seems like this career was chosen for me long before I knew.

When I lived in Manhattan in the 1970's I really began to dabble in metaphysics and I consulted psychics, tealeaf readers and astrologers. My healing work actually began in the 1980's when I worked with horses at a veterinarian's office for large animals. Every time we went out on a call for a horse the horse's symptoms manifested in my body. The doctors thought I was a 'nut case' but shortly afterwards they began to trust my intuition and I sensed the doctors felt they were getting the inside story before arriving at the farm.

I am far away from Ohio and I love the Southwest. In the past 10 years I have been all over the world, twice, leading spiritual retreats to enhance the unfoldment of the Divine plan and to awaken the Earth's electromagnetic fields. The esoteric arts have always interested me even though I was raised a very traditional Roman Catholic.

Emotional stagnation creates chronic illness and injuries. Virtually every illness has an emotional precursor.

-Codes of Light

LN: Why did you write *Codes of Light*? And how can *Codes of Light* be used as both a book and a healing system?

PM: I found in my private practice, as a medical intuitive and spiritual teacher that many metaphysical and spiritual people didn't understand the importance of their emotional self. Some thought they were just going

to ascend, just like that, or that their cells would just change and their physical body would just heal without their active participation and that simply is not true.

I began my own spiritual path in the 1970's and have been involved in many new age philosophies from very esoteric work like crystal grid healing, Native American ceremonies, voice dialogue, to more mainstream healing modalities. In other words, I have experienced a lot. What really changed me was when I learned to love all aspects of myself and embrace my own limitations. I learned how to build an internal relationship with my inner child, and most importantly I discovered the importance of communication and took complete responsibility for my actions.

Some of my clients studied with Deepak Chopra, Dr. Pearl, Caroline Myss and others but they still come to me for emotional healing work. This shows me that no matter what system or which healing modality one knows, it is necessary to heal the emotional body.

I purposely wrote *Codes of Light* in a way that the words in the book would arouse deeply buried emotional issues. This makes *Codes of Light* its own healing system. The people who have already read it say they feel an unconditional loving energy around them and experience a healing. It's quite unique to have a book do this.

I wrote the book to help all people heal their own emotional limitations to advance self-growth and especially for those individuals who have begun to investigate their spiritual paths. *Codes of Light* completes the program with the crystal elixirs and vibrational sprays.

Our beliefs shape our lives...There isn't just 'one' therapy that is for everyone.

-Codes of Light

LN: In the book, *Codes of Light* you write about the Sovereign Light Healing System, would you expand on this? And tell us how a simple spritz from a spray bottle of essential oils can accomplish change.

PM: It's magic! Healing practitioners and massage therapists and others who use the product tell me all the time that it's magic. The vibrational sprays are named after familiar emotional issues we are dealing with, like Clearing Fear, Clearing Resistance, Clearing Denial and I Am Love and they do exactly what the title says. Their base ingredient is one of Sovereign Light's crystal/gemstone elixirs, purified water and organic essential oils. They are very lightly scented. Scent memory distracts our mind for just a moment to allow the healing of the crystal elixirs to release or enhance energy.

Sovereign Light Crystal Elixirs and Vibrational Sprays: Aromatherapy with a Twist of Energy! Began in 1995 when I was in Albuquerque. The system has developed more over the years. Their purpose is to release limiting emotional belief patterns that get lodged in our cells' memory. Many people ask me, what is the cells' *memory*? Our cells do have memory. Candance Pert, PhD, wrote *Molecules of Emotion* a few years back and Bruce Lipton, PhD wrote *Biology of Belief*. Both books talk about how our cells have emotional memory. Certainly, you have felt fear or anger running through your body—that weird feeling in your gut or a tingling feeling in your heart. As we release the memory of these limiting emotions we change.

LN: Do you feel that there was divine intervention in the creation of the Sovereign Light Healing System? I've always understood that the cells have memory. And, personally, I've been quite impressed with the sprays. With just one spritz of a Sovereign Light Vibrational Spray I was able to change the energy in a room and around me. My thoughts and work was becoming a big jumble. After spraying "Peace" I found my mind and my workspace 'cleared' and I could organize myself again.

PM: Absolutely. It's time that we got to our 'core' self. And completely and fully understand what makes us happy and sad instead of blaming society, our job, spouses or other things that don't have anything to do with our happiness.

More and more authors are writing about emotional healing. The Dalai Lama wrote a book on Anger. Emotional healing is also at the forefront of physical healing. If we don't alter the emotional patterns that began the journey towards disease we can't really heal the physical body.

In the early 1990's Sanatkumara asked me to formulate a product that would release emotional memory in our cells. The products were created to help us accelerate our spiritual paths and take that quantum leap of consciousness rising above personal limitation. We can't change our vibrational rate if we are in fear, or anger, or feel unworthy of God's love. It's an impossible task.

In the book, I discuss the three core patterns and six other patterns that layer on top of the core self. Like an artichoke we are all perfectly layered with patterns from judged experiences. To feel love we must peel the outer layers to reach the heart of the self.

LN: In *Codes of Light* you describe a relationship you have with Sanatkumara, would you tell us more about that?

PM: Since childhood I remember talking to a father like figure. I guess every child has an imaginary friend but mine never left. In the early 1980's when I was living in Los Angeles and channeling was just beginning I would listen in on the most profound uncensored data. It was during this time that I learned to channel. I felt a profound energy wanting to speak through me. I termed this energy, Jonathan, and in 1986, while at a channeling event in Los Angeles, I wrote on a pad, 'you can now call me Sanatkumara'. I had no idea who Sanatkumara was (read LN Oct/November issue to learn more about 'Who is Sanatkumara'). The events that followed that evening were all prearranged because everything fell right into place. It seems that dates with destiny are always on time.

After this formal introduction with Sanatkumara my life drastically changed and I was put through a series of initiations to release my stubborn personality and emotional issues and patterns. It was a very intense seven years. I was asked to throw all my books away and only listen to the guidance from within. Unlike others who have physical guides my teacher came from within me.

I left Los Angeles in 1989 and was guided to the four-corner area and Durango, Colorado. Here another part of the initiation took place. I learned inner trust and worthiness. In 1991 I moved to Albuquerque and became certified in massage therapy, which led to a vibrational healing practice. At this time I did a hands-on healing. The medical intuitive came later. In Albuquerque I began to merge more deeply with Sanatkumara. I surrendered completely my personality and identity—my human needs to a greater energy that was in me, not outside of me. The manner in which I channeled changed and instead of having to prepare and go into a deep meditative state I had immediate access to Sanatkumara.

It was also at this time that I fell in love with everything. I know that sounds very strange, but I merged with every particle and loved it all. The blending of Sanatkumara and I became more solid and, as it is today, Sanatkumara is always with me. People usually refer to it as channeling, however, most often the channel (human) is separated from its source, but that is not the case with me. We are one. Some people call this an Integrated Master.

When we dwell on negative words and other limiting phrases like 'should,' 'try,' 'ya but,' 'what if,' along with negative feelings like fear, anger jealousy and envy this causes energy to slow. When energy stops, congestion and toxins begin to accumulate . . .

-Codes of Light

LN: Why do you think it so important to heal emotions like fear and anger and what happens if we don't?

PM: Why would anyone want to live with anger or fear? These limiting (negative) emotions play havoc with everything in our lives. They prohibit us from having successful relationships, from communicating with others, feeling good, happiness and even personal success. There are a lot of angry people out there. I'm

sure you have been around them and just wanted to escape. This energy is coming from the emotional body and thoughts. Every time we have a thought it creates an electrical charge and is emitted into our environment—positive or negative. This is why the sprays are so beneficial; they clear this electrical energy in our environments.

Healing the emotional body and the belief system is the key to spiritual advancement—to enlightenment or ascension. Emotions are the keys to our Souls. Without healing our emotions we can never really love the self.

When we ignore our anger, fear, confusion or other emotions they get stuffed into the body. Rashes for instance are often a direct result of stuffed anger. TMJ is too. The longer we allow these negative emotions to fester in the body the more likely we create some type of chronic illness. Don't you want to stay as healthy as possible for as long as possible?

This society thinks illness is a way of life. The body is not meant to get sick. I talk more about this in my next book, *Body Messages*.

LN: With all the fear on our planet with war, terrorism, disease and personal hardships, is there some insight you can share with us to enable us to make positive change?

PM: Let's begin with this: everything that we need is already within us. If we are a 'chip off the old block' of God or born in the likeness of God then we already have everything within our own being. What shrouds this inner wisdom and mastery are beliefs or emotional patterns like fear, anger, unworthiness and denial. When we are unaware or unconscious we project our fears onto others—this causes a lot of problems between people. The person projecting is most definitely not aware of this concept and the person hearing the information believes it's about them—angry words are exchanged and hurt and misunderstanding prevail.

Fear is like a virus and it's very catchy. Instead of projecting our fears outward we need to embrace our fears and begin to take responsibility for them. When we accept our flaws this raises our vibrations. If God is all things then God must also be in fear.

This idea is a universal law as is this one. All things you see in me that you adore and love are parts of you and all things that you don't love and adore (and actually dislike) are also parts of you that are not yet loved or healed. Everyone is a perfect mirror or reflection to everyone else. With this said, look at your friends and start criticizing them and you'll locate all the unresolved and unhealed parts of you.

With this 'new world' we live in it's important to take responsibility for what you are feeling and stop projecting onto another person or event. To heal the world we must first heal ourselves. We must find inner peace, release our anger and become worthy of love.

LN: *Codes of Light* is both easy to read and a surprisingly in-depth book. I was impressed at how much sense it makes to this 'suspicious mind.' It reads like a spiritual self-help book, identifying self-negating patterns and habits. It presents a way to loosen and break up old beliefs. Some would think this type of healing is too 'new agey.' What would you say to someone of a curious nature but with limited 'alternative' experience?

PM: Everyone on the planet has experienced fear, anger, confusion, unworthiness and resistance. I might touch on some subjects in the book that are a bit more spiritually orientated but for the most part we all have emotional issues. *Codes of Light* teaches us how to release and eventually embrace our fears. This helps us advance on our Soul path. The book is designed for most everyone. I would make this caution though; if a person has never heard of a spiritual path then *Codes of Light* probably isn't for them. The book teaches us about the core patterns, how to identify them and how the Sovereign Light System of Emotional Healing helps release limiting emotions and heal.

Lack of self-love almost always turns into some sort of addiction like cigarette smoking, food, sugar, sex, codependency, drug abuse and alcoholism or to more subtle addictions like fear.

LN: Let's say for example, a woman is having difficulty quitting smoking. She has anger and depression issues and feels 'stuck'. What would you say are the core issues and how would the Codes of Light system be utilized?

PM: I'm going to bring in the medical intuitive part of me here first. We must look at what smoking does to the physical body. Every drag off that cigarette releases at least 5,000 carcinogenic into the body. That in it self would make me stop smoking.

I would recommend liver support to help the physical body release the addiction. Sometimes depression is a lung issue. Meaning there is 'stuck' energy in the lungs. And in smoking there are plenty of toxins in the lungs. Depending on the situation I would recommend a liver and lung tonic to help energize the body. And I would also recommend a B-Complex, probably Emergen-C packets to get essential minerals and vitamins back into her body.

Secondly, I would look at her emotional needs—for instance why is she hiding behind that smoke screen? What is she afraid of? The crystal elixirs I would choose for her would be: I Believe, I Am Love, I Release Emotional Addictions, I Release Fear, Healing Feminine, and Mastery.

LN: And what about a man who is obese and unable to halt overeating. He is deeply sad but often expresses it through humor. He is experiencing shortness of breath and has heart fluttering, but his heart seems to be healthy? What would you think core issues might be?

PM: Again, I would refer to the medical intuitive part of me and look at his organ system first. I would recommend Co-Q10, liquid minerals and perhaps Green Magma to get good nutrition into his body.

Here he is dealing with a blocked heart and lack of love for the self. What is he hiding from? We forget that what we experience today is a direct result of what we encountered earlier on. Every symptom that manifests is our physical body asking us to wake up to a grander part of the Self. In this situation he is afraid of being himself from some past criticisms and is stuffing more than food. Again, I recommend the sprays I release Emotional Addiction along with I Am Worthy and I Am Love and I Release Fear.

LN: How does your book benefit practitioners, let's say of Reiki or massage?

PM: I always tell people I'm in the energy business: either moving it or enhancing it. In healing practices therapists are constantly moving energy from acupuncture to Zen meditation and that is exactly what the vibrational sprays do. In the back of the book there is a therapeutic section to help practitioners incorporate The Sovereign Light System into their healing practices and move more energy.

LN: Where can the vibrational sprays and elixirs be purchased in Albuquerque?

PM: *Codes of Light*, vibrational sprays and the CD can be purchased at The Herb Store. *Codes of Light* book is available at Crystal Dove, Blue Eagle, BookWorks and Moon Dancer. Everything is always available online at www.SovereignLight.com .

LN: I could ask questions at length about the vibrational sprays and elixirs, but I wanted to ask you about Purify the Body Temple, your guided meditation, and how it fits with the book material?

PM: When healing the physical body we can't just look at one part, although that is how western medicine approaches healing. For me, in order to heal the body and mind, all systems must be taken into consideration. Purify the Body Temple is a guided meditation I created to help clearly identify our fears which lodge in the chakras (energy centers of the body). The meditation begins at the first chakra (base) and moves up to the twelfth chakra above the head. Yes, there are only 12 chakras. Each chakra corresponds to emotional issues and using a Sufi method of spinning the chakras counterclockwise, it creates a bit of chaos

and in chaos things change. The more the meditation is practiced the more emotional patterns change. The benefit from this practice is a happier and more spiritual life.

LN: Please tell us about your upcoming retreat to Egypt. Why would I want to travel with you? What would I get out of this trip?

PM: Traveling with me is an experience. People have deeply profound experiences. Plus the location awakens parts of us that have been dormant or unconscious. It's a two week spiritual retreat which means we will be doing meditation and ceremonies at powerful temple. We all know how powerful the pyramids are. And we do some fun things like ride a camel around the pyramids, sail the Nile and so much more. I'd love to have you come along. **The next trip to Egypt is October 11-25, 2008.** I traveled all over the world to sacred and ancient sites. All journeys are full of miracles, too long for this article.

Paula Muran is an awakened spiritual teacher, author and world-renowned medical intuitive//empath, and highly motivating speaker. She produced the best selling guided meditation ***Purify the Body Temple*** and wrote **Codes of Light--The Power of our Beliefs**. Paula is a pioneer in the field of emotional healing and created the ***Sovereign Light System of Emotional Healing*** and leads life-changing spiritual trips around the world. Paula's website is www.PaulaMuran.com or email office@paulamuran.com