

Pilgrimage to Assisi 26th of June-2nd July 2010

What St. Francis of Assisi's Life stimulates within me

A Journey to Wisdom Growth

by Karin Petra Freiling



Introduction

The Pilgrimage to Assisi was a very special journey for me because the title of my dissertation is „interspecies connections“. St. Francis is a big role model for me within this context. When I walked through the labyrinth in the cathedral in Chartres for the first time in 2008, St. Francis was my guide through it. The goal in my dissertation, which will be a movie, is to help people to open their hearts to animals and nature, to see the beauty of God's creation and to feel the spirit behind all this. Like this, they are able to find themselves and find peace in the feeling of oneness. If we feel like One we can't do harm to anyone. My wish is to help us and our beautiful planet to survive.

St. Francis' life and especially the "canticle of the creatures" brings this all together and was an inspiration of the planning of my dissertation. So I was very excited to walk on the paths he walked on several centuries ago

and I was open to everything I can learn from this special place.

I was looking forward to the lectures I could learn from our brilliant teachers and from every participant of our group and also to the singing and dancing which I knew so well from the last training with Karen Rivers in Chartres.

My wish was to learn more about the animal communication and trust deeper in the things I receive from animals.

I was open like a dry sponge which is thirsty for water and I learned a lot and I still have insights, dreams and pictures from this pilgrimage. I am so grateful for this experience.

Thank you, Thank you, Thank you.

Pax et Bonum



Pic 1: The „Pax et Bonum sign can be found at many houses in Assisi

“May you be blessed by the Lord with peace and goodness”, this is the greeting of St. Francis. And still we can feel it in this beautiful town of Assisi. There are more birds (especially swallows) than I ever saw in a city and they all sing the whole day. Assisi is still a symbol of peace and we can feel the blessing St. Francis gave to this town.

Love is the center of everything.

Jesus said that we should love the others like we love ourselves. And I think and feel it is so important to love ourselves. Then we are able to shine our light also to others.

We can read in the book of the Japanese scientist Masaru Emoto [1]: Only if we are grateful for our own existence and if we love and respect ourselves, than we will be able to bring this feelings also to others. Negative can only resonate with the negative and positive only with positive. We can say good things, but if we don't like ourselves with conviction, we will not be able to bring this to others.

In our work with Tellington TTouch this is one of our most important challenges to respect and love ourselves.

The main idea behind the Tellington TTouch work is to work with the cells in the body. Like the scientist Sir Charles Sherrington wrote in his book “man on his nature”: “Every cell in the body is a wonder. Every cell knows exactly what it's function is in the body and in the universe”. The nobel price winner Sherrington knew that every little cell has an effect on the whole universe and a clear function in it. The

sentence we repeat in our mind while we do the TTouch work is :“Remember your perfection”. This is a message to the body and to every little cell which is indeed able to remember its own perfection.

When we imagine that the earth is an organism and we are the cells of this huge organism it is important that we remember our perfection because this will help the planet to be more and more perfect and more happy and so every being on it.

If we are frustrated or hopeless it will cause disharmony and it will increase worse feelings in our surroundings and per consequence on the whole planet and every being on it.

I loved the little exercise John taught us to remember and practice peace and love.

The message I got from a pigeon on the first day when we were sitting in the beautiful garden was: “Go on, you are on the right way. Even when things will be difficult like for me now, when it is hard to get a hold on this stones. Go on with passion...see I have to move my wings a little harder, I have to give more power into it, but it will work. I and you are guided and blessed. There is no need to have sorrows. There is enough of everything for every being. Just trust and love. Live and love your life. Love is the center of everything. You are guided and held. Life is easy. Praise the Lord.”

I was deeply touched because trust is also a very important word in our Tellington TTouch work. The first T in TTouch is the symbol for Trust. If I trust myself and see and trust the perfection in the other being we are as one. We can then feel the oneness.

I can see trust in perfection often in my work with difficult animals. Last week a veterinarian doctor brought me an aggressive dog. The owners asked the doctor to put “Lucy” to sleep. The background was that the six children of the family had broken her tail and since this time Lucy was growling and showing her teeth. Lucy came out of the cage and was growling, snapping and barking. There was no chance of getting close to her. I was speaking with her and tried to see her perfection. She has a

beautiful black coat and I visualized a happy and calm little dog.

I started to touch her with a long parrot feather and she peed and screamed and snapped into this feather. I still trusted my image of a sweet and peaceful dog and with a second stick I was able to slip a collar with an attached leash over her head. After that I trusted even more and got closer and closer to the feather and touched her with the backside of my hand. She calmed down and closed her eyes. Till this moment she followed me everywhere and after 2 hours she was sitting on my lap licking my chin. Now she is one of the most beautiful and gentle dogs I ever met.



Pic 2: Lucy and me

When I am thinking of this I remember the story of St. Francis in Gubbio.

The Wolf of Gubbio

When St. Francis was in Gubbio, a huge wolf was threatening the animals and the people of the town Gubbio. The people closed their houses and took weapons with them when they had to leave the house in order to be ready to protect themselves in case the wolf would show up. They only left the city in groups in order to be more forceful. But if they were alone they were still not able to protect themselves. The people got more and more afraid and at some time they even didn't leave the city anymore. They asked St. Francis for help and to talk to the wolf. He went to this wolf without any weapons and he was also full of trust in the love of god. The wolf came growling and St. Francis made the sign of the cross in the air and spoke to the wolf: "Brother wolf,

please come to me and I tell you in the name of God that you don't need to do any harm to anyone and also not to me". The wolf closed his mouth and laid down to his feet. Francis went on with his speech: "Brother wolf, you kill and eat a lot of beings without the agreement from God. You took the power which is a gift of God like a robber and killer. The people hate you and they cry. Brother wolf, I want to make peace between you and the people from Gubbio. Please use your power which God gave to you in order to protect the town and in return the people of Gubbio will feed you and will be grateful for your work."



Pic 3: The more than life-size statue of St. Francis and the wolf in Gubbio



Pic 4: myself kissing the Gubbio wolf

When the wolf heard these words he wagged his tail and put his head down. St. Francis spoke again and he said: "Brother wolf, if you understood all this and if you are willing to do your part and be gentle to everyone in the town, then put your paw into my hand." The wolf came like a tame dog and put his paw into St. Francis hand.

St. Francis asked him to come with him to Gubbio and the wolf followed him. He asked to give his paw again in front of all the people and the wolf did so. The people fed him and the wolf lived for another 2 years in peace with the people of Gubbio. They buried him and were deeply sad when he passed away.



Pic 5: The statue of St. Francis and the wolf in front of the little church where the interaction took place

That is the story of the wolf of Gubbio and most people thought it is a made-up story, but some years ago scientists found a grave with a huge wolf skeleton in front of the town in Gubbio and there were a lot of gifts like flowers together with the wolf in the grave. This is what Jean Huston told us 2008 in Chartres.

The main message of this story is again the love and deep trust in God and his creation. Like we see in this story St. Francis had deep respect for every being.

Be grateful for your Life because of the love

Try to live in the light of god and your face shines into the sun.



Pic 6: The statue of St. Francis and the wolf of Gubbio in front of the St. Francis Basilica in Santa Fe, NM – two different views.

The posture of the wolf when he felt St. Francis' love were the common calming signals [2] which wolves and dogs show in order to calm themselves and others down. When an animal is able to show the calming signals it starts to relax and feels safer and trustful.

Aggression comes from a place of fear and it is a cry for help.

This is what I learned from Linda Tellington-Jones. This idea helps me so much in my daily life with people and their animals. If we are able to see aggression from this point of view it is much easier to stay in LOVE and KINDNESS. In the story of the Wolf of Gubbio we see what a perfect Role model St. Francis was. In his strong LOVE to God and his Trust he was able to stay in kindness and peace.

When we are in a state of kindness and peace we have a measurable effect on the biochemical processes in our body. Stress hormones will be suppressed and hormones of joy like dopamin and serotonin will be produced. Our Heart will come to a healthy state which is called the "heart coherence" and our brainwaves start to pulse more slowly; this means we are more connected with our intuition in the Theta state [3]. This is what Anna Wise calls the "radar" which is produced by the delta brainwaves. This state helps us to be able to have visions and telepathic possibilities.

Today we know that our thoughts and feelings have an effect on other beings. Joachim Bauer writes in his book, "Warum ich fühle was Du fühlst" [4] that we have mirror neurons. These mirror neurons get active when we are in contact with other beings. We can learn to control our mirror neurons so that we can offer nice things to mirror like St. Francis did with the wolf. He didn't mirror the aggression of the wolf, he offered love, peace and trust to the wolf and he accepted it. All beings want to come to harmony. Our thoughts are like vibration, energy and frequency. We stimulate a tuning fork with our thoughts; everything around us is surrounded by these frequencies.

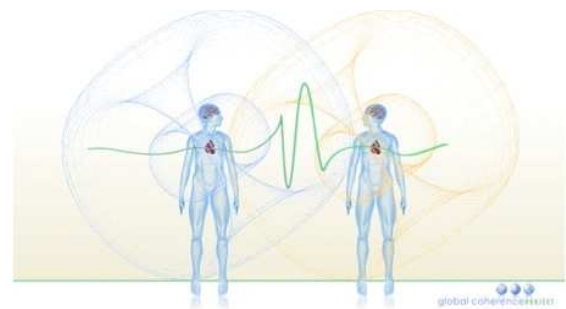
A big danger lies in mirroring emotions like aggression or sadness. When we do this we

will increase aggression or sadness in our surrounding.

It is such a good exercise that John gave us to stay in LOVE, KINDNESS and GRATEFULNESS even in difficult situations or with difficult people. If we stay in these feelings we have good things to offer to the mirror neurons for other persons or beings, even if they are a little bit of a challenge for us.

If we stay in these feelings we also have an effect on our heart coherence. Scientists and medical doctors who created the heart math institute found that if we are in good feelings we are in heart coherence. When we are in heart coherence we can measure an electromagnetic field over 3 m around our body. This has an effect to all beings around us. All beings look for harmony.

The heart math institute also did several tests with animals. One test person thought about something that makes her angry and that causes no coherence. A horse which was within in the electromagnetic field of her body walked away from her. As soon as the woman thought about something which touched her heart and filled her with love she came into coherence and the horse came close to the woman and put its head on her shoulder.



Pic 7: The electromagnetic waves produced by the heart transmit information to the external environment, interacting and resonating with others

Today we are able to measure the things St. Francis did only by intuition, trust and love. I feel that it is so important now in our time to come back to these natural feelings, to come back to trust our intuition. It is time to reconnect the science and the spirituality. It is good to have all the possibilities to measure and analyse everything and to make it logical

for the left part (the logical part) of our brain. But it gets more and more important to go back to the nature, listen to the voice within us and take time to connect with the truth which is in everyone of us. The right side of the brain which is the home of our intuition and which is the part that connects everything needs to be acknowledged. Jill Bolte Taylor, a well known neurologist who had a stroke by herself, wrote in her book "Mit einem Schlag" [3⁵] how fascinating it is to feel only the function of right side of the brain. There are no boundaries, everything is connected everything is one. And there is only peace. She decided during her recovery that she wants to keep more of the function of the right side of her brain in her daily life. She decided to let go of the strong functions of the left side of the brain in order not to judge over other persons, which was her personal problem. She found little tricks how she can increase the function of the right side. As soon as she realized that the left side is too active, she is taking a break and she is working with cards like angel cards which helps her to quit from logic back to intuition.

I am sure that if we go back into nature and talk with the animals we will have the same effect. If we meditate like St. Francis in beautiful environment and talking with animals we come back to ourselves, back to our intuition and back to God.

Santa Maria Degli Angeli – some facts

The Basilica of Santa Maria Degli Angeli dominates the landscape below Assisi. It seems very impressive, but it is "only" a protective building for the "Porziuncola" and the "Cappella del Transito" (chapel of transition). In the second half of the 16th century, pope Pius V ordered that a big building should be built around those famous places in order to accommodate the lots and lots of pilgrims that came. This is also why you find a lot of drinking fountains on one side of the basilica.

- It was the third Church renovated by Saint Francis (after San Damiano and San Pietro della Spina)
- 1208 in the Porziuncola, Saint Francis understood his mission
- 1211 St. Chiara got her blessing by Saint Francis and her hair was cut
- 1216 Saint Francis got redeemed from sin by Jesus Himself
- 1221 there was a chapter with 5000 monks. Saint Francis told his followers always to respect this place and never let themselves be expelled from here. If somebody was to chase them away, he told them, they should re-enter from the back door
- 1226 Saint Francis died here and sang his hymn to the death and many birds (especially the larks that he liked so much) joined him.

The White Dove at Santa Maria Degli Angeli

There is one story of St Francis where he asked a young boy on the market to give him the doves which he offered on his booth. St. Francis didn't want them to be killed, so he took them home. The doves were very tame and sat on St. Francis' hands and shoulders. They got a lot of babies and all of them were tame. St Francis loved the doves because they are so peaceful and sweet. The young boy from the market finally came to St. Francis and followed him as a friar.



Pic 8: St. Francis and a (alive) dove in his basket

Those things happened in/to Porziuncola:

When we went to Santa Maria Degli Angeli, I had also an experience with a dove and other animals.

We walked from Assisi down to the huge Basilica. And I thought to myself :”How sad, now I am in Assisi and follow the path of St. Francis but where are the animals?”

I loved the walk and the time in nature. We walked in silence and so we all had time to be with and within ourselves.

We had time to follow the little exercise John Hanagan gave us: “Be grateful for every detail in your life and try to live in the light of God”!

I was grateful for the nature, the beautiful plants, the sunshine, our faculty, the lovely participants, my husband André who was on his personal pilgrimage. Then there were bikeriders who crossed our way with a lot of sound and much happiness, I thought they were singing like birds and I had a big smile on my face. What a powerful exercise.

At The chapel I saw two pictures and they showed eurhythmic gestures like we learned in the sacred practice with Karen Rivers. I remembered Karen saying that these gestures are the language of the angels. This is what I felt this time in the sacred practice even more than last year in Chartres. So I was happy to see these gestures. Then we went into the Basilica by our own and I had time to explore. First I looked at the huge paintings and I saw animals. What I recognized in the paintings in every church in Assisi is that the animals have faces which show feelings. In this church there was a painting of a baptism and the humans don't look very interested, but a little dog in the left corner of the painting is sitting there, looking at the baby and he seems to know that this baby is a really important person. The dog is looking directly to the baby and lifts his paw. I wonder if the artist wanted to express that there was already a deep connection and understanding between the baby and the dog. So I was happy to see at least a painting of an animal.



Pic 9: Painting of a little dog in Santa Maria Degli Angeli

While I was walking around, people started to sing and it sounded so beautiful. I decided just to follow my intuition and I went into the rose garden. I saw the beautiful statue of St. Francis with a lamb and then I saw water turtles and I was so happy to see real animals. I went back through the chapel and came to the Porziuncola where St Chiara got her blessing by St. Francis and became a member of the order. There was a sign: "Please silent-only Prayers". So I sat down and closed my eyes. I thought on this wonderful woman, who followed St. Francis and who was full of LOVE to God all of her life. I thought how interesting she was. Originally I came to learn more about St. Francis, but now I had the strong feeling that I had to learn more about St. Chiara also. As I was sitting there I heard a clear voice in my head which said: "Go back to the rose garden and talk to the turtles". So I went back to the garden with my notebook and a pen. I looked at the turtles who were sitting in the sun and they said: "Enjoy the sunlight. You are the light. You are like He is."



Pic 10: The water turtle in the rose garden at Santa Maria Degli Angeli

In this moment a dove was flying directly over my head and touched my hair and a little white feather fell into my notebook. It was clear for me: this is a most valuable present. The dove said to me: "This is my present. Don't be so serious. Eat and be happy."



Pic 11: The gift from the dove

A little sparrow flew nearby and he said: "Life is beautiful. Here is your place, right between us in the sun."

Once again now, the dove flew over my head and said: "See, I am still here, just like all the others who will help you." And she flew to the second dove and she said: "We are twin-sisters, we trust our connection."

This touched me deeply because in all my life I had a deep wish to have a twin sister. In 2005 I had a surgery and they found a twin-sister which was attached on my ovarian. There were little bones, hairs and teeth in a liquid bubble. The doctors put "her" away and so I didn't have a chance to say goodbye.

Then a butterfly flew close to the window and said: "Look at me, we are all here. Everything is easy and light like a feather"

The turtle said: "Follow the LOVE in your Life"

Suddenly I saw a little Lizard and I was so surprised to see him. He was hidden under a

little bush. He said: "Sometimes it is good if you hide. Turn to the sun. Speak for us and please ask also Angela to do so." In this Moment I thought: "Hm, what if I only think that I understand the animals but it is not true in reality". I asked the lizard to come closer to the window to prove that I understood him right and that he was really able to hear me. Immediately the lizard came closer and closer to the window and I had Goosebumps all over my body. He said: "Yes you understood me and all the others right, see I come to you. Nothing can hurt you. See, I go into the water. Enjoy the water and eat and drink"

The turtle spoke again: "You can go now. We will send you more messages, be open for them. Be happy, enjoy your life and turn your face to the sun with all of your heart"

This was a delightful experience and I went back to the Chapel and out into the sun. I was sitting in the sun with the feather in my hand and Angela came so that I had the chance to tell her the wish from the lizard. I decided to walk back to the seminar room. John and Karen walked with me and first we decided to walk in silence. It was ok for me but then I realized that I would so much like to talk about my experience and I am sure Karen Rivers heard my thoughts, because she said: "It would be so nice if we could talk, because now we have the chance." I was so happy and I told her the whole story and other stories of my life with the animals and I realized that I did it with even more passion than I already did before.

St. Francis and St. Chiara's Life seems to stimulate more passion in my life!

San Damiano – some facts

San Damiano is located 1 mile beyond the city walls of Assisi. If you walk from Assisi to San Damiano, you pass wonderful olive groves. The little church of San Damiano was originally built between the 7th and the 8th century and was a location for prayer for people living in the area. At the beginning of the 13th century, San Damiano was almost completely abandoned and devastated because nobody cared about this place anymore. After Saint Francis received his mission from the crucifix, San

Damiano was the first church he renovated with his own hands. After Santa Chiara joined him, it became the home for her and her order of the poor Claires. She lived there for 42 years until her death. St. Francis returned several times to this place. 1225, marked by his stigmata, weak and almost blind, it was at San Damiano where he composed the "cantic of the creatures", also known as "cantic of the sun". It is the most wonderful testimonial to God, nature and all beings.



Pic 12: The „Cantic of the Sun” drawn by the Indian Artist Lucy D’Souza-Krone. All the elements of the cantic can be found in the picture.

St. Chiara's deathbed in San Daminano

We walked to San Daminano. it was a beautiful morning and the weather was brilliant. In the room where St. Chiara lived for 42 years and where she died was so much light and love that I didn't want to leave this room at all. We did a prayer in Eurhythmic Gestures and it was wonderful. Every molecule in this room seemed to join us. I looked out of the window and two swallows flew directly in front of my eyes and they flew a figure 8. They said: "Yes we are still here and we sing full of joy about God's deep love. And we are happy about

everyone who sings with us. You are blessed - God bless you."



Pic 13: The place where Santa Chiara died.

St Chiara's crypt in the church of Santa Chiara

In front of Santa Chiara's grave I took time and I stood there like in a meditation state. With all the things I heard before I was more and more interested in her life and in her as a person. She was so pure and full of Love since she was a young girl. (In contrary St. Francis was a rich young party guy in his younger years and it took quite some time and incidents before he found his real destiny)

Now in front of her grave I was able to feel her love. It was like pure universal love was pouring out of her grave; Like a soft cloud which surrounded me and I felt this love in every cell of my body and the center of my palms started to burn a little bit.

Suddenly I remembered a poem which I received from the waters of a little river years ago and it was like a mission.



Pic 14: Santa Chiara's Crypt

St. Chiara told me to do a heart hug ceremony with the group and send love, Pax et Bonum to the water. Every cell within us is made of water and if we feed the water with Love, Love will be everywhere. The words I heard in my mind were: "This is the message for everyone. **Trust your LOVE!!!**"

The Hermitage

We went to the hermitage and it was such a breathtaking countryside. I could clearly imagine how St. Francis was there meditating the whole day. We stopped at a statue representing St Francis lying on his back with crossed feet looking into the sky. We started to sing there and it was beautiful and such a blessing. The time in the cloister was very touching to see the bed where St. Francis slept and also the little caves where the friars lived.

I remembered a story with St. Francis and the Raven. It was here where St. Francis adopted a Raven. The brothers were afraid, because Ravens should bring bad luck. But St. Francis told them to let the Raven live and eat with them. The Raven was always with St. Francis they were really good friends. When St. Francis died the Raven was very sad, got ill and followed his dear friend to heaven.

It was as if the time had stopped on this sacred place.

I saw some trash on the ground of this blessed area and I felt a little anger in me over the people who left their trash on this holy land but then I remembered our little exercise to stay in LOVE, KINDNESS and GRATEFULNESS. So I picked the things up and brought them to a trashbox, sent Love to the place and to the

people who left the trash and felt peace. Thank you John for this brilliant exercise I repeat it often also here at home.

After this I had the feeling of oneness and felt so connected to everyone, every being and the wonderful land.

La Verna

The countryside in La Verna is beautiful and we loved our trip to the mountain La Verna. There were big trees and an enchanted forest. We walked up to the place where St. Francis slept in-between the Stones. The stones were split and it looked like a cave and some bats flew around. Close to our group there were two little baby birds crying for food. I had a hard time listening to the lectures because I couldn't stop listening to the two little creatures.



Pic 15: 2 little baby birds listening to the lectures of Karen Rivers even though they were hungry.

We walked around the place where St. Francis got his Stigmata. The nature there is wonderful but I didn't really feel well. It got worse when we went into the house. I felt cold and shivering and I wondered what this was.

A school class of maybe 6 year-old children was in the same building as we were. Angela carried her little dog Malinda under her arm because she was also shivering. One little girl turned around and looked and smiled at Malinda. The teacher told her to look at the painting, where St. Francis got his Stigmata. The little girl looked shortly at the painting but she turned around again and came closer to Malinda. The teacher asked her again to look at the painting. But she couldn't turn her eyes

away from Malinda. A young boy also looked at Malinda. And then both of them started to stroke the little dog with such soft and tender hands, that I got tears in my eyes. They touched her little feet and she stopped shivering. The teacher asked them to look at the picture, they did it shortly but then the little girl came back and kissed Malinda directly very gently on the heart. Malinda licked her hand and didn't shiver anymore. The teacher got really angry and I said to her: "Look at these two kids, they are like St. Francis and they have a deep bond to animals". I am not sure that the teacher understood what I meant, she was very stressed. But I am sure that the two kids knew by intuition what Malinda needed and they had only peaceful and lovely thoughts and Malinda mirrored these gentle feelings back. After this experience we went out again and the sunshine felt so good and so I decided to sit in the sun and think about all this.



Pic 16: Angela and Malinda after Malinda's wonderful experience

The feeling here was so different from the feelings in the Hermitage and I am sure that the whole area of La Verna still carries this information about the hard time St. Francis had there.

Karen Rivers told us that there are several persons with stigmata even in our time. This sounded really interesting for me and I looked for these cases in the internet. The scientists wonder how the stigmata come to a person; there is no explanation for that. Some religious people say this is a proof that God exist and shows up in these persons. Interesting is that a lot of the people who have stigmata, cannot eat and drink anymore. But they live. A lot of

them have visions. St. Francis is the first documented stigmata case in history.



Pic 17: St. Francis receiving his Stigmata at La Verna

Saint Francis Church – some facts

Saint Francis church is divided in the upper and the lower church. When brother Elia was elected to be the architect for this church he immediately decided this very new kind of construction. The church was thought to be the home for the corpse of Saint Francis but also should be an ideal location for prayer, gathering and science. The shape of the church is the one of the TAU, the sign of Saint Francis and not the one of the cross like ordinary churches are used to be built. The lower church comprising the crypt and being the baseplate for the whole building was intended to be the hostage for the body of Saint Francis and seems dark and not so spacy and friendly. In contrary, the upper Church is huge, light and colourful.

The Church is located on the formerly so-called "Hill of Hell". This name originates from the fact that the hill was formerly located outside of Assisi and the persons who were sentenced to death were executed there. But shortly after Saint Francis Body was present, the location was renamed to "Hill of Paradise" [6].

The construction of Saint Francis church was performed unusually quickly. Several factors contributed to this:

- Formal construction started on 12 March 1228 by Simone de Pucarello donating the ground "pro batissimo corpore Sancti Francisci" 2 years after his death
- Pope Gregory IX took care personally for surveying the construction
- Brother Elia was very motivated.

The lower church was already finished in 1230 and on May 25 Saint Francis's body was brought there. The building was under the personal protectorate of Pope Gregory IX. 1236, the walls and tower of the upper church are finalised. 1253, the upper church is consecrated by Pope Innocent IV personally.

The high Altar in the lower church is very impressive. Exactly below this altar Saint Francis is buried. The Frescoes in the lower church represent the life of Christ. The ones in the Upper Church draw a perfect picture of the life of Saint Francis. Here, one can find many parallels to the life of Christ. It is fascinating to study how all the paintings seem to interact. One painting cannot be regarded by its own but has connections to several others. For example, persons in one Fresco seem to watch others in another one.

The story of Saint Francis corpse is quite impressive. It was brought to the Lower Church 4 years after his death. After that, it could be seen through an aisle leading from the choir to the burial chamber. After Assisi was pillaged and threatened to burn by the Perugians in 1442, they tried to steal the body of Saint Francis, but did not succeed, so they tried the diplomatic way by saying the body would be safer in Perugia. But the Pope did not give in and decided the closure of the burial chamber. In last consequence, Pope Sixtus IV gave the order to close the chamber so that nobody could ever reach Saint Francis' body again. The construction was a special sarcophagus

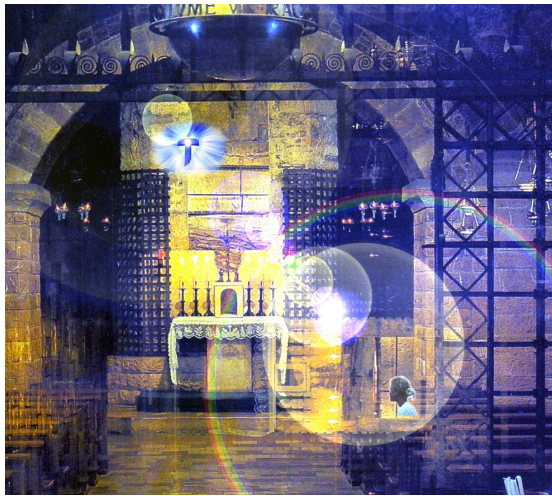
brought from far away, a steel grid around it, filled with concrete around it and surrounded by rock. Many efforts were taken to reach the corpse of Saint Francis. Only in 1818 after the order of Pope Pius VII, after 52 days of effort, the body of Saint Francis was found. After that, the crypt as we know it today (with some modifications in the 1920s) was built. What can be seen today is the stone urn in which Saint Francis' body has been contained from the beginning.

Lecture at the grave of St. Francis

When we came to the St. Francis Cathedral I was very impressed of the beautiful and big building. I felt happiness when we walked in. And when I was walking in front of St. Francis grave I suddenly felt something like a huge wave which pushed me back and surrounded me gently. I felt deep joy and I had the feeling to be on the right way doing exactly the right things. First I couldn't move and so I was standing still, after a while I sat down and I still felt this deep, deep joy and a deep connection to St. Francis. I had an image that St. Francis is standing there blinking with his eyes and doing the gesture of joy which Karen Rivers taught us. As I was sitting there I saw a round royal-blue light on the top of the left side of his grave and rays of this blue light came right into my heart. Tears came into my eyes because I felt so happy. I heard the words: **"You are on the right way, you know that you have to go on with the work Jesus and me began.** We are here for you and we will help you. Just ask for help if you need us. I will be at your side. Keep your heart, your ears and your eyes open for signs and hints. And be full of joy. God's wish is that his creatures are happy. Take the things easy and smile and laugh and bring hope, joy and happiness to the whole world!"

Wow, I didn't want to go back but we had to go back to our group. So I went away from the grave but I couldn't stop smiling. And still, when I am writing this I have to smile and feel this deep joy. On the same day I found a TAU out of a royal-blue stone and I bought it

immediately. When I wear it I always feel the joy in me.



Pic 18: My vision in the crypt of St. Francis

This experience really gave me power to go on with my dissertation and I felt even deeper how important this work will be and that this is a really important work in my life. I feel so guided, blessed and happy. It seemed that the power of the passion that St. Francis followed in his life came into my life too. And since the pilgrimage to Assisi people say to me that I look so happy when I am talking about my dissertation and that they can feel how important this work will be. After the pilgrimage I found "per accident" a film producer in Germany who is willing to help me and who knows sponsors who will be interested in the work too. So I can feel that there is help and I am sure that there are no accidents.

This experience taught me how important it is to be happy and to trust. When I have trust I am open to listen and I have time to see and to feel and react in a peaceful and effective way.

The Tau



Pic 19: A caterpillar walking on André's wooden Tau

It blew me away when André told me that the sign of our Justus Liebig University in Giessen, where I did my masters degree, is a blue TAU. I totally forgot about that!



Pic 20: The emblem with the blue Tau of the University of Giessen where I did my masters degree in biology

In India the Tau can be compared to the tilak mark which is marking the forehead of the point of the third eye. This is a custom practice by Hindus and others, signifying that they follow their Gods. And here is the connection to India: Mahadeviakka is an Indian woman who is the feminine counterpart of St Francis. Our dear Friend Lucy de Souza Krone draw a picture of Mahadeviakka who was able to speak with animals.



Pic 21: Mahadeviakka, the Indian equivalent of St. Francis

The Tau is the sign St. Francis used for his signatures. The St. Francis church is built in the shape of a Tau.

"St. Francis had first encountered this symbol when he was caring for lepers. For him the Tau represented life-long fidelity to the passion of Christ.

The Tau represents the fulfillment of the revealed word of God. It was his pledge to serve the least, the leper and outcast." (source: www.shrinesf.org, a very worthwhile website for St. Francis-Fans)

The Leper

Karen Rivers taught us a role-play about St. Francis and the lepers. Everybody took a role and then we started first to read the story and it was interesting.

On the second day we already played the roles and it was so touching. It felt like we were really in this time at this place where everything happened. I had the honor to play a sacred being and it felt so tender and warm and loving to help by just being there and doing the eurhythmic gestures.

In one part Diane had the role of St. Francis and John was the leper who was yelling and angry. It was so heart touching when Diane started to wash John and he got calm and friendly it was like the real situation. It felt really like a sacred practice. After the role play we had a discussion about how to deal with beggars.

I think it is the same as I mentioned before: it depends what we have in our mind. If we are angry or feel sad or ashamed about the beggar, then the beggar has only the chance to mirror that. If we are open and full of respect and love we can give a big gift, no matter if we give money or not.

The African Zulus have a greeting which means: "I see your soul"; this is so important, that we see each other. One of the most special Hawaiian greeting is "Aloha uhaue" which means: "I send Love to your spirit". The Indian greeting "Namaste" means: "I greet you soul"

To treat others with respect and joy has even been proven with plants. Scientists divided a set of plants into three groups. The first group heard everyday lovely words like "thank you" and "how nice that you are here" the second group heard words like "you make me ill" "you fool" etc. and the third group was completely ignored.

The first group was the best, the plants were really beautiful and big. The second group was still alive but the plants were not so big like those in the first group. And the plants which were ignored were really ill and dying. So I'm sure that it is so important to see each other, and try to see the perfection in each other just like we do in our TTTouch work.

St. Francis showed love and respect so beautifully when he approached everybody with the words from his lips and from his heart: Pax et bonum.

I love the words of Mother Teresa: "If you adjudge someone you don't have time to love him".

Love is the only thing which grows if you waste it. Pax et bonum!

Penance

Angela and I discussed a lot about the penance in St. Francis' life and that he was often cruel to his own body. For me it was hard to understand because he loved so much God's whole creation but to his own body he

was sometimes really cruel and hard. And so was St. Chiara as I read in a little book about her life.

Jesus told us:” Love the others like **yourself**”!

When we are nice to ourselves and our body
we have the strength and the power to radiate
our Love to others.

In all the messages from the animals I got the information to be happy and to eat, drink and enjoy the sun which means for me to be good to my body. Our body is the temple of our soul and so it is important to be nice to it.

As I wrote before we can measure the results in our brainwaves and in the heart rhythm. In this context we were really happy to hear that St. Francis shortly before he died apologized for every cruelty he did to his body and asked his body for forgiveness. This brought my thoughts to peace and for me that is a really important lecture for us all shortly before his death and a hint to be nice and respectful to our bodies.

Silk drawing

On our way home from Assisi I had the vision of drawing my experience in Assisi on silk.

You can see St. Francis who is making the eurhythmic Gesture of joy. This was the feeling when I was standing and sitting in front of his grave. He has a Blue Tau over his head the sign for oneness and understanding.

Santa Chiara is on his left side and she is making the eurhythmic Gesture of universal Love. This was the feeling I had in front of her grave. She also has the blue Tau over her head, the sign and signature of her beloved St. Francis. Her dress is gold and white like the sacred colors.



Pic 22: My silk drawing

In the middle and in front of both I am standing there making the eurhythmic gesture of Receiving. I felt like a thirsty sponge, ready to receive every lecture, every gift and blessing.

The color of my dress is blue, this is the color for the state of the theta-brainwaves like Anna Wise is writing in her book Power-Mind Training [7]. In the state of the Theta brainwaves we are open to receive messages and insights and we are open to spirituality. I receive the two blue Tau which come together and build the double TT of Tellington TTouch. I believe that this brilliant TTouch work is my tool which will helps me to do what God wants me to do. The Hand which is coming out of the sky is the hand of god who is leading my way and passes his blessing.

The double Tau is also the sign of the pi which symbolizes the endless number of the circle 3,14..... The basic Tellington TTouch is a movement of the skin in a 1¼ circle.

Around us is a 1¼ TTouch circle in the sacred colour of gold which brings all gifts together. The end of the 1¼ circle is on the element of fire. The fire stands for the passion which grew in me so much during the pilgrimage.

The elements of the sun and the moon and the stars, the fire and the water are the elements of the canticle of the sun from St. Francis which I love so much.

The wolf sitting at my side and giving his paw is the symbol for my deep connection to the animals and St. Francis.

The two doves stand for the experience I had in the rose garden of St. Francis with the dove which gave me a little white feather as a gift. There are also the little Lizard, the water Turtles, the butterflies and the birds who spoke to me in the rose garden.

The two swallows stand for the experience which I had in San Damiano, when I looked outside the window and saw the two swallows and their message was: „Yes we are still here and we sing full of joy over God's deep love. And we are happy about everyone who sings with us. You are blessed - God bless you.”

The dolphins and the Fox are my animal guides which came to me in a shamanic journey.

The donkey and the ox on the left and the right side are symbols for the deep connection to Jesus. Jesus and St. Francis were born in a stable. I was born in a street with the name “Viehmarkt” which means animal market and so I had always a deep connection to farm animals. I still love cows and pigs.

Conclusion

St. Francis' life and especially the Pilgrimage to Assisi stimulated so much more passion and trust for my dissertation project, my life, my connection with animals and my beliefs.

I believe from early childhood on, that it is so fundamental that we are in close contact to animals. This is my gift which I brought with me to earth. I stroke every dog, every bunny and every cat, I was fascinated by spiders, worms and bugs and every little creature. I am so grateful that this never changed.

St. Francis showed us centuries ago how important it is to have this contact to nature and to the animals and to be grateful for every being which is made by god because it is an expression of himself. He showed and lived

this with so exemplary passion, love and understanding for everyone.

I believe that Children have this gift being close to the animals and seeing them as teachers and brothers and sisters just like St. Francis did. They understand each other without boundaries. As adults we have to learn it again and St. Francis is a brilliant role model for that.

We have to come back to nature and it is important to take time to meditate in the nature. This will bring us back to the feeling of oneness which will help to care for each other and care for the whole planet. The world today is so full of technical items and stress that we hunger for the silence and peace in nature. Just like St. Francis when he went to the hermitage or to La Verna in order to be alone in nature close to God.

The Pilgrimage helped me to create more trust in the communication with animals and I also see more and more how significant my dissertation is.

I understood how necessary it is to follow the LOVE in my life and speak for the animals which is a deep longing of my heart.

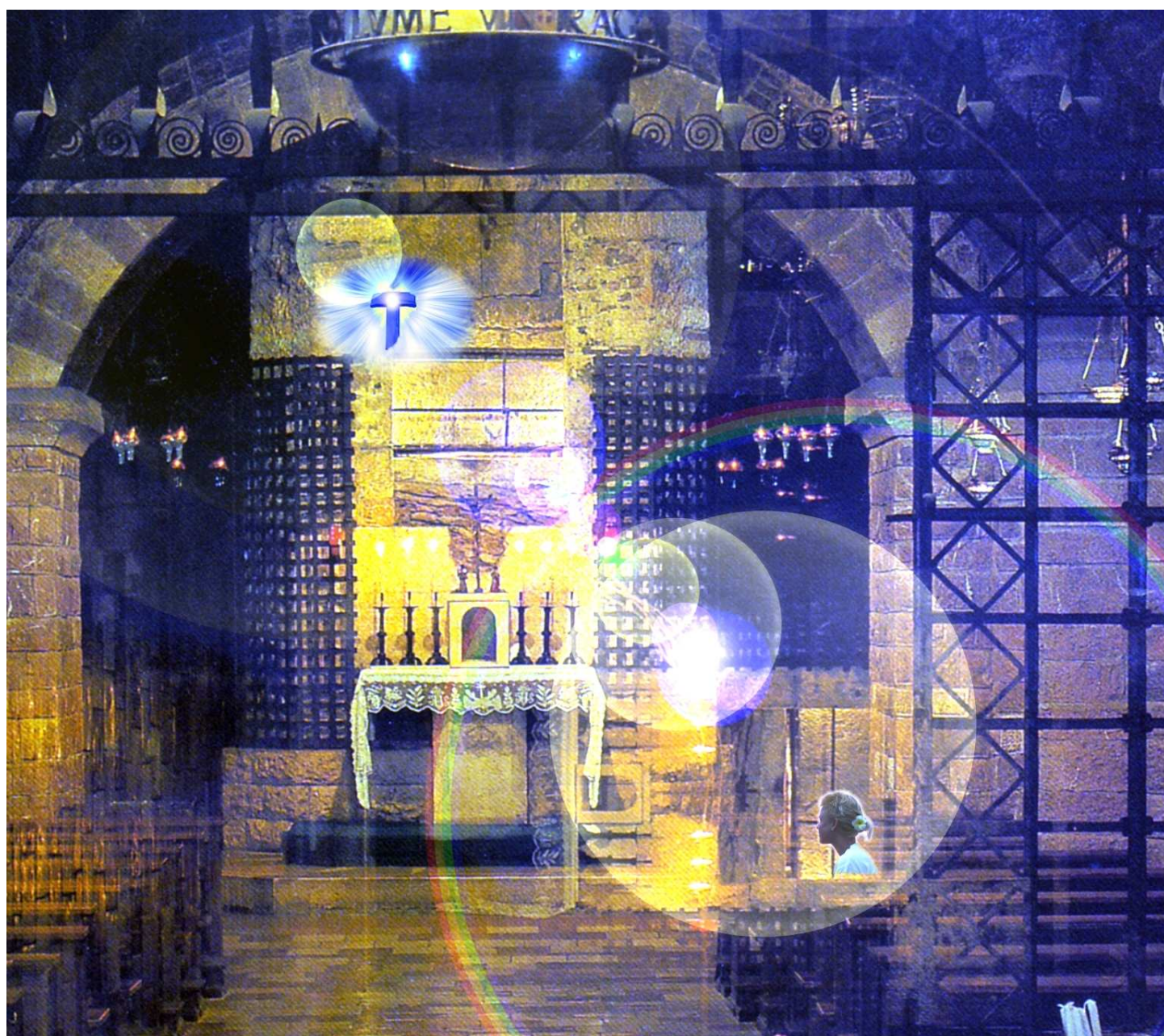
The animals in Assisi and also St. Francis taught me to enjoy the life, be happy and be nice to my body, because God wishes that we live a happy life.

The journey stimulates in me also to live in Peace, Love and Kindness and be grateful for every detail in my life!

Thanks for everything.

Pax et bonum to the world!





Appendix: Cantic of the creatures on CD

Dear Karen, dear John,

The cantic of the creatures is my favorite song of St. Francis. It expresses so much Love and gratefulness for God's creation.

The Music written and performed by Angelo Branduardi is very special for my husband André and me. Two years after we met and being very good friends we had a beautiful evening and spoke a lot about our lives and everything. In the background we heard the music of Angelo Branduardi (not the cantic but lots of other songs written by him). When we heard the LP for the 5th time we looked each other in the eye, stopped talking and kissed for the first time. It was the beginning of our relationship.

When we left our first lecture from wisdom university in Chartres 2008 André found a CD from Angelo Branduardi where he sang all the songs from St. Francis. It is called "L'infintamente piccolo" and more than worthwhile listening to. On the German issue, you can listen to Angelo Branduardi singing the cantic also in German.

We were so happy to have this song and we both love it very much.

With his magical technical knowledge André put his photos which he takes so brilliantly fitting to the music into a little presentation.

Together we changed now the presentation and put the actual pictures from Assisi into it.

It means so much for us and we hope you can see and feel the love and the passion we put into it.

The animals you see are mainly from our little zoo and the nature pictures are from Hawaii, Bremen and Assisi.

Enjoy watching it.

It can be found on Youtube under

<http://www.youtube.com/watch?v=g5l3Oqu3AbA>

and the version with English subtitles you will find when you search for afreiling in Youtube.

And John, you said, that you we should write and work with so much joy and love that you will get your wife out of the kitchen when you can feel the love we put into the work...

We hope that you will get your wife out of the kitchen to show her this ;o)

Much Love to you both

Karin and André

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