

Putting the ego in its place

Kabbalistic healer Carol Hornig helps clients nurture a relationship with their higher consciousness

By Robert Michael Esformes

Remember the old Dr. Seuss story about the cat with many hats? Just when you think you've seen the last of them, one more cat appears from under the last hat. Having lunch recently with Carol Hornig, a West Hurley resident and healer with many hats, was a bit like that. In a geographic area so rich with therapists and healers of many stripes, she brings a unique combination of modalities to the work.

In addition to her four years of study in Integrated Kabbalistic Healing (IKH) with internationally known spiritual teacher and modern Kabbalist Jason Shulman, she has also trained in the Hakomi Method as well as in Internal Family Systems Therapy. Add to this her credentials as a New York State certified nutritionist (and former chief nutritionist at the Strang Cancer Prevention Center) and you have a comprehensive healing practitioner who encompasses the emotional, nutritional and spiritual domains in her work. (It's not at all surprising that her Website, which is still under development, is deepnourishment.com and her email address is feedsoul@mac.com.)

The study of Kabbalah is a vast pursuit, encompassing the mystical and esoteric teachings within Judaism that date back to ancient times. Its various doctrines and schools deal with extremely subtle ideas about Creation and the spiritual dimensions of self and world. Interest has grown rapidly in Kabbalah in both Jewish and non-Jewish circles over the last decade or two, and there are many schools with varying degrees of depth, authenticity and adherence to religious practice. Hornig concedes the IKH school, too, has its own subset of Kabbalistic lore and learning. Our conversation focused on the trajectory of spiritual healing using Kabbalistic principles as a reference point.

It's generally understood in Jewish teaching — as well as in Buddhism and numerous other spiritual disciplines — that the primary human problem is the distress born of our sense of separation from the whole. This separative self — what we usually call “ego” — though only a partial self and unenlightened about its true ground, prefers to consider itself the primary identity. Ego, however, can only

ultimately thrive in relationship, not separation; in connection with the higher, not in denial or ignorance of it. In spiritual healing, ego is invited to open itself to the domains beyond its immediate concern, to acknowledge its connection with the Source. As we change our consciousness, we change our lives (and our bodies as well).

According to Shulman's teachings, the ego in right relationship with the Divine is able to be with what truly is, not with an image distorted by the ego's self-interest. Held in a larger container than only its own illusory bubble, ego is able to develop resilience, sensitivity, and the capacity to ride the waves — not in a battle with life, but able to go into the shadow places with kindness and compassion, to include the unknown both within and beyond itself. Moving beyond the alienation and suffering created by the ignorant ego's sense of separation, a true relation to the higher consciousness can be nurtured.

In her individual hour-long sessions, Hornig generally spends about 40 minutes in conversation with the client to assess the individual's state. She uses the paradigm of the ten S'phiroth of the mystical Tree of Life. In very abbreviated explanation, these ten emanations of the Divine represent various aspects of Creation and point beyond themselves to the Ground of Creation. The Kabbalists have developed these concepts into a full model of reality, using the tree to depict a “map”



DORIS BARNES

KABBALISTIC HEALER CAROL HORNIG (LEFT) LIKENS HERSELF TO A TUNING FORK, RESPONDING TO THE VIBRATIONS THAT SHE FINDS IN THE ENERGY FIELDS OF HER CLIENTS.

of heavenly realms and corresponding parallels in human nature. (Consult one of your local Jewish mystics for more information.)

Hornig likens herself to a tuning fork, respond-



“We were lucky to have Always There Family Home Health Services come in and take care of Dad. He received outstanding care from nurses who were exceptionally competent, talented and dedicated. They've helped put Dad back on his feet—he's living on his own again!”

Always There

Family Home Health Services

If you or a loved one are in need of compassionate, professional in home health care, the Always There family is ready to take care of you in your home. Our certified nurses, therapists, social workers and staff are here to give you and your loved ones the high-quality care you deserve.

- Adult, expectant mother, infant and child home care
- Wound VAC[®] and tele-monitoring
- IV therapies
- Physical, occupational and speech therapies
- Medical social work and mental health services
- Nutritional services

Always  There

Skilled In-Home Health Services
Compassionate Personal Care • Adult Day Programs

Call today

845-339-6683

www.alwaystherehomecare.org



MOLLOY

pharmacy

NOW OPEN

OUR 2ND LOCATION!

Molloy Medical Arts Pharmacy
St. Francis Medical Arts Building
241 North Road
Poughkeepsie, NY

Tel: 845-471-PILLS (7455)
Fax: 845-473-MEDS (6337)

WE DELIVER MON-SAT

Rt. 9 (4170 Albany Post Rd.)
Hyde Park, NY
Tel: 845-229-8881
Fax: 845-229-8948
Toll Free: 1-800-279-8884

PRESCRIPTION INSURANCE

THIS IS A LIST OF CURRENTLY ACCEPTED PLANS. PLEASE DON'T HESITATE TO ASK ABOUT YOURS.

• ADAP	• PCS Recap
• Advance	• Pro-Serv
• Alpha-Script	• Solution RX
• Capital District Physician (CDPHP)	• TDI
• Caremark	• United Health Care
• CIGNA	• Value Rx
• Empire BC/BS	• Wellcare/WHI
• EPIC	• Most Major Medicare Part D Plans Including:
• Express Scripts	• Human
• Federal Employer	• AARP Medicare Plan
• GHI	• Health Net Orange
• Health Card	• Rx Pathway
• Healthsource/PSCNY	• Rx America
• MVP	• Simply Prescriptions
• NMHC	• Community Rx
• NPA	• Silver Script
• NY Employees	
• NY Medicaid	
• PAID	
• Partners/PSCNY	

Complete Line of Medical Equipment

- Wheelchairs/Walkers/Crutches
- Blood Pressure Kits
- Blood Glucose Monitors
- Commodes
- Ostomy Supplies
- Support Hosiery
- Support Braces
- Hospital Beds
- Nebulizers

ing to the vibrations that she finds in the energy field of her clients. By holding a balanced relationship between the S'phiroth, a resonance is created that helps bring the client's own energies into balance. Unlike "energy work," which characteristically redirects the energy as if moving the water in a stream, the IKH work is more like moving the stream bed itself to free up the energy to move on its own. This can engage deep-seated belief systems that, when changed, have a wide-ranging effect on the life and well-being of the client. Sessions can be done either in person or at a distance. Besides individual sessions, Hornig also offers a six-week course in the fundamental concepts of Kabbalah and how to bring them into everyday life.

Says Hornig of her practice, "This work helps people know and claim who they are, both at the personal level and at their deepest, most essential level of being... It works because relationship and wholeness is what we're made of. When we're in relationship as fully as we can be, this calls forth our wholeness, and that is inherently healing. IKH assists us in embodying the understanding that we are a part of the ongoing manifestation of life no matter what our physical, emotional, or spiritual condition might be. IKH is an extremely compassionate way to make the sometimes difficult journey into our own truth. The process gently teaches us to let go of knowing what we thought we knew and what we thought we absolutely had to know. This work brings us, each at our own pace, into deeper and deeper self-realization."



DORIS BARNES

CHANGE YOUR CONSCIOUSNESS, AND YOU CHANGE YOUR LIFE (AND BODY AS WELL), BELIEVES KABBALISTIC HEALER CAROL HORNIG.

starved in this culture. We're not under-fed but we're under-nourished. What would it mean to nourish all of who you are?... To nourish all of who you are is to provide what is necessary for physical, emotional, and spiritual growth and health. On the physical level nourishment comes through food, exercise, sleep, and

play. On the emotional level nourishment comes through understanding yourself and your place in the world. On the spiritual level nourishment comes through experiencing more and more of reality and the interconnectedness of all things."

These levels, she believes, are completely intertwined with one another, connecting us to the essence with and in which we are born. When we are under-nourished on any of these levels, that connection weakens. In recovering and strengthening that connection we can come to cherish and embrace all of who we are.

"Deep nourishment looks at our relationship with all aspects of our being and works with the fundamental essence that underlies our multi-dimensional self," says Hornig. "When you work at this level, you can integrate your whole being. When you work at this level, you can influence everything.... I hold that, in essence, we are perfectly fine. We are not broken — but we are in parts. We want to integrate all our precious parts."

For further information about individual sessions and classes, contact Hornig at feedsoul@mac.com, or (845) 340-1702. □

Robert Michael Esformes, a cantor, musician and mystic who resides in Ashokan, is currently offering a class in the basic concepts and practices of Jewish mysticism at The Woodstock Jewish Congregation. The class, which began on October 21, will meet for seven Sundays (excluding Thanksgiving weekend) through December 9 from 10 a.m. to noon. Partial attendance is permitted. For more information, contact Esformes at (845) 657-9873 or email him at rmesformes@earthlink.net. To register, contact the synagogue directly at (845) 679-2218.


**Mobility
Products
& Services**


**By
Hudson Valley Associates**

**"We Make
House
Calls
& We
Service
What We
Sell"**



**STAIRLIFTS • PORCHLIFTS • ELEVATORS • RAMPS
DUMBWAITERS • DOOR OPENERS • SCOOTERS
POWERCHAIRS • CAR & VAN SCOOTER LIFTS
PATIENT FLOOR & CEILING LIFTS
HOME ACCESSIBILITY RENOVATIONS**

**FOR A NO-OBLIGATION EVALUATION CALL
(845) 297-2260 ~ (888) 297-2261**

**"Be Sure To Visit Us At
www.mobilityproducts.org"**

According to the Website for A Society of Souls (www.Kabbalah.org), Shulman's three-fold IKH training integrates 13th-century Kabbalistic wisdom, the latest theories in quantum physics, twentieth-century psychological insight and teachings of non-duality into a deeply transformative healing modality. "This extraordinary approach to healing acknowledges and nurtures our relationship to the source of all healing power, a process which we call God-cleaving or awakening to the Real," states the site.

Hornig also utilizes Internal Family Systems (IFS) therapy, a model that has evolved over the past 20 years into a comprehensive approach that includes guidelines for working with individuals, couples and families. She says IFS addresses the fact that each of us has many different aspects to our psyche and personality.

Notes Hornig, "This can result in inner conflict that keeps us from living in a way that would make us happier. Often, we subvert our own ambitions. We have parts that want to eat better, or exercise more, or achieve a particular goal in our work, but another part of us will undermine those goals or act in ways that are not in our own best interest. Some parts of us feel ashamed or filled with fear, some parts try to control everything, other parts want to withdraw or numb out. We can often feel conflicted, as if we are 'at war' with ourselves."

According to Hornig, IFS helps us understand how these different aspects of our personality relate to one another, much like an internal family with an essential self acting as the "head of the family." Explains the therapist, "This self has the ability to serve as an inner therapist, bringing support and stability into our daily life. From this center, we can resolve internal conflicts and relate to our inner critics. We can form healing relationships with all aspects of our selves in order to realize our full potential."

Given Hornig's background as a certified nutritionist, it doesn't seem at all surprising that she would be attracted to such therapies. "To live a healthy life, we must be nourished physically, emotionally and spiritually," she points out. "We're

SUNFLOWER



ORGANIC FALL PRODUCE IS IN!

Pomegranates, Apples, Asian Pears, Red Bartlett Pears, Pie Pumpkins, Winter Squash & Apple Cider
Organic Canned Pumpkin, Butternut Squash
& Sweet Potato

HOT SOUP TO GO!

Organic Fresh Scones, Cinnamon Buns & Cookies
from Hawthorne Valley Farms

Reserve your Natural & Organic Turkeys Now!



SUNFLOWER NATURAL FOODS
a complete natural foods market

75 MILL HILL ROAD, WOODSTOCK
845-679-5361 Open Mon-Sat 9-9 Sun 10-7 natural@hvc.rr.com