

A journey to peace

by denise s. cahill

THE death of a patient when she was a student nurse and meeting her "very spiritual" husband led Floreat resident Helen Martino-Bailey to a spiritual teacher in India more than 10 years ago.

Ms Martino-Bailey remains in contact with the teacher and has recently published a book and created the first of a series of CDs that teach people about the power of healing.

The nurse of 13 years now combines her traditional medical training with spiritual influences to help patients through stressful situations.

"As a nurse I did not have time on the wards to talk to people and get them back on track, so I produced some material that they could take home and use," she said.

"There is a crisis in our hospitals and staff do not have enough time to spend with patients."

To help solve this problem, Ms Martino-Bailey took time off from nursing to write her book, *Journey of Our Spirit*, that was released last year.

She discovered she had the ability to do 'automatic writing' during this break.

"I would sit down in the morning and find peace, then words of wisdom would come through," Ms Martino-Bailey said.

Examples of these are included in the book and on her website, www.lightwords.com.au.

Ms Martino-Bailey said it was difficult to return to nursing after gaining a broader perspective of the body and writing the book.

After the book, her next step was a CD called *The Power of Healing*, which Ms Martino-Bailey plans to follow up with several more volumes to help improve wellbeing and make a positive difference to the health crisis.

Most recently, she launched a series of workshops titled *Life Without Worry*.

These workshops encourage people to use spiritual tools such as reiki to deal with stressful times.

"People always have worries and our thoughts create our worries," Ms Martino-Bailey said.

"Life happens and what we do is try to help people manage it effectively. Stuff still happens to me but I manage it differently... a sense of peace is a priority."

■ To win a copy of the book or CD, send an envelope with your name, address and daytime phone number to Spiritual Healing, Western Suburbs Weekly, 120 Roe Street, Northbridge 6003 by Monday, December 1.



Helen Martino-Bailey says "life happens" but it is learning to manage the stress.
Picture: Andrew Ritchie