

A Personal Perspective on Rhonda Lenair

By Beverly Malouf Byrd

When I first met Rhonda Lenair, I was immediately struck by her gentle, endearing demeanor. Her kindness and sincerity were abundantly evident in our first encounter on that chilly morning in rural Benson, Vermont. It was standing room only in the comfortable waiting room when my friend and I first arrived, yet the room was quiet and serene, almost hushed. Just a few moments earlier we had been filled with chatter and nervousness, as we drove the snowy roads to the lovely farm style building that is the current home to The Lenair Healing Center. Set back from the road on a large expanse of land and surrounded by trees and hills, it appeared to be the quintessential Vermont picture postcard.

It had been snowing for the last couple of days, and I was drawn to the soft white scene through the picture window. I pondered what had brought me to this place: this lovely farmhouse surrounded by acres of land, all covered by a beautiful, pastoral white blanket. Then, Rhonda Lenair entered, also dressed in white, and my attention was averted from the nostalgic Norman Rockwell scene beyond the glass to the present, to my sudden awareness of the moment; I was at once startled and intrigued. There was a distinct fluidity about her, as she glided into the room seamlessly, effortlessly, as though she were hovering ever so slightly above the floor on which the rest of us trod. And while she seemed so gracious and centered, almost tranquil, I immediately also sensed a strong, fiercely dynamic spirit. Softly speaking as she moved, she appeared almost an ethereal form, delicate and lithesome, like the highly trained dancer that she was, is. Light on her feet – or was that another lightness that I perceived – she appeared and the quiet room was suddenly more vibrant. Her tiny, delicate frame, and her gentle greeting, apologizing for our having to wait a short while for her, belied the powerful force that everyone surely felt in her presence. I at once knew that something was very different about her, and that ultimately something would be different about me, as a result of our meeting, of my knowing her.

Then as quickly as she had entered, she was gone. The room was then empty except for us, and I settled back in the quiet comfort of the light and airy sanctuary. My eyes were again drawn to the vast blanket of snow just outside. It was starting to come down again, ever so softly. It flowed seamlessly across rolling hills, hills that seemed to go on forever. It was oddly calming for me, and I found myself slowing the thoughts that usually race, to take pause. I picked up a book of testimonials, one of a collection of four large books that contained letters and notes received throughout the years, all spanning more than two decades. Reading through pages of thanks, I found there were a myriad of issues for which people had found resolution here in the center. From those who had stopped drinking or smoking, to those who had overcome severe abuse and trauma issues, eating disorders or maybe just over-eating, to those who wanted to address various other health and wellbeing issues, there was a clear theme throughout of not just gratitude, but actual awe. They told stories of successes that were achieved immediately and effortlessly -- miracles, actually. Then, according to Rhonda Lenair, "All life is a miracle waiting to happen."

I did not yet know a great deal about Rhonda Lenair and her practice on that Vermont morning. I had been intrigued by what I knew of her past. As a child she had trained as a ballet dancer, where at a very young age had received prestigious scholarships -- including one from Julliard at age 14. From this I gleaned that she would most likely be focused and highly disciplined; surely to be an accomplished dancer at such an age would indicate such an individual, as well as an artist. I imagined her as a pioneer, breaking new ground for other young women who desired a career in dance, striving for her goals, dedicated and unwavering.

But to say her future as a professional ballet dancer was etched in stone was clearly not true. A trip to London next, to try out for the London Festival Ballet, sent her in a whole new direction, and on a far different path for her life. Unusual circumstances and illness led to her meeting and consequently studying under someone *new*. This new person had little or nothing to do with the ballet, but had everything to do with what was to become her true calling: that of a healer.

With one of those sharp turns that one's life sometimes takes, she began a new focus, one with a whole new set of goals. Had she taken on this new venture with the same focused, zealous energy, I wondered? While I was unsure of the details of her epiphany, I understood that the doctor with whom she studied had trained in alternative forms of healing in Poland. Through this collaboration, Ms. Lenair had thus learned about a type of healing that treated patients by using the *electromagnetic field*, "the field of energy surrounding all life," as described on the Lenair Healing Center web site. She then returned to the States to spend more than ten years studying, researching, and experimenting with this energy field to ultimately develop her own original healing modality, and to establish the renowned Lenair Healing Center.

A medical intuitive and a healer, Rhonda Lenair is not a psychic, nor a medical practitioner. She is instead a healer of another sort, a unique blend of acute sensitivity, disciplined study, and applied science. I wondered, was she able to see this field and interpret it, synthesize it somehow, even change its direction? Did she physically manipulate this nebulous energy, this magnetic field? How was she able to heal the addicted and to unbind, as it were, that which was so bound up in habit and pain? And for those struggling with harmful, even deadly, behaviors for reasons unknown to them, was she able to learn the reasons and to *interpret* for them, and thusly *advise* them of what to eat and drink (and otherwise do) to *lose* these demons? I wondered how this could be possible and how all of this worked, but at the same time I was strangely 'at home' with the idea in some inexplicable way; it made a sort of poetic, metaphorical sense to me.

No, I did not know a great deal about Rhonda Lenair, but I was to learn much about her work and much about myself, during my three sessions over the few short days that followed. And poetry and metaphors, I was to learn, in fact played a large part in her treatments. By weaving affirmations as metaphors, she is able to communicate, in a different way, what is perhaps too difficult to understand in concrete terms. I'm

reminded of the parables shared throughout the ages, chosen by great masters as a safe, non-threatening form in which to convey a truth -- a message easier to digest, and to more thoroughly comprehend, as a story!

My meetings with Rhonda Lenair over the next few days were short as well -- tiny crystalline moments that held a promise of real transformation that should have taken weeks, months, years. I was seeking assistance with unwanted weight that had not responded to traditional dieting. I received this -- and much, much more. In the three short meetings that week, I found a new way to eat, drink, and feel about my life, a deep and definite, profound renewal: a way to begin anew with my life, my Self(s)tm. *

The treatment itself was subtle and painless -- information gleaned by Ms. Lenair and shared with me in the most beautiful and profound manner, in metaphors and affirmations of truth -- my truth. It was hard to believe it could all be so easy. There was no 'work' to do as one would expect in order to modify old worn out behaviors, no long period of time ahead, wrought with struggle. There was just the loving touch of Rhonda Lenair, and I was indeed back on track with my life! Through her remarkable technique, she is able to "be not just see the person with her as, and through one (equanimous) flow of Self(s)"¹ Thusly, she is able to compose and recalibrate truth that is original and unique to the individual. And through this process, she provides one with personal, detailed information and a personal protocol to follow in order to heal. I now understood what he had meant when Barry Lenair had said, "we will do the work for you."

Most of us here on planet earth experience our lives in the context of a linear fashion, governed by perceptions of time and space. Bound by limitations real and imagined, our perceptions of this linear finite thought process lead us to believe that it is going to be difficult, if not impossible, to change with any modicum of ease and grace. But Rhonda Lenair makes this easy; truly painless change become a reality, a seamless transformation that happens effortlessly on our parts. Sounds impossible? Seems too good to be true, to believe? Well, believe it! A standard time equation, years of therapy, 28-day programs, and lifelong meetings -- all of that doesn't fit here. Here, in the presence of Ms. Lenair, time and space are no longer our governors, but instead we are allowed a new, clearer glimpse of ourselves, our Self(s), through her gentle, loving, indeed *healing*, hands.

At the Lenair Healing Center, they specialize in alcoholism and problem drinking, but also effectively address smoking, marijuana, eating disorders and weight problems, stress, anxiety, and abuse & trauma, among many other issues. Rhonda's technique is truly different and she continually brings relief to those suffering with addictions of all kinds, addictions that separate so many people from their very sense of themselves, from Self(s). There are many addiction 'rehab's available in the world today (some costing as much as 67,000 per month), but all are essentially 12-step programs, albeit embellished in some cases, and offer all the amenities with little substance for *actual healing*. Rhonda is indeed a healer, and her program provides immediate, complete results. Her treatment is the *diamond* with other methods representing the *setting*, waiting for the diamond to appear. Years of helping so many people (close to 40,000

now), when all other methods had failed, of essentially giving so many people back their lives, have led her to where she is today: a medical intuitive, healer, visionary, and now -- a teacher.

This year, Rhonda Lenair will begin teaching the philosophy that governs her sacred work, reaching out to more in need and sharing more of her transformational process. She has chosen a very unique, enriching venue for these workshops and presentations: seminars at sea! On the *Introduction to Self(s), the Journey*, Rhonda Lenair will begin her presentations on the *framework* on which her important work is based. She always knew that she would teach the work to which she has dedicated her life, and will now conduct these classes as part of these special voyages.

In 1987, when she first opened her practice, already seeking ways to help more people in even more innovative ways, she first envisioned a *lose your addiction* cruise. While her original plans did not come to fruition, to quote Rhonda, "...Un-timed truth needs to meet its time to become relevant, thus profited by." Soon, in addition to her teaching seminars at sea, she will begin the break through cruises designed around a theme of saying goodbye to addiction, aptly named, the *Bon Voyage to Your Addiction* cruises. Designed to serve a very limited number of guests, participants will be able to relax and let Rhonda Lenair's caring, healing hands surely and finally cure them of those nagging addictions and debilitating habits – once and for all, confidentially and in her characteristic nonjudgmental environment. These voyages will be offered at various times during the years to come in a luxury setting out on the open sea, utilizing some of the most unique itineraries and exotic ports of call in the world. My time with Rhonda Lenair has transformed my life. It is indeed an honor and a privilege for me to play a part in presenting the groundbreaking *An Introduction to Self(s), the Journey* seminars at sea, and soon, the *Bon Voyage to Your Addiction* Cruises. The time has come for this opportunity of a lifetime, and the time has come for the world to know more about this special person.

Rhonda Lenair is a pioneer. She is a rare human being who was able to develop and share an incredible healing gift, born of her vast depth of vision and skill: her groundbreaking work in addiction energy medicine. Compared often to the 'Sleeping Prophet' Edgar Cayce, her abilities allow her to transcend the physical plane to universal consciousness where only *possibilities* exist, where all-pervasive knowledge presides, and where one's greatest self is realized. And like Edgar Cayce, she has an enormous spirit of generosity that leads her to share her gifts with those in need. Her past is as fluid and dynamic as she appears to us today. Over time she honed her skills and developed her path. Along with Barry Chalfin Lenair, her husband (who is by her side working daily to "help the world know about her important work," and to support this work in a multitude of ways), Rhonda Lenair devotes her whole life to this work that helps people by saving their very lives.

* Self(s) is one Universal Consciousness that presides and seamlessly connects, reflects, and communicates through all creation.

Rhonda Lenair is a medical intuitive and healer of addictions. For more information:
www.Lenair.com and www.poemantra.com and for the cruise:
www.ByrdsEyeViewTravel.com/Lenair_Alaska
