

## **STROKE IS A SPIRITUAL EXPERIENCE**

On October 14, 2025, I drove to Trader Joe's to grocery shop. I drove home, parked the car, put my groceries away, and sat down on the couch to read the paper. When I tried to stand up, my legs went out from under me. My spiritual team said inwardly, "You're having a stroke. Call 911. You will make a full recovery."

Miraculously, surrounded by my spiritual team, I somehow stood up, got to the front door, unlocked it, and fell into the ambulance worker's arms. I was at the hospital with my left side completely numb. The next day, I asked my father, who has been gone over 27 years, to hold my hand. The next thing I knew I could move my forefinger on my left hand. Several hours later I was able to move the fingers on my left hand.

The next day I could move the toes on my left foot slightly. I was moved to Casa Colina, a nationally know rehab center, for 3 weeks. Doctors were delighted and impressed with my remarkable progress. I received physical therapy and occupational therapy daily. When I came home November 10<sup>th</sup>, however, I was still not able to take a step or walk. After my session with Master Shamanic Practitioner Suzanne Day, I could take a step. After a second session I was able to walk with my walker the length of my living room.

Now three and a half months since the stroke, I continue to make remarkable progress. I can walk with my walker a city block. I dress myself and do most daily necessary tasks. Because I want to recover completely, I do my prescribed exercises vigorously. I have been uplifted by spirit and an extensive tribe of family and friends who have gifted me with food, visits, flowers, and prayers. Recently my sister asked me, "Were you ever scared?" "No", I said. I continued to be surrounded by angels and my spiritual team. I now know my positive attitude, my remarkable support team and my strong relationship with spirit are the key ingredients to my successful healing and recovery.

Doctors tell me my rapid and remarkable recovery is very rare. I know partnering with my spiritual shamanic team that remarkable recover is not rare but can occur daily.

## About Jill Raiguel

Jill has been a shamanic practitioner for over 25 years, specializing in soul retrieval and a California licensed marriage family therapist for 45 years. She's the author of 7 books, including *Turning Screams to Music*, *My Journey from English Teacher to Shamanic Practitioner*. She teaches and coaches new shamanic practitioners as well as doing private sessions.

## UPCOMING WORK

I just started seeing clients again. If you or yours need shamanic work please call me at 909-981-9957 PST. I'm not able to write yet with my left hand and am using the help of my friends to write on the computer. If you have any questions, or want to talk, please feel free to call.

Love and Blessings,

Jill

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