

## Invitation to Discover Your Sparketypes for Healing

### The Sparke Your Healing Study

*"The greatest cause of illness is being disconnected from who you are and why you're here. The greatest source of healing is activating your purpose with 100% commitment."*

Kevin Doherty

#### What creates remarkable healings:

In the 1995 book, *Remarkable Recovery: What Extraordinary Healings Tell Us About Getting Well* authors Caryle Hirschberg, medical researcher, and Marc Ian Barash, journalist and cancer survivor, chronicle their quest to discover what fueled recoveries from cancer that could not be explained medically. Although the people they interviewed chose very different strategies, the common denominator was that they each had found what was 'congruent' with them as a unique individual.

*"Over and over we took note of a certain quality that we came to call 'congruence' - an impression that these people, in the midst of a crisis, had discovered a way to be deeply true to themselves, manifesting a set of behaviors growing from the roots of their being."*

They learned that Lawrence Leshan, a psychotherapist specializing in cancer, arrived at a similar conclusion as he *"believes that 'a person who is singing their own song in life, creating it in ways that fit their personality structure, may well stimulate the body's self-healing abilities'"*.

People seemed to make these choices through intuition, luck or trial and error. As a 5 year stage IV Cancer thriver, I experienced all of those, but could not explain why the things I chose worked for me. Then I discovered

#### Sparketypes!

Created by Jonathan Fields, this framework defines ten Sparketypes that describe what ways of being and doing light you up. There is a free assessment available online which delineates your Primary Sparketype, your Shadow Sparketype (supports your primary) and your anti-Sparketype (what drains you). The book *Sparked: Discover Your Unique Imprint for Work that Makes you Come Alive* maps out all ten types, giving examples of people who exemplify their types in the work they do. While the book focuses on applying this lens to work, it also has implications for relationships and well-being.

## **My Experience**

When I learned my Sparketypes (Maven/Maker) I reflected back on 5 years of my healing journey and realized that indeed the most significant keys to my healing were learning and making. As a Maven ('live to learn'), part of doing the abundant number of treatments I did was driven by my desire to learn, not just to find what would work, but to feed my curiosity. There are so many healing modalities available, why would anyone confine themselves to one or two? I also did a lot of 'art as process' (intuitive art, gel painting, flow painting, Soul Collage cards) just for the experience and what I might learn from that. And as a Maker ('I make ideas manifest'), I was most alive and engaged when creating - Vision cards defining the outcomes I wanted, the Living My Healing framework to keep me on track with my healing practices, a blog to share lessons I'd learned, and now working on a book- *Activating Your Healing Genius: Writing Your Own Prescription for Thriving after a Life-threatening Diagnosis*.

I think this could be a key to unlock each person's unique path to healing. I am curious to learn how widely applicable this might be, not as a substitute for allopathic or complementary treatments, but as a catalyst to accelerated healing along with whatever else the person is choosing to do. I started inviting people I know who have been dealing with/have dealt with a challenging physical or psychological challenge to do their Sparketype Assessment to see if this applies to their past experience or if they feel it could inform their choices going forward. I am looking for more participants.

## **The Process**

1. Take the Sparketype Assessment <https://sparketype.com/>
2. Complete the Sparketype Healing Questionnaire
3. Have a free coaching session with Jane to assess how knowing your Sparketype could benefit you in your healing journey.

If interested, contact me at:

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