



Helping Children Heal with Conscious Energy Work

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I have the pleasure of specializing in providing energy balancing therapy for empathic and intuitive children. The majority of these children have expanded awareness and live with a deep connection to the spirit realm. In earthly terms, they also present with mood, learning or behavior challenges that come with a range of labels, diagnoses, treatment plans and interventions. In order to help them heal from an energetic perspective, my job is to hold a non-judgmental consciousness—seeing each of them as valuable, whole, uniquely gifted sparks of divine light. I strive to hold this view in spite of all appearances.

The first time I became deeply aware of the critical connection between adult consciousness and healing outcomes for children was during an energy therapy session with a child who presented with an autism diagnosis. On this particular day, Evan* (a non-verbal, three-year-old boy) was brought to me by his mother. Concerned about his development, she asked if there was anything I could do with the energy work to help improve his autism symptoms. She was especially distraught that he could not sing songs or call out her name. She longed to hear her child say “Hi Mommy.”

After the first two energy sessions, the mother reported no change in her son’s condition. Feeling somewhat discouraged, I offered her a refund for the

third session of a pre-purchased package if she felt it was not worth the investment. She said something in her heart told her to keep the appointment.

On the day of the third appointment, I decided to do something different. Instead of beginning the session with my normal energy therapy protocol, I decided to have an intuitive conversation with Evan to see if he could guide me. Intuitive conversations allow me to speak to the higher consciousness of my clients. This is a highly effective process, especially when I am working with very young or non-verbal children. It enables me to understand their needs at a level they are unable to consciously access or communicate to their parents. I began by asking, “Evan what would you like me to know about you that can help improve your autism symptoms? How would you like me to approach this energy therapy session?” The response I received from his higher consciousness was stunning. Evan gently told me, “Dr. Niki, please don’t assume I have something called autism. Then you can help me.”

In that moment, I realized that I had unconsciously allowed my ideas about autism and his mother’s concerns about limitations to color my consciousness and affect my ability to see him as whole and divine. Evan made it clear that I could not help him heal energetically with a tainted vision of him. I stopped the session for a few moments, centered myself and set



the conscious intention to reframe my view of Evan. After I sensed a shift in my perspective, I asked a different question. “Evan, what can I offer to help you participate fully in life in ways that are meaningful to you? How can I serve and support you at this time?” At that point, Evan energetically lit up with excitement. He began showing me how to work with him and identified which parts of my energy protocol were useful to him. I followed his lead and took feverish notes to remember what I experienced with him that day.

Two days following that session, I received a tearful phone call from Evan’s mother saying that he had just

not identify the energy, I only knew that it made it difficult for me to concentrate and communicate intuitively with my first student client of the day. When the second child arrived, I felt the same energy. Intuitively, I asked what I needed to do or change so I could help him. He told me that the energy I felt in the room was the fear and sadness of the behavior aides. He said, “Dr. Niki, they want to be happy for us getting better, but they know that they will lose their jobs if we don’t need them to help control our behavior. Their consciousness is interfering with our work. You have to find a way to shift it because they are putting a lid on our energetic container. Please ask

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joined her in singing the ABC song for the first time. From that point forward, he began making rapid progress with his traditional therapies. Today, three years later, most of his developmental markers are in range with his neuro-typical peers. I will always lovingly remember Evan as the child who taught me to see the spirit, not the diagnosis.

My second major experience with how adult consciousness impacts children’s healing potential took place at a charter school in my community. I was contracted by the school’s director to provide energy therapy for a group of children with severe behavior challenges. All of these children received support from trained behavior aides who were hired by the school. One week after the first round of sessions, the director reported that more than half of the children in the group had shown significant improvement with self-regulation. She felt excited about the possibility that she could reduce the number of behavior aides on staff if this trend continued with future energy therapy sessions.

When I arrived for the second round of sessions, I felt a different energy in the unused office that had been transformed into my energy therapy space. I could

the aides to take the lid off of our healing potential.”


I was speechless in that moment. First of all, I had never heard of anything called an energetic container. Second, I had never considered the possibility that an adult could radiate an energy that would interfere with a child’s ability to heal. It simply had never occurred to me that if the aides’ jobs depended on the children having dangerous behaviors, some unconscious part of them would not want to see the children be well. After this revelation, I had a conversation with the school director. She promptly held a meeting with the team of aides and informed them of other possible positions that were coming available at the school. By offering the hope of other job opportunities, the energy shifted and we were able to complete our work together. In the end, six of the ten children no longer required behavior aide support.

As helping professionals, we are called to see the divine healing potential in every person we serve. Yet, in reality, we know that it can often be difficult to set aside diagnoses and the pre-set knowledge we have about certain conditions. What these intuitive children have repeatedly shown me is that the consciousness and unexamined needs, beliefs or assump-



tions held by the adults in their lives directly affect the outcome of their healing work.

While most healers, parents and educators want the best for all children, it is important for us to carefully assess the unconscious benefits and opportunities we receive based on the challenges they face. We must be willing to remove our need for these benefits in order to “take the lid off the energetic container” we set for children. In some way, the energetic container (established by our unconscious view of and expectations for a child) sets the depth, width and height of what is possible for their lives. Seeing a child as whole and divine, in spite of all evidence to the contrary, allows us to imagine the largest possible energetic container within which they can heal, grow and thrive.

As energy professionals, we understand that energy is transformed through shifts in consciousness. To this end, we must find a way to help parents, educators and health professionals move into the neutral and objective space of consciousness that is required to be effective as agents of healing and transformation for all children. 

* All client names and identifying details have been changed to protect privacy.



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