

The Knit Cap

by Bill Badiner, BA, HTCP

Sarah, age 64, was referred to me by a fellow Healing Touch practitioner. A very positive spirit, dedicating much of her life to volunteer work, Sarah was diagnosed with “Infiltrating Ductile” cancer in her right breast. At the time she was in her fifth of six scheduled chemotherapy treatments. Initially, our mutual goal was to minimize the discomfort of the chemotherapy and the side effects of Taxotere, Carboplatin and Herceptin. Depending on the efficacy of her treatments, Sarah was scheduled to have either a lumpectomy or mastectomy.

This was my first experience using Healing Touch sessions with someone who was seriously ill, and I approached Sarah with much concern. Guarantees or solutions of any kind were not part of my agenda. From the onset, I told Sarah that I believed healing was about the process of becoming whole, both mentally and physically. For me, “becoming whole” had many abstract possibilities, some of which I chose not to address. My commitment was that if she wished, I would support her throughout her journey, wherever that led. During the period of March 29th – May 24th, we had seven Healing Touch sessions. I had the privilege to witness a very courageous woman, riding an emotional roller coaster, meeting each challenge with calmness and strength.

Mid April brought good news. The results of an MRI indicated that a lumpectomy, rather than mastectomy, would sufficiently arrest the cancer in her right breast. The lumpectomy was scheduled for April 28th. April 28th arrived with the pre-surgical blood tests indicating a low white cell and platelet count. It was decided that infusions would be needed to bolster her immune system and the surgery was cancelled and rescheduled for May 15th. Sarah patiently waited and the day of surgery arrived. As before, preparation for surgery began and a mammogram was taken. Not good news; calcifications appeared outside the area of the tumor.

The surgeon recommended a mastectomy. After consultations with her physicians, Sarah made a decision to proceed with a mastectomy, which was scheduled for May 20th.

Our HT session on May 19th was very quiet. What HT techniques could possibly suffice? How could I possibly help to prepare Sarah for the surgery she was about to experience?

I felt humbled and just tried to be present while I quietly did a *Chakra Spread*. The next day, the surgery was performed as scheduled, and the pathology reports indicated that the cancer had not spread. Sarah was discharged from the hospital in two days, with no pain medication!

During our session on May 24th, Sarah appeared well, but tired. She expressed relief that it was over. Her mood, as always, was positive. We visited for a few minutes and, although she said she was doing well, she said she was dealing with the perception of being, in her words, “disfigured”.

I felt privileged for her being able to share this information, but what could I possibly say? Where does one start? What HT techniques would I now consider? All the techniques which I had practiced for months to break up congested energy, release accumulated energy, and reestablish energy flow, now seemed insufficient; concepts such as auric fields and chakras appeared to be mere abstractions. But something had changed; something was different about Sarah which was marked by a simple gesture. She was not wearing her knit cap.

Sarah had always been open with me, very honest about her feelings. However, she had never removed her cap. I had never seen her head fully exposed and now, somehow, seeing her without hair, sobered me. It was as if some force had compelled me to have a deeper appreciation for what she had gone through. At the same time, her willingness to be vulnerable, displayed a true sense of acceptance, and I felt humbled. As I did a *Mind Clearing*, I cradled her head as if it were a precious

gift. It was as if I were the beneficiary of something very special, something which needed to be handled with the utmost love and care.

I believe that energy work involves the channeling of healing frequencies, the channeling of light. However, today was different. As I held Sarah's head, I felt a sense of spiritual intimacy. It felt as if I had been transported and had become the light itself. It was a moment of true connection with all that existed in life -- sickness, health, joy, and sadness. It all existed at that moment and to this day I will never forget this experience of which I was so privileged to have been a part. Despite Sarah's perception of being "disfigured," I had the feeling that she was more complete than ever. If healing is the process by which the body and mind become whole, then Sarah had, indeed, reached that state of healing. All I could do was hope and pray that someday soon -- she would feel the same.

About the author:

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