

Essential Energy with Cyndi Dale

by Cyndi Dale

The Real-World of Spiritual Work *Or, Getting the Housework Done In-Between Clients*

As I wrestled my son's pajamas away from the jaws of my six-month-old puppy—the latter word the biggest misnomer ever assigned a 70-pound Yellow Labrador Retriever eating his way to 120 pounds—I thought about all the behind-the-scenes work of my job, which includes shoveling a path through the house for my clients. There have been days my entire wardrobe has been hauled out for viewing by the monster puppy.

Lucky is not only adorable, but also able to open closed and locked doors with a flick of his nose.

As president of my own energy healing company, I am also its janitor, nurse, bookkeeper, secretary, marketing expert, personal trainer, and cheerleader. Oops, I'd better add the title of Swat Team Leader for arising emergencies.

I have staff and consultants, bright and dedicated team members who help me help people. The truth is, however, that at least half of any business devoted to Healing Touch, energy medicine, or the intuitive arts is what my son would call "boring," and I would call "practical." The list of hands-on considerations includes an extended outline of external but also internal tasks that if not tended, potentially choke the flowers for all the weeds.

Generally I divide the "musts" into four categories, using a Myer Briggs's model of temperament and personality. According to this Jungian-based philosophy, we tend toward one of four basic types of interaction:

Driver: Pushing, making, doing.

Expressive: Creating, sharing, exhibiting.

Amiable: Befriending, loving, harmonizing.

Analytic: Detailing, organizing, systematizing.

Being a healer—living a good life—requires that we attend to each of these functions outside and inside of ourselves. We are not going to ace them all, as we are hard-wired for success in some areas, neutrality or disaster in others, but we have to try anyway. We are only going to be able to fulfill our higher calling if we also successfully administer real-life. Somewhere along the line, someone built wings for the angels. Can you imagine the patience and protocol to attach the right feathers to the right bone, and glue everything in the right place? The point is that it takes a lot of meticulous work to fly high.

I have external jobs that involve my driver personality. I push the kids out of the house to school, the broom around the floor, and the caffeine down my throat at dawn. I expressively create marketing materials that share my services and make sure my assistant is able to amiably greet potential clients. Like all decent analysts, I pay my bills weekly and report my earnings and taxes monthly.

I am not good at the analytical, but you know what? I have to do it anyway. I have made every mistake the IRS (Internal Revenue Service) could have imagined (and they can testify to this truth), but I pay my taxes all the same.

Addressing our internal needs is as important as fulfilling our external obligations. It is not always easy to stay motivated. The solution is to activate our "inner driver." "Yeah, Cyndi! You can get through ten straight days of work! Go to it! You can attend

kids' hockey games six nights a week! It will be fun!" Not much comes to those who sit around and wait. Yet there needs to be time for inner expression or creativity, for mulling over the purpose of life, for enjoying vacations that fulfill and inspire. There must be space for friends, for talk time, fun time, shopping time. There must also be logic to the day's flow, a tending to personal business. I take every Friday off now to attend my support group, visit my own care providers, stock up on groceries and pet food, and perform all those sundry activities that make me crazy if I do not do them.

I love energy healing because it helps me touch the sky, scoop the stars out of the heavens, and laugh at their brilliance. I also know that they will not grow on earth unless planted in the soil. That is my job. To create the immortal we must accomplish the tasks of mortality. I guess in the end, we energy practitioners are farmers to the soul and must get our hands dirty once in a while to accomplish this goal.

About the author:



Cyndi Dale is the author of *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, and eight other bestselling books on energy healing, including *The Complete Book of Chakra Healing*. She has worked with over 30,000 clients in the past 20 years. To learn more about Cyndi, her work, books and products please visit: www.cyndidale.com

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