

# Essential Energy with Cyndi Dale

by Cyndi Dale

## The Healing of Children— Everywhere

I've chronicled the most painful and HARD time in my life as "The Chronic Illnesses of Gabe," my youngest son. For over five years, I spent more time in medical offices than I did sleeping. Exhausted, I was an advertisement reading "Pestilence Hospitality." Not only did I graciously house every common disease, I also hosted a few unusual ones. I still remember diagnosing both Gabriel and myself with "atypical" chicken pox, only to have the pediatrician insist it was impossible to get any version of the pox twice.

Really?

Perhaps I should have entitled this article "The Petri Dish of Parenting"?

Those challenging years ended with a grand finale, surgery to remove four golf ball size polyps from Gabriel's nasal passage. Gabe is well, but those years left me with scars, as well as a heart-full of compassion for the caregivers, parents, and people searching to provide healing for children. Point blank, there's no easy formula, no "one size fits all." I think that Healing Touch embodies the key, however, within its name: "healing" or "whole" and "touch," the sweetness delivering healing.

Healing depends on acknowledging an innate wholeness, no matter the presenting problems. Society asserts that we're only whole as adults, but a child's simplicity is misleading. Research reveals that an infant philosophizes in the womb, understands love, and makes decisions impacting the remainder of life. Many spiritualists believe that the younger the child, the more "wholesome" he or she is, still able to scan the sacred scrolls of understanding. As well, a child's physical and energetic systems are as complex as an adult's.

The conditions that challenge children are consequently as challenging as those we face as adults. While Gabe's "cure" was ultimately physical, the healing process was much richer than that, as revealed in a comment he made upon waking one morning.

"Do I have to go to school today, Mom?" Yes, I said.

"Now I have tears in my eyes and my stomach is going to throw up."

There are many medicines for a single problem, but all salves involve touch, in the narrowest and broadest sense of the word.

Physical touch is the difference between life and death. According to research, lack of touch was a predominant factor in 50 to 100 percent of the deaths of children raised in orphanages during the 19th and early 20th century. Touch isn't only physical, however. Energy is also conveyed emotionally, mentally, and spiritually. We can touch with our feelings, mind, and soul. In fact, a recent study in Britain suggests that a major reason for stress, disease, and problems amongst youngsters is lack of emotional support at home. Mental stimulation improves IQ and spiritual inspiration provides everything from a healthy value system to self-esteem.

As an integrative practitioner, I try to remember that every personal contact, word, tone, or posture presents a message to a child. We are radios. Psychic and sensory information beams out, but also comes in. Children are even more sensitive to invisible touch than are adults, as they haven't developed the boundaries necessary to filter the frequencies. They haven't learned they aren't supposed to sense, feel, understand, and absorb others' emotions and impressions.

Healing Touch professionals aren't always positioned to share physical healing—but it's not necessary. A thought, a kind word, a prayer, can make all the difference. This is good news, for there are children everywhere who will never be exposed to Healing Touch, much less any medical attention or affection. These are the children that die from largely preventable causes,

