



# Essential Energy with Cyndi Dale

by Cyndi Dale

## Healing The World: An Essay On Inconvenience

The other day, right after school, my son, Gabriel, quite surprisingly invited me into his room.

“Mom, can I talk to you? Like in PRIVATE?”

Since only the dogs and myself currently occupied the house, I guessed what was up, right away. Pre-teens don't confide in the “sometimes enemy” unless there is money to be made or a problem to fix.

I listened to him stumble around, while stifling a laugh.

“Well, it's like this. There was this football someone *inconveniently* threw at me when I was standing next to this kid, Wade, who is pretty much half my size, and an even more *inconvenient* huge mud puddle next to him. Then Colin rather *inconveniently* barreled into me and Wade was wearing new clothes and the teacher found out.”

“Let me guess,” I said. “*Inconveniently*, you got into trouble.”

After sorting through the difference between a demerit and a behavioral slip (apparently Colin was “guiltier” than Gabe and had to stay after school, while Gabe only had to have a parent sign a paper), I began to think about how many world issues start with “inconveniences.”

We are a people at war within ourselves. Our dissatisfactions frequently lead to the reason that organizations like Healing

Touch exist. There is enough food for everyone on this planet still - thousands starve to death each minute. There is enough medicine to stop, aid, or cure most communicable diseases yet - millions suffer constantly and needlessly. There are enough words of love in our religions and spiritual disciplines yet - hatred is the most popular emotion.

Healing Touch is responding by going even more global than it already has. I want to commend every member of Healing Touch for offering grace on such an extended basis. The truth is that this world needs every bit of light we can muster—no matter how “inconvenient” it is to reach beyond our comfort zones and do more, even while most of us are struggling with less. True change only comes, however, when we are willing to be inconvenienced for good.

I think it is ironic that most of the infractions behind the need for global outreach started with inconveniences, or, one party feeling discomforted by another. Did you know that the Middle East dilemmas originated with jealousy and resentment, emotions that are often so inconvenient, we don't like dealing with them? Today's religious and political hardships began when Abraham's wife, Sarah, excommunicated her handmaiden, Hagar.

Although God had promised Abraham a son by Sarah, Sarah got tired of waiting and offered Hagar to Abraham. Ishmael was conceived. After birthing her own child, Sarah found Hagar's presence rather inconvenient. Abraham did not want to deal with the friction, and so Hagar and Ishmael were sent away. Thus began the chasm between the Judaic/Christian tribes and the Islamic nations.

The horrors of the Holocaust started within the twisted mind of Hitler, who considered the Jewish people to be “inconvenient” to the rising of the German people. And was it “inconvenient” for the Western world to not stop the murder and killing until they were affected?

It can seem inconvenient for certain world leaders to pass money and medicine onto the lower classes -- for some insurance companies to cover the lesser blessed -- for me, Cyndi Dale, to always help clients that might not have the means to pay my typical rates. It can even be inconvenient to be a healer, can't it? It is not always fun to deal with the emotional and spiritual dilemmas.

As Healing Touch spreads around the globe, I want to commend its participants for looking beyond and through the seeming inconveniences of helping others—those who are less fortunate, who speak a different language, who are challenged by needs different than our own. Healing Touch is, in fact, a group of emissaries holding the light in order to awaken more light.

My own emissary of light, Gabriel, eventually understood that he had to move beyond his own attitude that getting in trouble was inconvenient. He called and apologized to the boy pushed into the mud puddle, thereby initiating relational healing between him and Wade, but also inside of his own heart. My takeaway was this:

The more often we do what is right, even when it is inconvenient, the greater our own healing.

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

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