



Essential Energy

Cyndi Dale

That Old Lemonade Trick

A few years ago, my youngest son got tired of my lemonade lecture. You know the one. “If you only have lemons, make lemonade.”

Faced with a near-impossible situation—a booked chewed by the puppy and then plopped in a snow bank in the backyard—Gabe said, “Mom, you know lemons only make lemon juice. You have to add SUGAR to end up with lemonade.”

As much as I’d love to prove that sugar is the critical essence of life, a theory that only works if it is encompassed within chocolate chocolate, that’s not the point. Gabe’s comment forced me to examine how often I try to fix what can’t be fixed in my own life, setting myself up for that all-pervasive complex of codependency. I’ve been guilty of the same with clients.

First I have to add a qualifier. Most of my clients are passionately interested in bettering their lives and are also highly reasonable. They aren’t just standing in line waiting for a “miracle handout.” They are willing to work on issues and change behavior. They also understand the benefits of employing a subtle energy practitioner or using energy medicine techniques on themselves.

We live in a quantum universe in which consciousness directs particles, forces, and frequencies to shape and transform concrete reality. Our intentions count.

Every so often, however, I am asked to participate in an agenda that calls for making lemonade out of only lemons, minus the sweetener. For example, years ago I taught a series of workshops in Russia. Before one of my evening sessions, a woman implored me to “save her marriage.” It turned out that she and her husband had been divorced for years. He had moved on. Not only was he remarried, but he also had two small children with his second wife.

More recently, a male client asked me to convince his wife, who was coming in the following week, that he wasn’t committing adultery. When I asked him why she would think that he was, he said that he hired prostitutes and she had discovered the evidence. “That is only out of town, though, and I’m not in love with them.”

Then there was the client that wanted me to intuitively “tune into” her boyfriend’s X-rated situation, mainly because she wanted to “feel” what he was experiencing.

I’m sure you have your own stories of requests that are asking the impossible, unethical, or distasteful of you. For every one of these, there are hundreds that excite us into providing assistance. Since Gabe’s comment, however, I have learned to stop and make sure that the sweetener, the leavening agent, is available for the formula. If not, this situation is not mine to participate in.

My favorite tool for deciding whether to assist someone or not is my gut. There are over a dozen forms of intuition, most easily organized into clairvoyance or inner sight; clairaudience or hearing messages; and kinesthetic intuition, which involves sensing, feeling, or knowing what’s going on through our bodies.

While seeing images or obtaining guidance are viable forms of receiving intuitive guidance, I can’t always call these forms of messages out of the air. Intuition is like that. It’s accurate but confounding. Our inner knowing, however, is always available—that sense that something is “right” or “wrong,” a “yes” or a “no.”

I used to ignore this internal reaction. Growing up, it wasn’t



safe to say “no” or have my own opinion, much less assert my needs. Listening to myself equated with being punished. I know that sometimes I still have to override these old programs, but it’s always worth it.

After sensing my true reactions, I then use my intuition to figure out the best way to share my response. In the case of the Russian woman, I heard a message in my head to share with her. I suggested that I help her let go, emphasizing the point that she deserved an accessible man—maybe we could figure out why she didn’t believe that? With the other two situations—the man “not” committing adultery and the woman caught in her own “X-files”—my body felt so tired and heavy that I simply said I wasn’t equipped to help them with these situations.

If we don’t follow our intuition I’m afraid we’re doomed to repeat the rather humorous scene, portrayed in the following quote by Emo Philips, an American entertainer.

At my lemonade stand I used to give the first glass away free and charge five dollars for the second glass. The refill contained the antidote.

He used to say that he poisoned people with the first glass just so they had to buy the second glass. After all, we don’t want to sell--or buy--“bad” lemonade just so we have to compensate with a second glass. €



Cyndi Dale is the author of *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, and eight other bestselling books on energy 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.