



Essential Energy

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A Healer's Lessons from the Dog Park

Who would ever think that running dogs in a park is a major training ground for being a healer? Well, such is the case in my world.

My dogs are an important part of my daily routine. Every morning at 5 a.m., I drive to the enclosed dog park with Honey the golden retriever and Lucky the yellow Lab. Honey rides shotgun and barks if I miss a turn. Lucky sleeps in the back seat. When the dogs are in good form, I get in a sort of “walking meditation.” My only task is to throw a squeaky toy to Honey while Lucky sniffs around for rabbits. Bunnies are few and far between — a lot of dogs travel these paths during the day. Still, Lucky is on it.

Our ritual is not done with the clanking of the gate on the way out. Next we pull into the Starbucks drive-through. I get tea. The dogs get free biscuits and a happy greeting. After returning to the house, it is time to “wake the boy,” which involves throwing bones on my son's bed. Grinding teeth and sloppy sounds are better than any alarm clock out there. Finally, we are set. The dogs snooze and the rest of us get on with the day.

At first glance, it would be challenging to figure out how my morning dog habits can help me as a healer. Well, how often is the predictable actually predictable? This rhetorical question applies to more than the dog park and is even

more applicable to energy healing. Basically, the same universal law applies to both the dog park and the healing profession. This law is as follows:

PLAN — But Do Not Even **Think** You Have Control

Before delving into this schooling, I have to divulge a secret. As much as I like having people assume that I am in a full-out sprint when “dog running,” the truth is, only the dogs scurry about. I walk. My idea of jogging is to take two quick steps to open the oven door when the roast is burning. Rather, my morning work-out includes trudging the path while swatting mosquitos or slipping on the ice, depending on which of Minnesota's two seasons are in force.

Still and yet, my dog running/walking experiences have informed and supported my healing work. After all, the best dog walkers in the world, as well as healers, must create and follow a plan.

Can you imagine the preparation involved in stepping out of the door before dawn with two eighty-pound puppies? The work starts the night before with the laying out of the apparatus. Gear depends on weather. There are dozens of permutations that shift with every few degrees of Fahrenheit and alteration of barometric pressure. Will tomorrow require ice cleats, sandals or mud boots? Maybe a snowsuit, raincoat or mosquito-proof hat?

Do the Honey-balls still squeak? Do Lucky's booties have intact Velcro ties? Do the batteries in the flashlight work? Are the sheets, which are plastered on every internal surface of the car, still secured with duct tape? So much to do! Every time I prepare for my daily sojourn, I am reminded of how much planning it takes to serve my healing clients.

As a healer, much of the work begins years before a client enters the office. Receiving the divine calling merely gets things going. Then comes the training and practice. And every single professional session involves “the ritual.” There is the scheduling, policy communicating and office readiness. As vital is the inner preparation — the art of cleansing the body, mind and soul and of aligning all three.

As a dog walker, I can plan all I want, but Fate and Fortune will have their say. I cannot predict the sudden balls of hail or an unexpected visit by the gigantic Great Dane that threatens to eat my dogs. Much as I try, I do not know which morning Honey will decide to cleanse the pond of ducks or Lucky will treat himself to a beauty roll in the mud. And that duct tape? It does not really keep the sheets



on when two pawing dogs happily jump into the car. Yet I soldier on, choosing to enjoy the unexpected that occurs despite all my planning.

In a similar vein, for all your professional rigors, you cannot control the events that will occur during a client session. The tears and smiles, hopes and dreams of clients differ, as do their abilities to face them. Your own energy and capabilities fluctuate. And how about the client that only opens up five minutes before the session ends?

In the end, my dog walking has forced me to admit that no matter how much I want to control all the details, I cannot. But this universal law, which we are also exposed to as healers, can benefit from another dog park lesson. You see, dogs live in the moment. No matter what comes—a snapping turtle, bunny or snowstorm—they are ready to deal. And enjoy. Maybe that is the attitude we can strive to adopt, while throwing a little control to the wind. €



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.