

Healing and Grocery Shopping: More Alike Than Not

I do not know about you, but I have amazing grocery shopping fantasies. Before arriving at the store, I review all exotic purchasing possibilities, from kumquats to gherkins. I imagine the flavors I could add to my basic stew with freshly picked basil or a pinch of cumin and how impressive I would appear if I baked an entire dish inside the unexpected, say, a coconut shell.

Of course, the numbers of meals I could concoct is theoretical. In the end, no matter how creative my musings, I buy the same items every shopping trip. Given that I skip breakfast this means that I eat the same two basic dishes every day.

It is not that I am totally uninspired. Once in a while, well, at Christmas, I serve a pretty complex meal. The fact that it includes lutefisk and lefse makes me a true culinary hero. But short of employing my speed-dial healthy Chinese take-out app, I pretty much make the same two repasts. And you know what? Despite the tips and techniques I learned over the decades, my energy healing sessions also reduce to two main approaches.

In short, I either help clients figure out why they feel disconnected or how to know themselves as connected. If everything is going great, we might accomplish both.

Baseline — all presenting issues and their symptoms reduce to the failure to know oneself as not only worthy of connection, but already connected. That statement applies to the relationship with aspects of the self, others, nature and Spirit.

Think about it. If a client believes themselves separated from an aspect of themselves, such as an inner wounded child, that aspect of them will be bereft, lonely and hard to reach. If thinking of themselves as distinct from others, they will not allow assistance. If supposing that they are detached from nature, medicines might not work. And if they consider Spirit to be non-existent or non-caring, they certainly will not believe in energetic power, making your job as an energy healer all the more difficult.

Hence, the first of the two main functions to perform when serving a client is to figure out how to fill in this blank statement for them:

“Thinking themselves disconnected, my client believes themselves. . .”

There are dozens of negative beliefs that could be plugged in. A sampling of a few, along with their specific meanings, follows.

- *Unworthy*: A distortion of perfectionism that makes people shy away from receiving available goodness.
- *Undeserving*: The sense of being so despicable that intimacy and bonding are outside of the realm of possibility.
- *Lacking in value*: Occurs when self-esteem is so low that the inner self, overly fragile, can be easily wounded.
- *Not enough*: An imprisoning comparison issue that convinces an individual that success is only possible by faking it.
- *Bad or evil*: The inability to embrace the shadow-self, which contains emotions undealt with, thoughts, events or desires. Without a love of — and forgiveness for — the shadow, the self gets labeled as bad.
- *Unlovable*: The result of abandonment that leaves the victim so lonely that they do not know how to bond.
- *Powerless*: The leftover feelings if control and basic rights have been stripped away. Under pressure, an individual will either collapse or act over-responsibly.
- *Defective*: We are all different. The belief in being defective results from a combination of loneliness and the




thought of being so unusual or wounded that one cannot possibly be accepted.

- *Entitled*: Occurs when prior difficulties and life events result in believing oneself so special that it is okay to engage in behaviors, or make demands of others, that are socially unacceptable.

No matter how many of these negative thought forms show up, it is important to know that all blocks are congested light. This means that once addressed, which can be accomplished through talking, energetic healing, regression work and any other number of activities, what remains but power. This pure energy — this light — is now available for connection. At this point, we show the client that they are and actually have always been bonded within themselves, with the better aspects of others, with the beauty of nature and with the loving presence of Spirit.

Sometimes a client can make the leap to connectivity

without probing their areas of disconnect. This is lovely. Other times, pointing out unity makes the areas of separation rise. When we attend to beliefs such as those being outlined, they can be attended to. No matter what, the truth of wholeness that must be brought into the client's awareness.

I find it comforting that healing does not require the unusual, outlandish and bizarre, any more than our most nourishing meals do. It all reduces — and uplifts — to connection. 



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