

Essential Energy

Cyndi Dale

Niceness Does Not Always Get the Boat Built

I embrace and apply most of the phrases I have learned in the variety of Twelve-Step programs in which I have participated.

"Live and let live."

"Let go and let God."

"Count your blessings."

In fact, I find that many of my clients' problems dissipate, and sometimes disappear, when they adopt attitudes like tolerance and appreciation. Stress is linked to many acute and chronic issues and exacerbates almost any challenging situation, leading to high blood pressure, heart disease, obesity, depression, anxiety and a weakened immune system, amongst other disorders. Quite literally, reminding clients that they do not have to carry the world on their shoulders, nor respond to everyone else's needs, is often enough to decrease stress symptoms significantly. Healing energy can now replace the tense energy.

Every so often, however, I must prompt a client into action. Think of what might have occurred if Noah, upon hearing that the rains were coming, had put off building the ark until the water was over his head. Biblical scholars would be holding a very different discussion with their followers.

One client example that displays the call to action involves a woman who came for an energy healing session. She wanted to reduce her husband's alcohol intake. It turned out that her husband downed about ten beers a day. She pretty much matched that number. Atop that, when drunk, they fought and hit each other, often in the presence of their ten-year-old son.

I think that my client expected that I would soft-pedal the situation. After all, one of the nomenclatures I use to describe myself is *spiritual* healer. Are not spiritual people "nice"? And I can be nice, but sometimes, it is better to be kind. Niceness and kindness are different qualities.

Niceness involves being pleasing in nature or appearance and also socially correct. There is nothing wrong with being nice. It is okay to open the door for strangers or smile at a cranky great aunt. I taught both my boys to wear clean clothes on dates and to be polite to their grandmother, no matter her behavior.

"Kindness" is a horse of a different color. It can include being nice or sweet, but is also incorporates compassion and honesty. Sometimes, the truthfulness element of kindness creates more disharmony than harmony.

The young mother seeking assistance for her husband, rather than herself, was in dire need of kindness.

I took her through an assessment for problem-drinking. I reproached her for analyzing her husband's issues rather than her own. I asked her to consider what the drinking and fighting were doing to their son. My client was curious.

"I thought that he was too young to be affected?"

Only when I helped her remember her own childhood, which included being raised by two alcoholic parents, did she realize the severity of her behavior and its effects on her son.

Upon leaving, the client looked at me and said, "I thought you would be nicer than you were." I am not surprised. People do not always like to have the leaks in their boat pointed out.

I had learned my lesson, however, a few years before, when working with another young mother who had just given birth to a little boy.

This mother called to complain about a small tumor in her



breast. I encouraged her to schedule the biopsy recommended by the doctor and to follow that physician's resulting advice. She said she did not want to.

I was nicer back then. I did not press her on the decision.

She called a year later. There were more tumors. This time, I was more insistent. "You need to consult with an allopathic doctor." Again, she refused. I repeated my advice, suggesting that the symptoms indicated that she might have cancer. She said she thought that she could heal herself. My stomach felt sick. I pushed her much more than I had during the first session, but maybe not enough. I only knew that the year before, I had reverted too soon into the "let go and let God" mode, not understanding that sometimes, we are the placeholder for God.

A few years later, I received a phone call from my client's friend. My client had died of a widespread cancer. She left behind a five-year-old.

Most likely, I could not have changed the course of my client's life — or death. We are not responsible for the decisions our clients make, but we do need to know when to be only nice or also kind. I mean, Noah would not have started on his boat unless the message was clear, insistent and ominous. Sometimes it is ourselves, the healers, that need to hand our clients a nail, plank and hammer, and invite them to start building. €



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.