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Sharing Intuitive Information During Healing Work

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It happens. We are working on a client, no matter what modality we may be using, and some information “pops” up intuitively. The question that follows is this: Should we share that information with our client? There are different schools of thought regarding the answer to this question. In my book, *Ethics in Energy Medicine*, I tell the story of my Reiki Master and I having opposing viewpoints on this very topic, even though we both held the same mandate of “do no harm.” I said that we should share and she said never share.

Ultimately, I believe that the answer becomes clear when we explore a few basic concepts about intuition and healing work. These are concepts that normally never really get discussed in our classes, associations or professional groups. But they are vitally important to our understanding of what we do, and so in turn they are vital to ensuring that our clients are kept safe, protected and respected at every turn.

Allowing the Information

1. *Allowing ourselves to receive intuitive information is a choice that we make. That choice may have been an active one or a passive one, but a choice nonetheless.*

I talk often about the concept of “switching on” or

“switching off” our intuition. By never choosing to actively and intentionally switch it off, we have passively chosen to leave it on and running constantly in the background of our body and mind. When we are switched on intuitively, we can unintentionally receive a “flow” of information that comes to us in visual, auditory, sensory or kinesthetic ways. We may not realize that we have the ability to switch it off, but we do. We are actually in complete control of our intuitive ability and switching it on or off is accomplished simply with an intention that we make. We either consciously allow ourselves to access it or we do not.

Let’s face it — energy work will inevitably open the intuitive channels within us. That is what it does. That is part of its beauty and wonder. We have to be prepared for what that means. If we are to do this work, then we also need to accept the responsibility that goes along with it, and that includes learning how to properly “manage” our intuitive ability.

To be healthy and balanced in this practice, we need to make sure that our intuition is generally “switched off” when we are working with clients and that we only switch on when the situation and environment warrants it. In my opinion, using your intuition is only warranted when the client has asked you to use it on his/her behalf, you are adept at using it and you have their informed consent to use it — both written and verbal.



2. *Unless you are a professional intuitive, you could very well be acting outside of your scope of practice by allowing that flow of information to happen.*

Intuitive Medicine is a huge field of practice. Do we know enough about intuition to be using it competently for our clients? Do we understand all the inner and outer workings of the process? Are we a professional intuitive or are we just playing at it?

As a client, when we receive information that was gathered intuitively by our practitioner, we can take it

with them that could be misleading at best or harmful at worst. It is all about knowing exactly where we are receiving the information from, how that source works and when and how to share the information.

Receiving the Information

Once these three conditions have been met, and we are going to allow intuitive information to flow, we really need to specify where we are receiving that information from. Even professional intuitives may not think to specify and this can create a host of

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to heart. We can make serious life and health decisions based upon it. Therefore, we really want to trust that the person who delivered the message knew what they were talking about and had knowledge of the process of allowing, receiving and delivering the information. We need to know that they cared enough about our well-being to learn as much as possible about the process and using intuition as a practice before they used it with us.

3. *If we allowed intuitive information to enter the conversation during a client session and did not have our client's informed consent to deliver that service, we could be breaching their right to privacy. Further, we could also be eroding our client's trust and comfort levels, possibly misleading them with inaccurate information and on the highest end of the spectrum, creating the potential for a lawsuit if we decide to share when we should not.*

Everyone has the right to privacy, and it is part of our job as healing professionals to ensure that right remains in place for our clients. If we are allowing ourselves to gather information about them intuitively when we should not, then we are breaching that right. And, if we do not fully understand the intuitive process, we could unintentionally be sharing information

problems for our clients. For instance, being a Medical Intuitive for over forty years, I know that the body speaks differently to us than another source of information might — for instance, differently than a spirit guide or energetic helper might. And a person's body uses different language than a person's mind.

It is crucial that we narrow our focus to receiving information from sources that are for the highest good of our clients only. For instance, the body is a source of higher wisdom, but the mind is not. We can trust that the information coming from a higher source is accurate and helpful, since that is how higher sources work. Other sources are not accurate and information from them can be misleading at best or damaging at worst. We then need to narrow our intention of focus further, to a very specific source of wisdom that would be most beneficial, and we need to understand completely how that source communicates with us. By narrowing our focus, we are not leaving a wide-open net that can catch anything and everything in its wake.

Finally, even though we have narrowed our focus and understood the communication, we need to do a double-check by “tracking” the information we get to ensure its source, accuracy and validity. To track,



we can imagine that the information we received is attached to a line or a thread and we can follow that line back to the original source of the information. By tracking, we ensure the most accurate, applicable and healing information for our clients.

I often use the example of a massage therapist who asked me for some advice about her client. During a massage, she received a clear intuitive message that the clients had AIDS and she did not know whether or not she should share the information with him. She did not, and I was glad that she did not, since our bodies never communicate with us using labels. They simply do not “speak” to us in that way, which indicated that, the information must have been coming from somewhere else. I showed her how to track the information back to its source, and we discovered that it was coming from the client’s mother, from her worry that the disease might be the root of his health problems. That worry had imprinted itself in his energy field so when the massage therapist allowed herself to be intuitively open, she became aware of it. If she had shared that information with him in the belief that it was from a valid, higher source of wisdom, it could have been highly misleading. It could have had detrimental effects for him on emotional, mental and physical levels, for which she would have been responsible. After this experience, she decided to intentionally switch her intuition off during her client sessions until she could learn the intricacies of the intuitive medicine profession.

Relaying the Information

Once we have intuitive information, how we relay it to our clients is of the utmost importance. It is imperative that we never censor, alter, judge, interpret or paraphrase the information that we receive. It needs to be reported to our clients verbatim. If we get words, we relay those exact words. If we receive images, we describe them. If we receive sensations, we report them without alteration or embellishment.

There are reasons why information comes through from a higher source of wisdom in the way that it

does, and it is not for us, the practitioners, to decipher what the information means for our client. After all, the information is for them — not us. The tendency to want to help by interpreting or figuring out what the intuitive information means is not helpful. Since we will always spin the information in ways that are personal to us and to our own journey, we would be once again misleading or creating the potential for harm. Messages for clients are messages for them and we need to honor that process.

We walk a fine line in healing and intuitive work where we are integral parts of the process and yet we must ensure that we do not interfere with that process. We are in it and present, and yet out of the way. It is a delicate balance.

Any concepts that help us to maintain that balance, both for ourselves and for our clients, also help to present and maintain professional standards for our practices. With over 1000 Energy Medicine modalities now being practiced worldwide, the need for standards is paramount. These are some of the professional conversations that we need to be having, and I hope you will join me in having them! €



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