



# Essential Energy

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## The Case for Faith

Our society employs a medley of “instants” and “lites.” We do not have time to cook, assemble, teach or watch anything that is not quick, from minute rice to a mini-series. When presented with a choice between real gravy and the low-calorie version, we do not have to think about it. We will go for the calorie-reduced version every time. Is it any wonder that many of our clients, and maybe even ourselves, demand the same of our healing work? We want a “lite” process and instant outcomes.

However, energy is not dispensed like diet chips from a vending machine. Our job is to become the channel for the energy needed to assist a client. Beyond that, we have little control of the immediate or long-term outcome. Oh sure, a client could potentially report an immediate shift and a pain-free forever. Wow! We would meet all the modern requirements. Then again, the client might feel worse before crying for a week or two. The eventual outcome might be a necessary surgery that we have simply helped them make peace with.

We understand that an energy healing has its own life and that there is something greater than ourselves in charge. We cannot change the fact, though, that the world is comparable to a fast food restaurant and that unless our clients get a smooth and speedy outcome, they might end up disappointed and disapproving.

How can we best deal with the distinctions between the reality of energy healing and the expectations of contemporary clients? How do we believe in ourselves, as well as the promise of energy healing, when the art of surrender is more important than the practice of making guarantees?

We need to have faith.

Faith is defined as “confidence in a process.” The assurance of faith is based on a spiritual perception rather than on immediate proof. To have faith in a healing implies nothing more than the idea that we securely believe that there will be a positive outcome over time. Notice, there is nothing said about “instant” and “lite.”

We have all had experiences with “good endings,” which is one implication of faith. One of the challenges with waiting for a celebratory finale is that it can take a very long time to cross the finish line. It is nice when we get there though, right?

I can share the perfect example.

My friend’s husband felt led by Spirit to start making hand-hewn log tables. As an amazing craftsman, he spent days on each table, finishing them with a beautiful sheen. Spirit had intimated that they would sell.

After creating a dozen or so tables, he tried selling them at trade shows. He only sold one. Feeling defeated, he wondered if he had misunderstood Spirit. He and his wife put the tables in their house. You could not walk in the house without stumbling upon a gorgeous table.

Soon after he quit trying to sell his tables, the couple put their house on the market. And guess what? The man who bought the house purchased every one of the displayed tables.

It is great when time eventually proves that we were smart to be faithful. This is not always what happens. I had one client who was sure that energy healing would save her life. It did not, at least, not in an apparent way. She died from cancer six months after diagnosis, even though she participated in both holistic and standard medical treatments.

There are also obstacles that arise through a healing process. For instance, energy healing might be doing the trick for an alcoholic client. They have been able to stay sober since adding our work to their recovery program. Along comes a family reunion and the client drinks to fit in.



Do the ups and downs of energy healing mean it does not deserve our faith or the client's faith? Absolutely not. One certainty in life is that nothing is certain. All anyone or anything can ever promise is a process. When a child starts sixth grade, a teacher cannot vow that they will get an A or even that they will learn much at all. The teacher can only say that they will follow the curriculum, adjust it to the child and do their best. All else must be fine-tuned as the year unfolds.

As energy healers, we are in the same position as this sixth-grade teacher. We have developed our trade. We show up. We perform our tasks. We suggest activities for the client. But we never pledge a perfect outcome, certainly not one that is instant and "lite." We can share, however, that the ultimate source of the healing energy is kind, loving and powerful, and that we will co-create with this source, as well as with the client, to do our best.

And we hold faith, which means that in a way, we are making a guarantee. We are vowing that the client will be embraced by love no matter what. €



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](http://www.CyndiDale.com).