



Essential Energy

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The Art of Prophecy

Do you ever get a strong sense of what “should” happen? Feel as if you could guess the outcome of your clients’ actions—or know what they ought to do? Congratulations. You are a prophet!

People do not always want to embrace their prophetic gift. After all, that is the one for which the men and women of antiquity were so frequently stoned, imprisoned, hung and excommunicated. Not everyone likes a “truth knower” or a “truth teller,” but there are incredible ways to incorporate this gift in your healing practice.

Let me define what I mean by prophecy. In the religious sense, a prophet is someone who communicates a message from a supernatural source. The purpose of the message is to clarify what people need to do to align with their divine nature. In ancient days, there were strong consequences to being the bearer of truth. Remember poor Jonah? The Abrahamic god made it clear. “Go tell the people of Nineveh that their bad behavior is about to do them in,” said God.

Jonah was so addled that he boarded a ship heading the opposite direction. We know where that got him. He was thrown by the sailors into the sea and promptly swallowed by a whale. During the three days inside the whale’s stomach, Jonah most likely cursed not only the whale, but his gift of prophecy.

Prophecy is not unique to the Abrahamic religions of

Judaism, Islam and Christianity. The wisdom of the prophets initiated the Vedic Scriptures, African religions, Zoroastrianism, Egyptian and Greek philosophies, and many Native American practices, among countless other spiritual approaches. Prophecy has also played a part in healing across the centuries—the sick granted wellness upon embracing the unconditional love of the One.

What might prophecy look like in a modern healing practice? Here are a few of the millions of permutations you might experience:

- Your client is overweight. She will not make better food choices or start exercising. You are filled with a sense of foreboding and know that her health will go downhill quite soon if she does not alter her behavior.
- Your client does not know what to do. He has trained for years to become a doctor, but now he wants to give up his education and become a teacher. You are filled with a certainty about the latter choice. It just seems like he is destined to be a teacher.
- Your client says that he longs for a mate. Your stomach twists. Trusting your gut, you ask if there are reasons that he might not actually desire a relationship at this time. Your client admits that he is actually questioning his sexual identity.
- Your client is excited. She is going to accept a new job! Something feels off about this opportunity though. You encourage her to hold onto her current job until she checks out the new opportunity. It turns out that the company is going bankrupt.
- Your client has recently had a mammogram and was given an “A-okay.” You sense something was missed and recommend that she get a different breast scan. She calls later and thanks you, as a lump appeared on the second test that did not show on the first. You sometimes struggle with knowing if you should say something or not, as you are not a doctor, but you are glad that this time you offered advice.

Do you relate to any of these scenarios? There are plenty like them in a healing practice and it can be hard to figure out what to share—or how. One of the difficulties is that prophecies do not usually come with bells and whistles—nor even sounds and sights. While prophetic messages might be packaged as intuitive words or visions, they usually arrive as senses, awareness or feelings. This is because the prophetic gift, from



a chakra point-of-view, is associated with the seventh chakra.

Your seventh chakra is located atop the head and is linked with the pineal gland. The pineal gland affects mood and sleep, but also produces hormones and other substances that create (or respond to) various states of higher consciousness. Hence the seventh chakra has long been known as the center of spiritual connectivity. Quite literally, it is the doorway through which we connect with the Divine and our divinity.

When we are in-flow during a session, our seventh chakra will be open. It will receive directives regarding our work but also spiritual insights for our clients. These revelations come empathically, or through our physical body, as the seventh chakra is an empathic rather than visual or verbal organ.

Verbal understandings are the expertise of the fifth chakra, located in the throat. Visual perceptions are logistically picked up by the sixth chakra or Third Eye, which is found in the middle of the forehead. Whereas the fifth chakra translates incoming subtle messages into verbal tones, sounds or words, the sixth chakra turns them into images and pictures, which can offer details about nearly any part of a client's life, including possible future events.

Many people believe that prophecy is the same as foreseeing the future. It is not. As explained, the prophetic gift is managed by the seventh chakra and futuring is run by the sixth chakra. Many of the future-oriented images from the sixth chakra will come true, but some will not, depending on choices made by the recipient or others affecting them. There are not ethical considerations attached to sixth chakra foresights. Through the sixth chakra, we simply receive images of what might or could happen.

On the other hand, futuristic-like knowledge provided by the seventh chakra, which will be felt rather than seen, is value-based. These insights emphasize the power of choice. Choices are presented as better or worse according to which option will create an alignment with the Divine. Remember the example of the overweight client? It is not like you are forcing a health condition on this client, should she refuse to lose weight. Your prophetic sense is merely picking up on what might happen if she does not respond to her body's need. In a nutshell, the role of the prophetic healer is to help clients perceive how their actions, activities or attitudes might best align them with their greater self.

Think about it. I bet that there is scarcely a session in which you are not sensing or sharing information that helps a client become more attuned. The most challenging part of the

prophetic gift is to understand what you are sensing. Toward this end, here are ways you can accomplish this goal.

Trust your body. Have faith that your body will recognize what might be helpful for a client. Prophecy is essentially spiritual empathy. Your physical body will interpret what is happening with a client. Signs that there are problems include a twisted gut, negative emotions, an uncomfortable chill or heat flush, a sudden loss of energy or a sense of wrongness. Indications of positivity include a happy feeling, relief, excitement or calm, a sudden increase of energy or a sense of rightness.

Encourage clients to trust their body. Guide clients toward self-assessment, helping them search for the just-mentioned sensations.

Ask for help. The Divine and guiding spirits are always present, able to send messages and also analyze them. This guidance can help you frame insights in ways beneficial to the client.

Suggest that your clients request help. Whatever words clients use for the Divine, encourage them to pray or meditate upon matters.

Create choices for the client. You do not actually have to tell a client what to do. Because prophecy involves the revelation of choices, you can frame options so clients can make their own choices.

Make room for error. We all know that we can misinterpret our intuition. Because of this, assure clients that they can take your input as just that—suggestions, not law. The Twelve Step Program say it best: "Take what you want and leave the rest."

In the end, prophecy can greatly illuminate and personalize your healing work with a client. Because of this, I encourage you to embrace your gift. Play with it. Add color and texture. At some level, we are all prophets and the good life is simply the fulfillment of the prophecies given to us by the Divine. €



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.