



Essential Energy

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To Share or Not Share?

My oldest son was recently relaying some of his youthful exploits, the ones that you do not tell your mom in “real time.” There was the typical adolescent list: the first cigarette, skipping school, crashing a beer kegger. Then he looked at me and said, “But, you knew all of that, right?”

You might wonder why I did not confront every juvenile delinquent matter up-front. Of course, there were certain issues placed squarely on the table, but honesty is more complicated than not. In actuality, as soon as I smelled smoke on my young son’s clothing, I moved the family to a different neighborhood. The year of the missed classes? I became personal friends with the Vice Principal, who started standing in the parking lot in-between classes to catch every wayward teen, not only my son. And funny how the coach lectured all the football players—if they were caught doing anything, they were off the team. No more keggers.

As in our personal lives, as healers there are times to share what we know and times to be quiet. Think about how many times you have been struck with a sense, glimmer or leap of logic regarding a client. Sometimes you comment. Other times, you bite your tongue. What criteria helped you make these decisions? What factors can assist you in the future?

Common sense is often highly underrated. As for me, I

am not going to speak if I think my words might damage a client. Neither will I talk if I think a client might yell if I speak a truth. Your most dependable tool for differentiating between when to share and when not to, however, is your intuition.

There are basically four main intuitive styles, succinctly described as follows:

Visual intuition presents as psychic images or pictures. Healers frequently envision the cause of a client’s complaints as well as the activities, beliefs or practices that might bolster their health. For instance, if the client is suffering from childhood trauma, you might picture the age at which the abuse occurred.

Verbal intuition involves receiving psychic messages as tones, sounds or words. For instance, you might hear an internal “warning bell” if a client is heading in the wrong direction or you might think of a phrase explaining a situation.

Physical empathy provides insights through bodily sensations. Many healers mirror the physical and emotional predicaments of their clients, feeling another’s physical pain or emotional distress. Your body can also give you information about a client. For instance, I know a client is happy when I feel like smiling.

Spiritual empathy relays as an awareness. These empathic sensations are hard to explain, for they are often inexplicable. As an example, you might believe that a relationship is bad for a client simply because you “know so.”

The same four empathic styles that reveal data can also tell us when to speak or remain silent. In sessions, I only share insights, whether obtained intuitively or logically, if it passes the following “checks and balances” process:

- One or more intuitive styles are giving the “go ahead”
- The other intuitive styles are positive or neutral
- None of my intuitive gifts are in “warning mode”

What do I mean?

Imagine that you psychically envision the behavior causing a client’s physical distress. Here comes that picture. The client is drinking wine—a lot of wine.

The fact that you are granted an image suggests that you can bring up the topic. Except. . . you hear a word in your head. “Wait.” In this case, your verbal intuition is counter-



manding your vision's marching orders. So, you wait. Sharing is frequently all about timing. Then again, your physical intuition might kick in. Your throat clenches. Even if you wanted to talk, you could not. From a spiritual empathy perspective, you might simply know speaking will throw the client out of "divine order."

Sometimes, three of my four intuitive styles advise, "Go ahead." Even if only one intuitive loop encourages restraint, however, I refrain. Perhaps I may get an all-clear in a minute. Sometimes, however, a specific truth is not mine to share, so I never do. For instance, one client asked if I had known her marriage would end. We had worked together for two years. I stated that I had felt that her marriage would dissolve, but that every time I tried to steer the conversation toward the topic, my stomach twisted. Basically, my client needed to make her own decision.

Ethically, our job as healers is not to prod or pry. Rather, it is to illuminate, guide and care. Sometimes information assists with these steps and sometimes, information hinders.

In the end, being a healer is similar to being a parent. We might know a lot, but the wise parent—or healer—delivers only the data that serves a higher good. But be ready! Your client—like my son—might eventually figure out that you know more than you are sharing! €



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