



# Essential Energy

Cyndi Dale

## Changing the World, One “Red Cape” At a Time

Every mom knows the power of toys, and if you are a mom of boys—and I am, action figures in particular.

If you are a boy whose height is south of five feet, you have only to hold a plastic Power Ranger, Batman, Spiderman, or Captain America to assume the same super human traits. Girls might add a Wonder Woman, Invisible Girl, or Cat Woman.

All over the world, small boys and girls everywhere aspire to fly around with red capes wearing leotards while defeating evil and performing heroic deeds. And whether their dreams are dreamed in the night or with eyes wide open, these children are convinced that they have in fact, saved the world, but for the hoping to do so.

It is innate to want to transform the world.

Sadly, the world is need of saving, and not only by action figures. It seems every corner of our universe is full of children with hungry eyes, women with wounded spirits, and men with confused identities.

We think of energy medicine as a discipline pertinent to health care alone, but it is much more than that. I believe it represents the path necessary to upgrade our fantasies of saving the world into the reality of doing so. Energy medicine is the answer to actor Kyle Chandler’s question:

*What, am I supposed to run around in a little red cape and save the world?*

Yes, we are—as long as the cape is emblazoned with the

phrase, “Energy Medicine.”

Energy medicine is so powerful because it is holistic. It recognizes each of us as a whole human being: body, mind, spirit, and heart. It embraces the needs of our bodies, including nourishing food, water, exercise, and sleep, yet it emphasizes the other aspects of life, such as emotion and beliefs. It is not a religion, and yet the foundation resides in the knowledge that we are unified in spirit. It is essentially a path into the heart, for humans and our four-legged companions on this planet as well.

The main cornerstone of energy medicine is interconnectedness. Alone, if wrapped inside the consciousness of isolationism, each of us is frail and ineffective. If our coffee pot fails, we can hardly change the course of a stressful morning, much less an outcome in the world. Because we are linked, however, that which we do with the intention of goodness ripples exponentially.

Energy medicine practitioners are committed to the principles that can lead this world from shadow to light. Perhaps we work on one person at a time, or lead groups, or assist our neighbors, or write long books. The “bigness” of the loving action does not matter. It is the recognition of grace through that activity that guarantees a spiral of transformation near and far.

Of course, sometimes it does take an action figure with a red cape to create a change.

About twenty years ago, I was camping in Venezuela with my oldest son, Michael, who was four at the time. We were near the Pemon Indians, a native tribe. Within a few weeks, Michael had befriended a couple of the youngsters and was running around as buck-naked as they were.

Recognizing that these youngsters had none of the luxuries of American kids, Michael gave one child the only toy he had brought on the trip -- an Ice Man action figure, with cape.

The child broke into a zillion smiles.

I am not sure whose heart or life was changed more that day by Michael’s simple gesture -- the other boy, or Michael. I know only that when we do put on our “red cape” of care and compassion - the one worn every day by energy medicine students and practitioners - the end result touches both the earth and the stars. Where else do the practical and the poet intersect so powerfully? €



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)