



Essential Energy

Cyndi Dale

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Light in the Dark

We all know that darkness walks the land. When violence and bigotry escalate, so does fear. Many people feel pushed to a breaking point, wondering if this is indeed the “era of Armageddon” or at least a good time to hide out. As healers, we wonder how to be, especially in regard to helping our clients.

Years ago, my youngest shared an insight that has inspired me.

He had been struggling with nightmares and boogey men. Because of that, he visited me nearly every night. Then out of the blue, I was “solo” for a week—no squiggling child, no one stealing my covers. I finally asked him what had changed for him.

“It’s not a big deal, mommy,” he said. “I figured out I just needed to turn on the light and the dark went away.”

Can the solution be that simple? Perhaps it is, if we understand that “turning on the light” involves two steps, one that involves a refusal, the other an affirmation. Before explaining what I mean, I want to first explore this idea of “darkness.”

In my mind, the most common signs of darkness include jealousy, addictions, abuse, envy, prejudice, judgment and blaming. Great harm comes from these ways of being. We are charged individually but also collectively, as a race, to stop or transform these attitudes or actions so they do not

rule our nations or hearts. Extreme darkness is farther along the continuum and is often called evil.

Evil is typically defined as wickedness, malevolence, depravity or maliciousness, especially, and it includes the supernatural. Personally, I explain evil as “anti-consciousness.” Many people define consciousness as awareness. I believe that consciousness is the awareness and expression of our truest and innate human nature, which I believe is love. Because I think that people are basically “good” and here to create more love, I believe that the conscious person is also conscientious, concerned about his or her own wellbeing and also another’s. Evil would have us “cancel out” or ignore our most essential qualities, which always center on love.

A person, system, soul, force, energy, action or paradigm can deliver evil. We examine the roots of terrorism or childhood abuse or a corrupt government and we find evil. Terrorism is especially disturbing as it is both senseless and unpredictable. The fear of uncontrolled violence ripples throughout the world, visiting neighborhoods, nations, schools and all too often, makes a home in the heart of the innocent.

My client base has always been composed of true and brave souls seeking to recover from the effects of both common and extreme darkness. I am sure your healing practice has as well. The presence of heightened extreme darkness, or at least an increase in the cognizance of it, has intensified many of my clients’ fears and also triggered profound issues. Consequently, I find that many of my clients are surfacing previously hidden and extremely painful feelings and memories. To provide support at this level is an honor. I have also been progressively working with more clients who have been personally affected by terrorism and other extreme forms of evil. I find that I have returned to the wisdom shared by my son and the two steps involved in dealing with darkness quite frequently.

The basic protocol of being a healer often involves helping our clients take two steps. They must say “no” to darkness and shout a “yes” to light. Think of a client struggling with addiction. Recovery begins with refusing to engage with the addictive substance and an affirmation of more self-loving behaviors. There are usually many “no’s” and many “yes’s” involved with a healing process. Healing is not a one-time “two-step.” Sometimes a person must say “yes” to a positive before they can say “no” to a negative. Ultimately, however, to heal in the face of darkness involves taking these two steps, holding onto the vision of our essential nature.

Recently, I employed the same two steps in supporting a



woman who lost a relative in a terrorist attack. She was shattered. Everywhere she went, she shook, awaiting danger. She also wanted revenge. She desired nothing more than to hurt someone else as deeply as she had been hurt.

An evil act had killed her loved one. In other words, a group of people violated their own true nature—which is to be loving—to try and strip others of the same. This is the basic goal of darkness. It seeks to take from others what it believes it has lost.

Firstly, my client needed to grieve. She had lost her loved one, but also her sense of safety. At some point, it was time to feel her way through the “no’s” and “yes’s” involved in moving forward. Her first “no” was to refuse the compulsion to be ruled by fear. She also decided that she had to say “no” to her drive for vengeance. To live in fear or to seek revenge would draw her away from her essential nature. It would cause her to love less.

She then started demonstrating her “yes’s.” She returned to the restaurants she liked. She even visited the area where her loved one had been shot. Then she joined a survivor group and is now helping others face their losses in a loving way. She not only turned on a light, she became one.

I am not making a political statement about how to deal with abusers and terrorists. I am declaring that our role as healers is to help others arrive at their “no’s” so they can embrace their “yes’s.” In the words of Ogwo David Eminike, we uphold the right of all individuals to be like the sun from the east, to “continue to rise, smile and shine.” It is our birthright to live as the light that we are. €



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.