



# Essential Energy

Cyndi Dale

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## The Game of Golf — and the Discipline of Healing

I really do not golf, but I do know it has a lot in common with subtle energy healing.

Actually I have golfed—a bit, usually near Brainerd, Minnesota, near a gigantic statue of Paul Bunyan. I only do so under duress, however.

Since my sons love putt putt golf, I have been dragged to the range during vacation at least forty times. After one or two holes, I am fed up with chasing the neon colored ball and start dropping it where it is supposed to go. My boys tell me that is not a true hole-in-one—but since I am usually the one paying, I end up with a pretty good looking score card.

I also once had a former boyfriend take me to a “real” golf course, insisting that he could teach anyone to golf. According to Denny, golf was the easiest sport in the world to learn. “How could you screw up?” he asked. “You are basically walking around on well mowed grass hitting a ball with a pole.”

He did not believe me when I insisted that there was no way I could hit such a small ball with such a skinny stick. My sports development had concluded with whiffle ball, which features an enormous bat and a ball nearly as big as a watermelon. After one hole, he agreed with me. I had no aptitude for the game.

I am talking about golf because it is important to establish the difficulties involved in the simplest appearing activities. Energy Medicine practices, including hands-on healing, can appear deceptively easy—and in many way, are quite straightforward. The essence of all forms of healing, no matter the procedure, lies in the heart. Ultimately healing involves the sharing of love.

Professional energy healing, however, is as complex as golf, if not more so. I have found that not all my clients understand this. One client asked why I charged so much for a session when all I did was stand and wave my hands over them. A student wondered why all the training was necessary. “Isn’t healing a natural instinct?” She asked. “Isn’t it just like prayer?”

If only they understood!

Subtle energy healing is—as you know—actually quite complicated. Think of the discipline and many factors involved in showing up for a single session as a practitioner:

- Hundreds to thousands of hours of training
- Practice, practice, practice
- Participation in ongoing education and associations
- Self-care necessary for service work
- Education and practice of social aspects of service business—how to help clients with emotional needs, etc.
- Ability to set realistic goals
- Determining which techniques to use with the client
- Client management—of personal and client expectations, scheduling, and more
- Self-awareness regarding codes of behavior—for self and clients
- Knowledge of intuitive energies and subtle fields
- Awareness of spiritual beliefs of self and client
- Engineering involved in running a business—from web site to insurance needs to administrative duties

Of course, a client is not usually aware of these jigsaw puzzle pieces when working with a Healing Touch or other type of subtle energy practitioner. When “waving my hands,” I might be simultaneously assessing a spiritual issue, sensing congested energy, and increasing the flow of lymph fluid in their system. When “just praying,” I am working hard to separate my personal judgments and opinions from higher guidance. When a client is upset because they can not get an immediate appointment, they do not know that my assistant booked someone with a terminal illness into the cancellation. But it is good for us, the practitioners, to be aware of the interlocking qualities of subtle energy healing, and sometimes, to compliment ourselves on keeping everything straight!



One of the most admirable qualities of Healing Touch is the well-developed protocol. Included are codes of behavior, healing philosophies, specific techniques, and more. Truly, this organization is setting a standard for everyone in the subtle energy discipline, assuring both practitioners and clients that the complexities are accounted for.

As for myself, I am relieved that I am better at healing than I am at golf. As Arnold Palmer once said, "Golf is deceptively simply and endlessly complicated." Just like healing—and life, for that matter. €



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).