



Essential Energy with Cyndi Dale

by Cyndi Dale

A Story of Self Love

Like most healers, I struggle to find time and space to take care of myself. I am not talking about performing the daily tasks of living, like washing the dishes, walking the dogs, and in my case, attending the dozens of traveling baseball games that this year, have all involved huddling in the rain under a blanket. (It would be more fun if my son's team would win.) The real dilemma is that sometimes I sub-consciously consider self-care - which does not include dishes, dogs, and baseball disasters - at odds with my calling as a healer.

Logic is not only on the side of giving love but also of receiving love. At some level, I know that you can not give what you do not have. If I do not care for myself, I will not be able to care for others. If I do not allow the Source—God, the Divine, the All, Allah, the Creator, the Mother—to care for me, how can I convince others that there is a Source that desires to heal them? If I do not perform the small tasks of self-care that lead to health, such as eating right, sleeping well, and having fun, how credible am I when prescribing self-care for others? It is hard to remember these truths, however, as I have spent my life earning a Ph.D. in codependency.

Instead of imparting the wisdom of self-care through an essay, I decided to write a story about the seeming-quandary of giving to others while providing for the self. In a way, this story is actually about the nature of love. As strange a phenomenon as

love is, it is the only medicine there is. This curative is available to us, not only others. What we give, we also receive, but when we receive, we are also better able to give. Such is the circle of love. To include ourselves in the circle is to create more love for all.

The Angel Who Forgot Her Shoes: A Story About Love and Healing

Once upon a time there was an angel who knew she was completely and wildly connected to the Source, no matter what. She was so excited when the Source asked her to come to earth to share its infinite light, for the earth was a dark place and in need of the reassurance of eternal love and the bliss of golden grace.

While she was packing her bags, the Source walked in. Poking through her suitcase, the Almighty made an observation.

“You did not bring many clothes. Or undergarments, or even shoes for that matter.” The Source wondered especially at the latter, as this WAS a girl angel, after all.

“Oh, I will not need them!” She quipped brightly. *“All I need to do is give away your Light and I will be continually refilled.”*

Though the Source advised otherwise, the girl angel did not pay attention, and off she went, entering the healing field, the best possible place to share divine light.

As you might expect, life did not go as she had hoped. After a couple of decades of providing never-ending streams of loving energy to others, the girl angel noticed that she was constantly tired, even irritable. In fact, she was often sick. After coughing

her way through yet another healing session, she finally asked the Source what she was doing wrong.

“You do not wear clothes, undergarments, or shoes,” the Source gently reminded her.

“What would these provide me?” She queried.

“Your clothes represent boundaries. Without distance between you and others, you are in danger of becoming them. You are here to become yourself, not someone else.”

“Your undergarments serve your inner self. To focus on the self IS to focus on me - as you are part of me. The journey of life involves becoming more of yourself, but also more of me.”

“Finally, your shoes help you walk this world without sinking too deeply into it. There are many problems on this planet, and it is not your job to fix all of them.”

“In fact,” the Source continued, *“the less you care for yourself the harder it is to connect with me. You will lose yourself in the giving to others.”*

The girl angel thought about all of this and decided that perhaps, the Source was right. She began to conduct what could be called “self-care.”

First she asked the Source for clothes, which the Divine customized for her. Separated from others’ woes, she ironically found herself more objective and thus better able to serve others. As she became used to distance, she started to notice how she felt; what she liked or did not like - and what was unique about her being. It became easier to carve out time for herself, feed herself good food, and indulge in rest. More relaxed, her life became more of an adventure, and she found herself enjoyably traveling the many worlds inside and outside of herself.

The Source next selected appropriate “undergarments” - qualities and virtues for her to hold dear and eventually embody. What did it mean, to identify with faith, hope, love, and joy? What did it mean, to be faith-full, hope-full, love-able, and

joy-full? In seeking to understand the true nature of being an angelic spirit within a body, she uncovered her own deep needs—and wounds. The subsequent journey of self-healing invited a deeper dependency on the Source, as well as, those around her. She learned to trust, and became an even clearer channel for divine love.

And in the buying of more shoes, her wardrobe became the envy of everyone she met.

In the end, the girl angel realized—as did boy angels on the same path—that she was not only on this planet to give love and healing to others. She was also here to receive. By giving and receiving, she discovered that this world became a little more like the heaven she remembered. That knowledge made her even happier.

About the author:



Cyndi Dale is the author of *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, and eight other bestselling books on energy healing, including *The Complete Book of Chakra Healing*. She has worked with over 30,000 clients in the past 20 years. To learn

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