

Essential Energy with Cyndi Dale

by Cyndi Dale

Energy Boundaries for the Healer: Letting Love Do the Work

If there is anything more common than the “common cold,” it is a healer’s ability to pick up everyone’s everything.

For years I could not attend a family holiday or birthday event without catching the flu, anxiety doldrums, or what I call the “Humpty Dumpties,” short for scrambled brains. Others might pass presents to each other but it seemed they reserved their problems for me.

These maladies transferred in energetically. It was not like my mother wrapped her negativity in a box and asked me to take it home—consciously, that is. That was our arrangement, however, cultivated throughout my childhood and practiced over a lifetime. I became good at absorbing others’ undesirable issues.

What transfers in energetically must be released energetically. While it would be great to obtain a Prozac prescription for energetic depression, the normative version doesn’t suffice. And you know what? Letting go of all that energetic slop and jetsam is hard work. If I had a dime for every minute spent “releasing and clearing,” I wouldn’t have to play the lottery anymore.

I suspect you know exactly what I am talking about.

This is a common complaint among nurses, doctors, healers, and even administrators, especially those who work in hospitals and clinics. If a family Petri dish brews hundreds of issues, imagine what percolates at a hospital or in a healing venue. Not

only are you exposed to diagnosable illnesses, but also energetically carried diseases, sensations, emotions, and even mental challenges.

In most cases, we can quickly eliminate or clear that to which we are exposed or “pick up.” We might start sniffing and then remember that we just worked on Mr. Jones, who had pneumonia. Blessing him and ourselves, we are able to set aside the Kleenex box. Not every situation is this easy to release, however.

As an example, I once worked with an Emergency Room triage nurse who was also a Healing Touch practitioner. She loved connecting energetically to her patients to provide relief. Her energetic boundaries were great—unless the patient died.

She would then internalize the dead patient’s soul for up to a week, even though it was not what she wanted to do. When an elderly man with throat cancer passed, she developed a short-term thyroid condition. A week-long visitation by a deceased teenage girl resulted in a five-pound weight gain. (Apparently the girl loved junk food.) Freeing herself from these spirits was exhausting and took nearly every technique in my energy tool kit, from cord cutting to processing codependency issues.

What caved in my client’s otherwise impeccable energy boundaries? I suggest it was her heart.

The call to becoming a healer starts within the heart. It sparks

in response to the awareness that others have true and viable needs. The healer is the person who cares enough to respond, to give of his or her heart and send healing, blessing, and insight.

Sometimes, however, the healer cares so much that he or she

goes a step farther. The healer reaches out and actually pulls the problem into his or her own heart. You know the drill. Clearing, clearing, and more clearing.

An analogy is the carpenter who goes to the client's house to fix a chest of drawers. The dresser drawers, however, are so messed up that the carpenter lugs the bureau to his workshop, where he has more tools and time. In the end, he probably spends a lot more energy on the project than he originally planned. Maybe he even gets stuck with the dresser and has to call a service to haul off the furniture.

What is our recourse? I am trying to teach myself to work solely with the true power of healing -- love. Love knows no boundaries but it also does not break them. Love is all-powerful but it never overpowers. Love gives and receives, but never in a way hurtful to anyone, including ourselves.

Love is both a healing power and the source of healing. When we find ourselves taking on - or having taken on — another person's energy, I believe we have only to ask for love. To invite only love is to include ourselves in the healing process, not only the patient. It is to become the carpenter able to fix the furniture at no cost to himself OR be happy with a new dresser.

As shared by Emmet Fox,

There is no difficulty that enough love will not conquer; no disease that enough love will not heal; no door that enough love will not open; no gulf that enough love will not bridge; no wall that enough love will not throw down; no sin that enough love will not redeem...

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 more about Cyndi, her work, books and products please visit: www.cyndidale.com

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