



Essential Energy with Cyndi Dale

by Cyndi Dale

Embracing All That Life Has To Offer

A few weeks ago, we welcomed four new pets into our home, products of a science experiment via my twelve-year-old. Their names are Peter, Paul, Mary, and Roger, though darn if I can tell the difference between them.

They are Hissing Cockroaches.

I bet most of you do not know that there are many varieties of cockroaches, but Madagascar's version is pretty special. A good two to three inches long, they hiss when scared.

I am not sure who hissed louder when Gab and I changed the habitat last week, but I can tell you, I have had more pleasant experiences. Since I refused to touch our new friends, I was reliant on a spoon, a big box, and a paper towel roll. Do not even ask. Just know that within five minutes of our experiment, the first escapee was trapped under a cereal bowl, the second under a frying pan lid, and the last two were stuck in the paper towel roll, toilet paper on either side.

There are many lessons involved in hosting pets and children, as well as, coping with all that is unexpected, but the most profound can be summarized in the phrase, "*embracing all that life has to offer.*" This concept is also key to serving in our highest capacity as a healers.

I know that some of you might cringe at the thought that cockroaches and Healing Touch have anything in common. (I am more than a bit repulsed by the creatures myself. Imagine an

insect that has survived this planet for 350 million years.) Nonetheless, what is our job, as healers, but to embrace everything our life has encompassed so we can help our clients do the same? Only when we start where we are - can we shift to a new place.

A client who was involved in a water accident ten years ago recently underscored this truth. At that time, he was pronounced a paraplegic and was given a zero chance to ever move his arms again, much less his legs. He refused to accept this prognosis. Despite being turned down by several insurance companies, he found a non-profit willing to sponsor physical therapy beyond that provided through standard medical care.

His dedication to altering his neurology included working with several energy healers. As he shared, "*Subtle energy can reach places that physical energy cannot.*"

When this gentleman came to see me, he walked in.

Yes, he needed assistance, including an aide and physical supports. He struggled to take notes on his paper and his head bobbed every so often. BUT HE WALKED INTO MY HOUSE.

When I asked him how he felt about spending his last ten years so diligently striving to learn how to walk—again—he said this:

"I had to decide if I was going to let my circumstances define me or become a better person because of them. I went for the latter."

This man's dedication to transforming his situation set him firmly on a path of regeneration. He accepted what life had offered him—paralysis. But from this vantage point, he set about changing what he could, eventually transcending reality through his unwavering devotion to a higher goal.

When we are working with clients, we must first see them for who they are. We accept them as is, whether the current reality includes depression, anxiety, joblessness, adultery, hatred, addictions, or joy. Only then can we go about helping them open to a higher reality, one that might possibly change or transcend the current one.

In order to support our clients in this way, we have to do the same for ourselves. We start by embracing all that is, no matter whether we like it or not. There are a lot of situations I would not necessarily vote into my everyday life. As the mother of boys, I am definitely involved in too many sports activities and an over-the-top number of science experiments of the gruesome nature. The home laboratory has not been limited to cockroach warfare. The school has sent home numerous projects, one involving seven mealworms and another the building of a volcano that only erupted sidewise.

I can not affect change in all my life areas, but once I have sighed and embraced reality, I can at least open to the higher lessons. What are the cockroaches providing? I am not as scared of bugs as I used to be. They can only get you if you let them out. There are a lot of life situations like this. A "mean relative" can only zap you if you see him or her.

The mealworm lesson? The volcanic escapade? I'm still working on these. In the end, however, it comes down to yet another insight provided by my heroic client.

"In learning to walk all over again," he said, "I figured out how lucky I am to have the ground under my feet."

People like this man reinforce just how fortunate I am, and we all are, to simply have a life to embrace and the promise of tomorrow. As said quite simply by Brian Tracy --

"Give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation."

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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