



Essential Energy with Cyndi Dale

by Cyndi Dale

Healing Children (And Ourselves) Back to Innocence

My own children provide me with ample reasons to not only provide healing, but to receive it.

As I write, I am sitting “up north” vacationing. At least, that is what we Minnesotans call spending four hours loading the car with every potential emergency item, from an extra PS3 gaming system to a snow shovel, and then driving the frozen tundra to enjoy spring “break” with the kids.

Not even twenty-four hours into the wild spree, my twelve-year old son, Gabriel, Gabe’s friend, Colin, and I hunker down in our “suite,” a kitchen area separating two small rooms, while a snowstorm swirls around us. Most of the bath towels are plugging up the wheezing cracks in the balcony door, leaving us with a few washcloths to use as towels for our sundry needs -- including the cooking.

I wrongfully assumed there would be a restaurant on the premises. Apparently we are pretty much the only guests here. We are now switching to vending machine meals, as we have already been reprimanded twice for setting off the fire alarm. Colin as chef, needs to earn a cooking badge to become an Eagle Scout. I am voting for the fire-starting badge, instead.

Kids are supposed to be kids. Kids are fun, lazy, rebellious, situationally sweet, and as undefined as the free radicals in a chocolate cake. What about the children who do not have the luxury of joy or the energy for mischievous trouble?

I often work as an intuitive and energy healer for children, whether directly or via their parents. This is one of the most

important, but also heart-wrenching, aspects of my practice. A few weeks ago, a mother called because her son had just been diagnosed with a fast-acting cancer. Yet another father wrote because his eighteen-year old daughter had been hit by a drunk driver and was now paralyzed from the waist down. Any disease or trauma, whether physical, emotional, or mental, when affecting a child, seems particularly unfair -- especially the illnesses I call “social” which include abuse, neglect, starvation, and abandonment.

I simply cannot accept harm to the innocent.

Just as challenging, but less discussed, are the childhood conditions that involve spiritual susceptibility. Recently, a mother reached out because her seven-year old daughter, who is extraordinarily psychic, had started cutting herself with knives “*which the dark forces are telling her to do*”.

Yet another teenage girl’s mother shot out a frantic missive. Ghosts like locusts continually infested her daughter. “*They actually strike her, when she tries to send them away,*” the mother sobbed. “*Red marks appear out of nowhere on her face or body. I KNOW they are real*”.

I am a believer in licensed care. Some situations, however, also require an out-of-the-box perspective. We energy healers operate both inside AND outside of the box, which is why we are so often exposed to the scary, painful, or unusual. Even though we can often assist, it is still painful.

The terms “suffering” and “children” should be an oxymoron, and they are not. In fact, the opposite is more often the case.

There are a lot of spiritual principles, far-flung across time and

culture, which assert that we are responsible for the events that occur in our lives. If it is not karma, it is original sin - if not original sin - then soul agreements - if not soul contracts - then the collective unconscious. What happens if we apply this notion to children, not only adults?

We immediately spot the holes in the theory.

There is not a child alive who has chosen to be abused, hated, neglected, traumatized, or afflicted with a serious illness. There is not an infant born who has desired to be unloved, never held, or abandoned. If this is true of children, is it not true of adults?

Somehow it is so much easier to perceive the innocence in a child than the underlying innocence of an adult. Likewise, it is much easier to buy a book like **The Secret** and search for ways to force reality to change than to acknowledge that we are not really in charge of very much at all.

Working with children has not only stretched my heart, but also my philosophical underpinnings. For too long and too often I have bought into the idea that we are responsible for that which happens to us. We ARE responsible for what we DO and THINK about what has occurred in our lives, but if a butterfly in South America can start a hurricane thousands of miles away, what chance do I have to monitor and manage everything in my life? Why, 90 percent of the cells in my body are not even my own. They are microbes, which do not even carry my DNA.

I am not God.

Of course, we are to grow in responsibility and accountability as we age and mature -- in addition to growing in love, faith, goodness, and hope. How can either occur, if we are not encouraged toward grace rather than shame?

In my book, grace is love conjoined with power. To begin and end a healing session with grace, for a child or an adult, is to connect that person to a higher, eternal source of love. One that will create connection, but also motivate or empower a transformation. A healthy outcome might require behavioral shifts, but it will always necessitate a transformation of the heart, which is only possible where love is present and an underlying innocence assumed. It is not enough to suppose an underpin-

ning of innocence for children. We must grant the same right to adults, if we are to create a world that is loving and peaceful.

This philosophy is best administered in more than our work. What might occur if we were to always offer grace, as the first and last medicine for everything in life? Maybe the burned frying pan will not scrub itself. The boys' health might still suffer from their vending machine diet but we might all have a little more fun. If you feel called to send a little grace my way for the recovery phase of my vacation, I would be more than happy to receive it! There is never enough grace to go around.

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

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