



Essential Energy with Cyndi Dale

by Cyndi Dale

To know how to grow old is the masterwork of wisdom, and one of the most difficult chapters in the great art of living. -- Henri Frederic Amiel

My mother is eighty-four years old. She is busy almost every night - with book clubs, church meetings, concerts, and the dream interpretations she provides to people in need. Little wonder my twelve-year-old believes that his grandmother, who does not actually hold a paying job, is a member of the work force.

Recently he looked at me and asked, *"Mom, what do you think Nana will do when she retires?"*

One of the goals of Healing Touch in relation to the elderly is to bolster health, so the aging remain as spry, nimble, and aware as possible. There are also times that an elder needs help doing the opposite -- releasing loved ones, possessions, and dreams -- gathering memories before moving to the next stage. These are times that our elders require pain relief and soothing, medicine for the soul as well as the body, and a replacement for what is lost.

It is hard to release what has defined our lives - and us. Even my mother, as active as she is, feels like she is losing ground to age. Once a morning person, up at dawn and chirping with the birds, she now complains because she does not start her day until 10 or 11 a.m. *"It takes me so long to wake up, take my pills, shower, and dress," she remarks, "Half the day is gone before I have started it."*

I have heard similar remarks from many of my elderly clients. One, a petite, vibrant woman named Muriel—who LOVES red

tennis shoes (I have never seen her wear anything else)—once said, *"My four minute eggs now take me an hour to cook. I think there is something wrong with modern hens."*

Energy medicine is not a magic cure. It is not going to erase all the wrinkles on our faces, but maybe it can ease the creases in our hearts. Hands-on-healing is not going to eliminate every terminal condition but maybe it can invite graceful transformation. A healing touch might not bring back yesterday but it might fill our remaining days with nostalgia and sunshine. In other words, Healing Touch and other energy modalities cannot change reality, but they can open us to new realities.

I remember how hard it was for my dad to give up what was most precious in his life after he was diagnosed with cancer. One day, after receiving two types of treatments for lung cancer, he called me into his hospital room.

The curtains were shut.

I asked why.

He said, *"I do not want to see planes anymore."*

Planes were my father's lifelong passion.

My father restored planes in our garage when I was growing up. He would haul in great husks of these broken machines, many with their wings shorn off, and gently and efficiently set about bringing them back to life.

He would first repair the body and then set about tinkering with the engine, or the heart, of the plane, smiling when it roared back into action. He would next grab a few men from the neighborhood and attach grappling hooks to the reanimated living "patient" to help haul it to the backyard. The most delicate part of the procedure now began, which was the healing of the wings.

For all that these wings of a small plane accelerate to a hundred miles an hour and carry upward toward 2,000 pounds, they are made of thin aluminum frames with stretched fiberglass and glue. I remember wondering how a glue similar to the Elmer's I used in kindergarten could hold a plane together when it was high in the sky.

Eventually the body and the wings would be joined and a real-life plane could now be trucked to the airport. My dad was his happiest at that moment, for then he could enjoy the freedom he had spent months on the ground earning.

My dad did not have to tell me that he was dying. The shut curtain, which cancelled out both the sight and the sounds of airplanes, told the story.

All the way through life, we are asked to give up what is most important to us. Our babies turn from being toddlers into grown-ups, who then move away. Our knees get cranky and we are walking instead of running. Our lives ebb and so do our appetites, maybe even our ability to get to the refrigerator at all. Yet we are still alive, we are still being transformed, body, heart, and soul. However, we are usually very aware that we are losing what is precious in the process of waiting for our wings to be attached -- the wings need to fly a new direction, into new places.

My father eventually shifted his passion for planes into a concern for his only grandson, my oldest son. The promises I made to my father during his final months gave my son a wonderful start in life. These promises included selecting a school for him that would give him a great education. They also involved collecting artifacts from my father's life that would remind my son that his grandfather always loved him, from this OR the other side.

My father did not need to release everything to open to a new horizon, nor do we, as practitioners, need to compel our elderly clients to let go of everything. Instead, our job is to help peel away the surface of life to the truth that is underneath.

Love continues.

Sometimes it takes a healing touch to know this.

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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