



Plugging Back Into the Source

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Susie was raised in an abusive home, where verbal and physical violence was rife. She left home at 18, found the strength to put herself through university and never looked back. She met and married ‘Mr. Right’ in her early twenties, had a couple of kids by 30 and was running her own successful company. Life looked wonderful, perfect even—until the wheels came off the bus just a few short years later.

By the time she was 35, Susie was spending three hours a week on the therapist’s couch and had developed a whole range of strange physical symptoms that conventional medicine simply could not explain.

“I felt stressed to the max all the time,” recalls Susie. “I had so much internal pressure that I used to wake with my fists tightly clenched and my skull wedged against the bed’s headboard. Emotionally, I was still managing to keep a lid on things, but it was getting harder and harder to function. I felt tired all the time. I had weird aches and pains. I was frequently depressed and I dreaded spending time with my kids because I just did not have the energy or patience for them. It took super-human effort not to explode at them every few minutes and I had to literally lock *myself* in my room to prevent myself from hitting them.”

“I felt that the nightmare scenario I had been fighting

against all my life—namely of turning into my violent, neglectful parents—was materializing before my eyes. There was nothing I could do to stop it.”

However, that did not stop her from trying. Fed-up with the lack of progress she was making in conventional therapy, Susie decided to try the holistic health route instead. “It started with switching to a healthier diet which definitely helped with some of my physical issues. But internally I still felt I was fighting emotional fires all over the place and I could not extinguish them.”

In the meantime, Susie was steadily working her way through every holistic therapy in the book. She tried naturopathy, acupuncture, shiatsu massage, aromatherapy, biofeedback, yoga – you name it. “As time went on, I felt like I was doing more and more stuff, and seeing less and less results. I had quit my job in the meantime and was still struggling with my family responsibilities, and things were starting to look pretty bleak.”

Susie was doing her best to solve her problems, but kept hitting a brick wall. “The shiatsu woman I was seeing kept telling me that I had a lot of anger and that until I could let go of my anger, nothing was going to move. I tried, man, I tried! But it was like I just kept getting pulled back into rage at the way my parents had treated me, especially when I found myself



doing similar things to my own children.”

Susie got her breakthrough when she attended a God-based holistic health class where she first heard about the ‘Laptop’ paradigm of human health, as follows. Computers, like people, need three things to function at their maximum potential:

- **An energy source**, i.e. the Higher Source, or God.
- **The right software**, i.e., healthy thought patterns and emotional responses.
- **A bug-free basic operating system**, i.e., the body.

Getting the underlying negative emotions to move out is one thing. Keeping them out is often much more challenging, particularly when dealing with victims of abuse. In Susie’s case, she could not permanently move past her anger at her parents and start to heal until she was given a spiritual framework that would enable her to do so.

“Well-meaning people would tell me ‘forgive and forget already, and move on!’ and I would want to punch them in the face. I spent two years in therapy trying to forgive and move on, and I could not. I would get

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“That was the first time I heard someone put God into the healing picture,” says Susie. “And initially, it was pretty hard for me to swallow. My abusive family was ‘religious,’ and while I still believed in God on some level, I was just so angry at Him for what He had done to me. Up until that point, my God was a God of punishment and pain, not a healing Presence in any way, shape or form. At the same time, I could feel that what I was hearing was true. I just was not ready to accept it.”

Energy Medicine practitioners are well aware of the fact that emotions and physical health are connected. Gallbladder meridian and its associated health issues are related to feelings of rage and being judgmental. Trauma can cause the triple warmer meridian, responsible for our “fight or flight” response, to go haywire. We know that when people do not like themselves very much, they often experience issues related to the liver meridian, and associated functions.

Very often, Energy Medicine techniques and Energy Psychology techniques like Emotional Freedom Technique (“tapping”) and the Tapas Acupressure Technique (TAT) can and do achieve some radical movement in freeing the trapped emotions that are causing havoc to our clients’ health and peace of mind.

stuck each time on the apparently random cruelty and unfairness of it all. Children are innocent. I did not deserve the treatment they had doled out to me and I could not get past it.”

Despite her huge mistrust of anything remotely ‘religious,’ Susie agreed to try some God-based holistic healing after being reassured that the God part was strictly limited to connecting to her Higher Source in whichever way felt best for her – no dogma, no creed, just a conversation with the Creator.

In her first session, she was given a visualization exercise to do at home. Susie was to imagine that she was talking to God and that she had permission to say ANYTHING to Him. She could tell Him how angry she was, how upset she was, how much she hated Him – anything. There was to be no censoring of herself.

Once she had her say, she was to continue to sit quietly for a period of time and to give God the opportunity to answer. The first time Susie attempted this homework, it flopped badly. She was still so angry and distrustful that she could not even begin to speak. However, she tried again.

“Initially, I was so angry no words would come. But



then it was like I got this flash of clarity that it was exactly *this* feeling of unexpressed anger that was behind my health issues and constant tension. Once I realized how holding on to it was actually killing me, it gave me the motivation to start telling God what I really thought. Once I started, I could not stop. I was screaming, raving, ranting, crying buckets. My body was shaking violently and I could literally feel the poison gush out. It was the most cathartic experience of my life.”

Of course, Susie’s problems did not all disappear overnight, but once the emotional dam had burst and she had made the commitment to regularly reconnect to her Higher Source, she started to get more and more insight about her situation and experiences.

“All the therapists I saw, all the people who treated me, no one could tell me *why*. Why had this happened to me? Why did I have to go through so much suffering?” recalls Susie. “A few weeks into the talking-to-God process, I finally got the guts to ask Him directly and the answer I got just made complete sense. I came out of the conversation and for the first time I could remember, I did not feel angry any more. Not at God, not at my parents and not at myself or my kids.”

Human beings are vastly complex beings and as Susie continues to uncover new layers, she is discovering new areas of work all the time. “Health-wise, things started to clear up pretty fast. The issues I had with bloating, gas and migraines disappeared almost immediately. When I did get a migraine or gas attack, at least I knew that something had probably flipped my anger switch again, without my realizing it. I had to go back, figure out who or what that was, and deal with it properly.

“Gradually, I noticed that my hands started to unclench. First it was just a finger or two, until finally I woke up with my palms open, for the first time in my life. But probably the biggest present of all was the new reserves of patience I had for my children. With my own inner tension decreasing, I found I had a lot more energy to spend with them and a lot more

tolerance for their demands, noise and childishness. Over a few months, my relationship with my family literally transformed in front of my eyes.”

Today, Susie still eats pretty healthily. She traces her own meridians most days and *Energy Medicine* by Donna Eden and David Feinstein is a constant companion on her bookshelf. But the thing that pulled it all together for her and really got her out of her emotional rut was plugging back into her Higher Source.

“I *sooooo* was not a God person!” she laughs. “But when you are as desperate as I was, you will try anything. All I can say is that if you have gone around the bases, and you are still stuck with the same problems and the same issues despite your (and your therapist’s) best efforts, give God a try.”

When it comes to identifying and addressing problems at their root, Energy Medicine techniques are unequalled at working across the mind, body and soul to find a solution. But sometimes, it can be easy to forget that the soul is like the battery pack powering-up every other facet of our mental, emotional and physical health.

The more practitioners can encourage clients to plug back into the Source and help them to develop a meaningful spiritual context for the hardships and challenges they face – the easier their jobs will be. Clients will learn that their suffering is not random, that there *is* always hope that things can turnaround, that they *can* find answers to their questions – even the most disturbing ones. €

All names and identifying details have been changed.



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