



Waking Up

Finding the Right Time for Healing

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My daughter has always loved her sleep and usually is the hardest person to waken in the morning. Her irritability and sluggishness used to drive me crazy. Not being much of a morning person myself, I found it extra hard dragging her out of bed and getting her ready for school.

My daughter is eight, and although she loves Healing Touch when she is sick or something hurts, it is often difficult to get through a whole session. She has a hard time laying on the table for any length of time. In addition, distractions, a short attention span and non-stop chatter become challenging for me as a healer. I find it hard to stay present and admittedly we often end up having some sort of power struggle. Not my best moments.

It was not until just recently, that I started coaxing her out of bed and into the day with healing principles learned through my study of Energy Medicine. It began purely by accident one morning when I noticed how warm, cuddly and relaxed she was. I, too, cherish waking up gently, and started by rubbing her feet and reminding her to draw energy from the earth. I spoke of getting grounded and breathing healing white energy up through her body, to awaken each cell and bring new life. She loved this and was happy to have a gentle experience to meet the day, instead of my regular grumpy and irritable approaches of the past.

As time went on, I introduced different visualizations and used the gentle tools of Energy Medicine to enter the day. One morning, I reminded her to collect all

parts of herself from the dream world. To call back any parts of herself that had been left behind. My calm meditative voice was met with more and more receptivity and together we created a nurturing space for love to be the first experience of the day. I was so encouraged, that I found myself innovating and looking for new and different ways to connect in such a profound way.

My next discovery, was inviting her to turn on the lights in her body, before I turned on the lights in her room. Moving up from her root chakra, I guided her to turn on the red light, the orange light, the yellow light and so on as I moved my hands in unison following her chakras.

I am delighted that she is receptive in the early hours of the morning and welcomes this time together. I asked her how she likes this experience, and like a true big sister, she replies "I love it, because I get snuggles in the morning before my brother."

What thrills me even more, is that I have had the chance to integrate this into my work with other children and delight in how they too respond. Finding the right time for healing provided a wonderful learning garden to form the words and visualizations needed for me to guide young people and even newcomers to the work of energy medicine. I am eternally grateful to be able to wake up together in this new way. €