

A background image of white flowers, possibly cherry blossoms, with yellow centers, set against a light, slightly blurred background.

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ask diane

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How can I heal my physical pain?

I get many letters from people who are in pain and my heart always goes out to each person. If I could wave my magic wand and have all pain cease immediately--believe me, I would. But usually it is a process.

The good news is that pain is there for a reason. It's really our soul's way of relaying important messages to us that we've missed. If we listen, we can heal on many levels. The pain will dissolve, or greatly diminish, and our life will improve in ways we can't even imagine.

Whether pain is big or little, the soul wants our attention. I once worked on a hostess who cut herself while preparing a celebration brunch. As I ran energy into her cut finger, I saw that she just needed to relax. She soon felt calm, and was able to resume hosting. She called days later to let me know the cut had healed with remarkable speed.

I've even done healings for people right after surgery that left them free of pain. In one case, a woman had surgery to have a pin put into a cancerous bone. When I ran energy for her in the recovery room, I could feel that the biggest problem was her loneliness. I ran energy so that she knew she was loved and would always be loved. She called days later in some disbelief, to let me know that she never needed any pain medication. "I don't know what you did," she said. "But it worked."

In another case, I did a long distance healing for a woman right after a mastectomy, and she too reported that she never needed a pain killer. These aren't results a healer can guarantee, but because the healing energy is so soothing and uplifting, it does happen.

Sometimes pain is sudden and terrible. When George came for an emergency healing because of agonizing back pain, it seemed to have happened out of the blue. When I asked what else might be going on, he described a difficult interaction with his mother-in-law. To him it was just one more event in a twenty-year relationship. Yet when I began running energy into his spine, his body told me how upset he was with himself for not speaking up and setting a firm boundary.

I strengthened George's ability to speak up, and ran light through the energy chords connecting him to his mother-in-law. George started feeling better within hours, and woke up

the next morning feeling great. A few days later his mother-in-law called him to express her gratitude and appreciation for the first time ever.

With chronic pain, there's usually an energetic knot, and we have to slowly untangle all of the threads. As soon as we understand that flare ups are a form of guidance, our relationship to the challenge changes. For example, when I figured out that my migraine headaches were often connected to my fear of seeing certain things, I was able to heal my headaches just by getting in touch with what I needed to see.

Pain is a tough taskmaster, and we'd all rather learn without it. But when pain knocks on the door, it's best to ask it what it wants, so it can leave quickly and we can move on to happier things.