

A background image of white flowers, possibly cherry blossoms, with soft, out-of-focus petals and yellow centers. The flowers are scattered across the top half of the page, creating a gentle, natural aesthetic.

DIANE GOLDNER

energy healer & medical intuitive

ask diane

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I've been lied to. How can I heal?

Recently one of my dearest teachers, the Reverend Rosalyn Bruyere, put a very deep truth into words: "Satan is the father of lies," she noted to me.

Suddenly, the truth of this was everywhere. Indeed, the next half-dozen people who came to me for healings were all deeply injured by lies, betrayal and denial. One was a cancer patient who knew on some level that her doctor was more manipulative than kind or caring. Another was a woman who had been seduced by a man who had made empty promises. Even in my own life, I was able to see how certain lies had left deep scars for me to heal. Lying is indeed a force of evil.

Twisting reality is one form of lying, and it can affect a person's vision and many other aspects of health and happiness.

The good news is that if lies wound, the opposite is also so: The truth sets you free. When we can see through the lies, we don't have to repeat old patterns, and the pain from them naturally fades away. When the cancer patient can allow herself to see the lack of caring, she will have no problem finding an oncologist with a more nurturing manner. When the woman who has been seduced can see the clues she willfully ignored, she won't let any one who lies come close again.

When there is truth, there are no shadows. Everything settles into its proper place. Truth creates a field of peace and illumination.

There are several basic steps we can take to heal if we have been lied to or betrayed or have chosen to live in denial. First, we must search for the truth. Second, we can ask ourselves why we might choose to live in denial or why we might have allowed a lie to bloom in the first place. Third, we must forgive and move forward to enjoy our newfound freedom. Fourth, we can align with truth in every aspect of our own lives.

When we live in the truth, grace is with us with every step of the way.