

ask diane

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How can I heal from my accident?

It never ceases to amaze me how deeply our souls talk to us through our bodies. Even when there's an accident.

Once, for example, I was in a social setting with a man named Carl, who had a broken wrist. I offered to run a little energy so his bone would knit together faster. As the energy ran, he shared with me that he had tried to force his horse's will. In protest, the horse had thrown him. Then he confessed that a few months earlier, the horse had thrown him for the same reason, dislocating his shoulder.

As I continued to run energy, Carl got in touch with the deep pain that made him want to dominate others. He began to cry. The epiphany was so powerful that it could potentially change the way this man treated others in the future.

I've seen the amazing power of body symbology again and again, whether the injury involves a little cut or a major trauma. For instance, I worked with a nurse, Gina, who slipped and fell in the hospital where she worked. In the first session, I could see this 'accident' was no accident. She had not been happy in her job for a long time. The accident was her soul's way of getting her out of the job.

The specific nature of the illness was also informative. She had damaged the disc in her spine between C4 and C5. This told me that she was having issues between her heart (4th chakra) and her speech (5th chakra). As I continued to run energy, her body showed me that she had pain in her heart that was getting expressed in sharp words.

Even a simple injury can be a symbolic message from our soul. For instance, at brunch I attended I found myself running energy into the hostess after she cut herself doing her final preparations. The message from her soul was simple: relax, slow down and take a deep breath. The healing energy helped re-center her, and her finger healed up in just a few days.

When you have an injury, it's important to ask yourself: What is the symbology? What is my soul trying to tell me? Because when we know what our soul wants for us, we know the right path forward. There is nothing better than being in alignment with our soul.