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What is causing my energy block?

I get this question all the time, in one form or another--even after I've explained to someone exactly what the issue is and how to resolve it. The mysterious thing about healing is that very often we can't truly understand the problem until we receive illumination and undergo the transformation we desire. If we understood our problem at the deepest soul levels, we probably wouldn't be manifesting the pain from it, whether that pain is physical or emotional or spiritual.

For example, in the early days when I was investigating healing, I would hear that I needed to be more grounded. I was also told that I needed better boundaries. I simply couldn't fathom what these healers meant. Wasn't I already grounded? Didn't I have good boundaries?

It wasn't until I had received illumination and made the transformation, that I could understand what these healers meant. Many times, it seemed a healer was speaking Greek to me--until I had my own epiphany. I learned to trust that as I received healings, I would develop the understanding and transformation that I was seeking. It has always unfolded that way. Some things I wanted to heal--like my life path and certain relationship dynamics--took years, with little pieces of the big picture getting resolved over a long period of time. Other things, like an ear ache, were quick and easy.

Now as a healer, I often find that people I work with must integrate the healing energy before they can understand what the healing is about. What I tell them isn't typically quite as important as the energy and illumination that they receive. Eventually what I say will finally make sense. Sometimes a healing takes place in a week. Sometimes it's a process where many small insights finally add up to a "big bang" moment.

Healing is a mystery and an adventure, a wonderful process of self discovery. It is truly an expansion of consciousness brought about by inner illumination and radiance.