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ask diane

March 2015: WHAT KIND OF SUBTLE ENERGIES CAN UNDERLIE PHYSICAL PROBLEMS? AND HOW CAN YOU CLEAR THEM?

There are subtle energies binding almost every physical challenge we experience.

For instance, anxiety or frustration may be at the root of high blood pressure. Grief may get stuck in a person's lungs.

One person's cancer may be a call to have better boundaries. Another person's cancer might be related to stuck energies from previous bad relationships.

The good news is that when the energy underlying a physical problem is released, a person may experience a dramatic improvement. Many conditions will heal only when the underlying energies are released. Other conditions will heal more rapidly or heal more completely, without lingering challenges or recurrences.

As a healer, I add light to illuminate and dissolve the underlying issue. For instance, if a person's anger is making them overeat, I can help them burn off the anger. If someone has gum disease because they are keeping secrets or suppressing feelings, then that too can be healed.

As I run energy for a person, the subtle energies become palpable. Energies such as anger, grief, frustration and sadness--just to name a few--become almost physical for me. Holding high frequencies of light, I can begin to dissolve the lower energies for the person I am working with, whether they are on my healing table or receiving healing long distance.

The good news is that as you dissolve difficult subtle energies, you don't just heal your physical problems. You begin to heal your life. Everything starts to get better. One day you look back and you realize your life has changed.

You can begin to heal any illness you have. Begin by asking your body what it is trying to tell you. To get started, simply try this month's guided meditation.