

case studies

January 2011 Healing 1.0: Clearing Stagnant Energy

My friend Carol called me awhile back because her teenage son, Peter, was acting odd, and fighting a lot with his father. She was worried about him and didn't know what to do. I promised I would transmit light to Peter with the intention of clearing the negative energy.

In a long distance healing session, I added light to Peter and the chords between him and his father, Then I illuminated his room and the house to clear out whatever was causing the change in Peter's behavior.

A day later, there was a knock at their front door. Carol opened it to find a police officer. She was pretty stunned but, of course, she let him in. It turned out that Peter had "borrowed" a few computers from his school. The police had come to retrieve them.

This was just the clearing out of old energy that Peter needed. After taking the computers on a dare from a few friends, he didn't know how to fix things. He had gotten more anxious with each passing day. By the time the policeman arrived, he'd been in a panic for several weeks. It was an enormous relief for him to get the whole thing resolved. He no longer had anything to hide.

His behavior improved immediately. Plus, his father realized that he needed to spend more quality time with his son. Things got much better between them.

Peter had to go through some legal hoops. As a result, he ultimately changed schools, which turned out to be another plus. There was a lot of healing that happened for Peter and his entire family. All in all things resolved in the best possible way.

Peter's story is an example of a tried-and-true energy principle: it is always good to clear stagnant energy for the highest flow and harmony.