

case studies

June 2011 Healing 1.0: Setting an Intention

I begin every healing by asking the person with whom I am working: "What is your intention? What do you really want?" A person's intent is what guides the healing, just as the rudder is what guides a ship.

Usually a person's intent seems obvious. But every so often there is an important twist that must be honored, as in the case of my healing with Dorothea.

When Dorothea, a beautiful woman in her late twenties, came for a healing, she explained that she and her husband had been trying to get pregnant for a number of years. No one could find a reason for their infertility.

Listening to her and reading her energy I sensed she could easily get pregnant. "Let's hold an intention for ease and grace for a healthy pregnancy," I suggested.

"No," Dorothea protested. "I want to know why I'm not getting pregnant."

Her response surprised me. "Don't you just want to get pregnant?" I asked.

"No," she said. "I want to know why I'm not getting pregnant." Her intention, while different than what I had expected, was clear and strong. So I knew there had to be an important reason. As soon as I laid hands on her, I saw what it was. "Does your husband desire you?" I asked as gently as I could. She burst into tears.

When she calmed down she told me that her husband didn't have passion for her. "Maybe it's because we're from different backgrounds," she said. "His family is more reserved than mine."

I knew that different emotional styles didn't explain this disconnect. "How long has this been going on?" I asked. She told me that even on their wedding night, her husband had wanted to party all night with their friends. "I thought it would be our special, romantic time together," she said, beginning to cry again.

We had just discovered why she wasn't getting pregnant. Besides the fact that there wasn't much opportunity, either she or her husband also had a strong intention not to bring a child into the marriage the way it was.

Dorothea had set the intention to uncover this truth in a healing; it was too painful for her to come to terms with it on her own. Yet getting at the truth was at least as important for her as getting pregnant, and in her soul, she knew it. She had taken a courageous step that freed her to see her entire life with more clarity. Now she could decide what she wanted from her life, and her marriage.

When we have a clear intention, we receive clear answers and clear guidance. Then we are free to go forward in the highest way.