



# DIANE GOLDNER

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## case studies

### February 2012 Healing 1.0: Loving Your Self

Sometimes as we strive to solve our life challenges, and even our aches and pains, we can overlook the ultimate solution--loving our self! This was the case when I did a healing for Jody.

Jody had aches and pains in her ankles and hips. She had been meditating on the deeper meaning, yet somehow it had eluded her. But as soon as I started the healing, I saw that Jody's body and soul just wanted more love, more attention.

Jody was a busy mother of four. She took great care of everyone else. But she didn't leave time to take care of herself. She often ate standing up in the kitchen, and rarely had three healthy meals in a day. Instead, she snacked on easy food that wasn't necessarily nutritious. Her body was aching in protest from the extra weight she had put on.

I focused the healing on connecting Jody to her core self. I showed her how she could give more time to herself. I also addressed how she could feed herself well, on every level. I held light for Jody to see her divine Self, and to acknowledge her beautiful mothering energy, which she had taken for granted.

The very next day, Jody was out walking with her girls, enjoying the beautiful sunshine, giving her body a good workout. Even though her new diet hadn't kicked in, she was taking good care of herself, and enjoying a beautiful day with her children.