

case studies

May 2012

Healing 1.0: Healing The Root Cause-A Blood Ailment

For six years, Sarah's body had failed to produce enough platelets, the element that is responsible for making sure the blood clots when we bleed. There was no medical explanation and there was no cure. Sarah was receiving an infusion of platelets every two weeks to keep her going. Even so, she felt depleted and drained.

At Sarah's first healing, it only took me ten minutes to see the cause of Sarah's real problem: suppressed anger.

Sarah described a relationship with her mother in which she felt oppressed and controlled. Even as she imparted the facts to me, she was completely unaware of her feelings, and to some extent the dynamics of the relationship. Her mother had passed away several years earlier, yet Sarah still couldn't allow herself to acknowledge what the deeper part of her psyche knew. The toll on her energy was enormous.

As soon as I laid hands on Sarah the whole dynamic became totally clear on all levels. In order to prevent herself from feeling her anger, she had suppressed all of her "red" energy. The red energy at the first chakra is our basic life force. It is responsible for producing healthy blood cells. It is also related to our root energy; the energy that connects us to our lineage, our parents and our tribe.

As I ran red energy into Sarah, I held the intention for her body to produce platelets. Immediately her anger, which had been so compressed, began to uncoil like a computer zip file that is suddenly unzipped, or popped open, revealing all of its contents and information.

I knew there would be a "Big Bang" effect. I told Sarah to go home and rest. Within a few days, Sarah's platelets had increased by several points. It was the first time that her platelets had improved since she had become ill. Her doctors were thrilled. But soon enough, her rage also came to the surface. She turned all her anger on her well-meaning doctors.

Sarah had more anger than she knew what to do with, which is why she had suppressed it in the first place. Still, we got to the root cause and got Sarah's energy moving, creating new vitality. It was a very powerful start. When Sarah is ready, there will be more to do to help her fully release her anger and pain, and step into her power. But for Sarah that was as much as she could handle at the moment.