

case studies

December 2012 Healing 101: The Power of Illumination

By now I have facilitated many healings--and I can safely say most are powered by illumination. The light generated in the healing literally turns on the light of awareness and understanding. And that changes everything. The principle is amazingly simple--and true. Sarah's case is just one of so many that illustrates this principle.

Sarah came to me for a session on the recommendation of one of her doctors. Her body hadn't been making platelets, the part of the blood that oversees clotting for the last six years. It was a dangerous condition, and one that made her very tired. There was no medical explanation. She had been receiving transfusions every two weeks, just to keep her going.

What was causing Sarah's problem?

After chatting for just a few minutes, it became very clear: Suppressed anger. Sarah had described in vivid detail how she had felt repressed and controlled by her mother. But she herself had absolutely no conscious awareness of what she felt--even though her mother had passed several years earlier.

Energetically speaking, Sarah's problem was pretty simple. In order to suppress her anger, she had to suppress all of her "red" energy. Her body needed this energy to produce healthy blood cells.

As I laid hands on Sarah, I held the intention for her body to produce platelets. Almost immediately, her anger began to uncoil.

A few days after the healing, Sarah's platelet levels rose dramatically for the first time since she had fallen ill. At the same time, the anger released during the healing rose to consciousness. Sarah flew into a rage, which she directed at her doctors and fired most of them.

That was all the healing Sarah could handle at the moment. Some people can only handle a little illumination at a time. In such a case, we go step-by-step. People must go at their own pace.