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case studies

December 2013 Healing 101: Emotional Flow

Mary came to me for a healing recently because a co-worker had upset her. She was seething with rage but she didn't know why, and she couldn't shake the feeling.

When I tuned in during the healing, I could see that Mary was being triggered by a co-worker's aggressive style. Indeed, the co-worker was transmitting a lot of angry energy at Mary. The anger was moving in a loop between them.

As we talked it became clear that Mary had a pattern where she was easily triggered and didn't know how to work with her emotions.

I was able to release Mary's anger and help her transmute the aggressive energy coming towards her. I also taught her techniques so she could gain emotional flow anytime and anywhere in any situation. As Mary gained emotional flow, her co-worker became more gentle, and the two reached an energetic truce.

This healing is an example of how important it is for all of us to take responsibility for our own emotional flow. We are always transmitting our emotions, thoughts and beliefs. If we are having a strong emotional charge, it will be strongly transmitted. The trick, as I discuss below, is to heal these strong emotional charges altogether.