



DIANE GOLDNER

energy healer & medical intuitive

case studies

January/ February 2014 Healing 101: Gratitude

Irene came to me for healings because she wanted to feel more empowered. She had done business with a particular buyer, Hank, for many years, but suddenly she was keenly aware of how difficult he could be. As we worked together, Irene realized she had always given away more than necessary to be “nice” and to keep the peace. Suddenly, that was no longer okay. She wanted what was rightly hers.

I worked with Irene’s energy to give her new, stronger boundaries and a better sense of her own self. As we did the healings, Irene was able to stand her ground in a new way. Nevertheless, she was vibrating with anger at how her buyer could be so selfish, overreaching, and aggressive. But I knew that the real person Irene was mad at was herself for allowing him to take advantage in the past.

I did a healing to release Irene’s anger. During the session, at the soul level, I showed her the deeper level of reality: that Hank was a teacher and Irene could be grateful. Without Hank, Irene never would have become a stronger and more empowered person. This difficult person who had caused Irene so much pain and distress was actually a teacher, and a great friend at the soul level.

The day after the healing, Irene was at peace. Her anger had turned to gratitude to herself for taking a great step forward into her power and to Hank for helping her get there.

Irene had learned her lesson and Hank made some new concessions. Irene continued to work with the energy of gratitude and to send light to Hank. Having stepped into her power, Irene also moved forward in other areas of her life.

Gratitude is a powerful, transformative force.