

case studies

March 2014 Healing 101: Guidance from an Illness

An illness can sometimes bring surprising gifts, gifts that can enrich your life greatly. Mary Ann's case is a good example. She came to me for a series of healings. She had had breast cancer several years earlier, but it had gone into remission. But several cancer spots had now appeared on her liver.

In a series of healings, I added light to the cancer spots. Soon it became clear they were guiding Mary Ann to live her life more fully and joyfully.

She started to speak up about what she wanted, and what she didn't want. She retired from her job. She looked at what made her happy in her life, and fixed the things that annoyed her.

When a friend questioned whether she was planning too many activities during a vacation, Mary Ann responded: "You know what? I have cancer. I can do what I want."

As Mary Ann stepped more and more into her power, the cancer in her liver all disappeared, except for one spot. The spot mystified her. "I feel totally healthy," Mary Ann told me. "I don't even feel like I have cancer."

Finally, in a healing I asked the last spot why it remained. The answer: To remind Mary Ann to fulfill her dreams. The spot seemed to promise that its purpose would be complete when Mary Ann didn't need the cancer to feel entitled enough to do exactly what she wanted.

Mary Ann's cancer now seemed more like a wise friend than an ominous shadow.

An illness can seem like trouble. But surprisingly, as in Mary Ann's case, it can be guidance from our highest self, there to help us become greater.