

case studies

April 2014 Healing 101: Manifesting Your Dreams

Recently several people have come to me for help with manifesting their dreams. This is generally a mandate from our souls and of utmost importance to resolve.

Laurel, for instance, came to me for an annoying pain in her back. But as I started the healing the real issue soon emerged. Laurel had realized life was finite and, at 45, she hadn't yet pursued her dreams, or even identified what they were.

She had been working as an office manager. No one was more conscientious, focused and caring than Laurel. But somehow she had never found time for herself.

As the healing unfolded, we began to explore what truly inspired Laurel. I energetically gave her the permission she needed to take care of herself. I put light on her deepest interests to help her focus and give her clarity.

When Laurel came for the next healing her back was much better and she was fired up about the adventures that lay ahead as she explored what really interested her.

In this session and several others, we explored some of the deeper reasons that prevented Laurel from being able to put herself in the equation. Her lack of self empowerment went back to the subtle messages she had received in childhood. Laurel didn't feel that her needs and interests were as important as serving others.

Just bringing these patterns to consciousness was a tremendous relief and helped Laurel move forward in a more easeful and productive way.

For Laurel it was as if the doors had finally opened and she was free to explore.

There is nothing idle or self-indulgent about pursuing your dreams. When you follow your dreams you are merely following the guidance of your soul.