

case studies

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Healing 101: DISSOLVING HIGH BLOOD PRESSURE

When I do a long distance healing, the distance doesn't matter at all. On the soul planes, there is no time or distance.

In a sense, once I start the healing, we share the same energy field. Indeed, during a distance healing my energy literally merges with the energy of the other person. I feel in my body whatever they are feeling in their body. I also sense their emotions and thoughts.

Take the healings I've done with James, a high-powered executive. He calls me when he feels his blood pressure spike. He knows a spike because he gets a headache and feels anxious and uncomfortable. A sense of dread envelopes him.

As soon as I start the healing, I know how James is feeling, because I can feel it in my own body. It's very intense. It takes my complete focus and intention to stay steady and present so that I'm not overwhelmed by the intense discomfort.

But the merging works both ways. As I transmit, James begins to feel the healing light. Ever so slowly, I invite James to relax. I work on every cell and every muscle, adding healing light. I unravel all the tension and pressure, going deeper and deeper with each passing minute. I grip his energy field in such a way that the release will be inevitable.

I am not just working on James' body, but also on very subtle levels of his energy. If there is a business challenge he is dealing with, or a family matter, I also put light on that. Then the solutions can come to him with ease and grace. I show him there is nothing to worry about. He can rest in the radiant light; in the bliss of the soul light.

In the healings I also work on the underlying causes so that the episodes will become less frequent and less intense and eventually dissolve. We are literally re-patterning his energy. By the end of the session, we are floating in peace and calm, in joy and bliss.

I usually work with James at night. He goes to sleep in the course of the healing. We talk the next day, after the healing. James has tried acupuncture, meditation, and various other alternative treatments--all of them in person. Recently he told me: "The healings with you are the only thing that I know will always work."

James doesn't need to read about the science behind long distance healing. He is experiencing it first hand. It still can be hard for him to wrap his mind around it, but he knows that long distance healing works.