



# DIANE GOLDNER

energy healer & medical intuitive

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## case studies

### November 2015 Healing 101: REGAINING POWER

There are many ways we can lose power--or energy, including in relationships. When we lose our power we are vulnerable to physical challenges, as well as challenges on other levels.

Julia's situation is a case in point. When she called me for a healing she was having pain in her heart and as well as migraines. When we talked, it became clear that she had a close friend, Debbie, who was actually anything but a friend. As Julia recounted different episodes, it became clear that Debbie was friendly only because of what Julia might do for her, not because she felt true friendship. Even so, Julia insisted on being a devoted and loving friend.

During the healing I held light for Julia to have more clarity about the friendship and to have better boundaries. She needed to see Debbie clearly. I felt the pain she was feeling would diminish, as she was grieving a friendship that wasn't for her highest good.

Julia was diagnosed with costochondritis, an inflammation of the cartilage in the breastbone, shortly after the healing. She intuitively knew it was from this friendship and the diagnosis was a further catalyst. She began to look at things differently. Even her grandmother encouraged her to stand up for herself.

Finally, Julia was able to see the truth to some degree. "I was taking the high road each time," she recalled. "I would forgive her and not take her behavior personally, over and over. . . It took a long time to acknowledge that I was wrong."

Still, resetting one's boundaries can take time and intensive healing work. Even two years later, Julia hasn't totally let go, although she has much more distance. "I have to keep reminding myself that I have the right to pull away. That I am not doing a bad thing by stepping away. And I nurture my soul every day."

As Julia stepped away, she found that good things began to flow into her life. For starters, her art began to flourish.

We must always honor ourselves. We can love others whether they are good to us or not, but we must be able to see clearly and disengage when appropriate so that we don't give our power away.