

case studies

March 2016 Healing 101: STOMACH TROUBLE

Leah, 40, was having such intense stomach pain, she called it “indescribable.” One spot, in particular, was throbbing. She was also experiencing intense nausea and heartburn and could barely eat. She was desperate. No doctor had been able to help--or even find a cause. “Can you help me?” she asked.

When Leah came for the session, I immediately put her on my table and began running energy into her stomach. As the energy ran, she told me about her recent heartbreak and entanglement with an older married man. I knew immediately this was the true cause of her pain.

As I ran energy into her stomach, I began to unravel the tangle of cords so she could set herself free. She was feeling her life was over. I assured her she had many years of happiness ahead.

Leah says the pain was still intense as she drove home from that first session. But when she woke the next morning she felt infinitely better. “That throbbing pain was gone. It’s never come back.”

Leah had four more sessions. I taught her to recapitulate, a powerful technique that will clear the energy from her entangled relationships. The nausea and heartburn, while still present sometimes, is much less intense. Now, instead of feeling she has no hope, she is thinking ahead about what she wants in life, including that she would like to become a mother. “Yesterday,” she says, “My mood was so light, I was humming.”

Intense pain in the stomach, or any other part of the body, usually has an underlying cause. As soon as the energy is cleared, as in Leah’s case, a person will start to feel better. What can seem like a hopeless situation can often be healed rather easily. This is the power of energy healing.