

# Sharing 40 Years of Experience and Mistakes as a Healer and Medical Intuitive

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## Subtle Energy and Grounding Issues

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### Foundational Wisdom

#### Boundaries

Every category essentially deals with boundaries. It seems like it takes a lot of training and encouragement for most of us to develop healthy boundaries. It took an equal amount of training to develop the poor boundaries that we now have.

Think about how well trained you are to be the “good person”, to people please, follow rules, and earn your karma merits (sense of humor here). When something bad happens, you are the person reading “Why Bad Things Happen to Good People”! It’s wonderful to be a nice, kind person but what happens when your need to be kind and agreeable backfires on you? It doesn’t backfire because you’ve been taken advantage of, slimed and ripped off, it backfires because you have not been living from your true, creative, unique self. Instead you’ve been living from a program that was instilled from childhood.

Our boundaries, good boundaries, are a function of know our true self, what is acceptable and unacceptable to our moral compass, the living ground of being we spring from, and from deep within our heart.

The most important boundary we must remember is our energy field. We need to have enough magnetism to keep us healthy, strong, and powerful. If we drain our energy to the point where we are exhausted and weak it’s too late. Remember to be aware of what increases your energy and what drains your energy. What is acceptable and what is unacceptable? Once you value your own energy your boundaries will naturally be strong and protective.

We can compare good boundaries to the walls of a cell. The cell wall is an intelligent permeable membrane that lets in only what is helpful and releases what needs to be cleansed. You intuitive capacity to recognize what you should let in and what should be released or barred from entering is in direct relationship to your magnetism, the amount you value your own energy field and your sense of your true self.

Practice your grounding, breathing, and energy cleansing daily and a healthy sense of “you” will arise. You will start living from the Ground of Your Being and recognize when you’ve lost your roots, your center, **and** your boundaries.

## Feeling Responsible and Fixing

Feeling responsible for fixing the client is the paradox of the healer. The client is coming to you for healing so it almost seems that your obligation is to “fix” the client. This is the model of modern of western medicine so why shouldn’t you use the same model? Good question!

Feeling responsible for another encumbers both you and the client. Feeling responsible is a “heavy energy”, it has a sense of burden. It keeps the session in a lower frequency where control becomes an underlying issue that compromises the healing capacity of the session. Unfortunately, it is an unhealthy habit that permeates relationships in our culture.

Feeling responsible creates heavy energy.

If we release the feeling of responsibility, we realize that no one can fix or heal anyone.

Healing is a function of the client’s higher being and their unfolding path. You can use your energy to *help* heal, *help* engage the client’s own healing energy but ultimately the healing rests in the heart of the client.

If you use your own personal energy, exert and push energy into or towards another you may have a negative impact on yourself and the client. You may exhaust your own personal energy, the energy you need to maintain your own health and well-being. You may also indiscriminately set off a series of events in the client’s body and psyche that is not in organic harmony with their unfolding and create a further healing crisis or disruptions that cause pain and suffering.

Learning to introduce universal healing energy to envelop the session and allow it space to work its magic is the art of healing.

Healing occurs at different frequencies for different people and issues. Being able to generate a field of healing frequencies so that the appropriate frequency is activated has nothing to do with feeling responsible

Know that You Are Not Responsible

If the client wants you to feel responsible to fix them you must know how to not accept that expectation. It’s not about “pushing back” or reacting. It’s about simply knowing you are not responsible.

You are responsible for being clear, ethical, compassionate and in your power for a session. That is where the responsibility rests. If the client is not happy with the results and keeps pushing to make you responsible, then the client might need the help of another type of professional or help adjusting their expectations.

The field of mind/body/spirit medicine is just starting to emerge and there are many unrealistic expectations. People expect miracles, and I do expect a miracle every time I work, but I’m not the master of miracles as much as I wish I was. If we were in another place and time where the fluidity between the consciousness and matter was more flexible and consciousness was typically at a higher frequency then more miracles would happen, but you aren’t responsible for creating miracles in an age that is just emerging from the darkness.

## Protection

Protection is a word that brings up a lot of feelings. Fear, anxiety, and anger to name a few. In addition, it might cause us to contract, defend, react, and become aggressive, lose resiliency and clarity. Associations of negative entities, attachments, losing control, personal harm, fear of the unknown all can arise when we bring up the term “protection” in the context of subtle energy work.

Remember the adage, *what you resist persists*. We can debate that ghosts, negative entities, entity attachment, interdimensional beings, extradimensional beings, and curses exist but the way to meet any dark, heavy energy is with clarity and grounding.

*What you resist persists.*

This is another big topic that takes lots of experience to gain confidence in your ability to handle the multitude of situations that arise in a session. I tend to lump these energies into a category I call “Invasive Energies”; it’s less of a trigger for me. It includes everything we just mentioned plus the negative client traits I mentioned in the Professional handout.

Keep it simple. Work only in a “light filled” environment during your session. Your environment is your sphere of influence, that is a good way to look at the energy that you bring to the session. This is why I include Mother Earth, Father Sky, the elements, directions, and nature spirits in my sessions. They help me create the energy environment and my sphere of influence. The most important thing to remember is that *you are in this sphere or environment and not outside of it*. You can benefit from every session by receiving the healing and light in the energy environment you’ve set up for the session. That is the most optimal way of approaching protection. The light filters out many forms of negativity but if you are working from a place of fear or haven’t set up a light filled environment the door is open to negativity.

I remember the first time I encountered a negative entity with a client. I was well grounded and it still took all the courage and focus I could muster to stay centered in the light and not react in fear. I fortified my grounding which gave me an odd sense of peace. It allowed me to listen to what my inner guidance.

First, I turned over the session to the guides, realizing humbly that I personally had no power in the situation. Then the guides showed me how to invite the negative energy to return to the light through the light that was filling the environment of the session. Next I had to be patient and allow the heavy energy to be digested by Mother Earth through grounding or to Father Sky through the light axis.

*I learned to be still, without threat, without trying to control or engage in a battle when faced with invasive energies.*

If this approach is not successful I look to myself and my own hidden fears. What was holding these energies back from releasing? I repeat this process until the negative energy finally leaves through the light axis that was formed between me and the client. This is why I guide the client to ground in the session. When we are both grounded our fields form an independent axis that brings in and releases energies in the most benevolent way possible.

How you live your life from day to day affects how susceptible you are to the heavier energies. Even those you live with and surround yourself with can open portals or attract heavy energies. This gets very complex and takes a very mature understanding of energies once we mention how those around us impact us. The other side of the coin is that those close to us are susceptible to being impacted by our

clients, so it's always good to remember that energy is subtler than we realize. Qualities such as integrity, honesty, cleanliness, diet, exercise, all matters of physical and subtle self-care make us less susceptible to heavy energies. The correlations are not always self-evident or logical.

Another pitfall is that you will become obsessed with living a "perfect" life to protect yourself from these energies and that becomes a heavy energy unto itself. When you are in the healing profession stuff happens. I've gotten sick, injured, almost died because of some of the experiences I've drawn to me. At some point, you learn to live with and trust the continual growth and expansion; go with the flow, see the down times as time to learn, and let go of trying to be the perfect healer.

### Being Too Empathic

Being empathic is part of being intuitive. Grounding is even more important, *absolutely essential* for the empathic healer. Grounding is a way for an empathic person to manage, organize and maintain the integrity of their own energy field so they don't invade the client's space and keep from taking on too much of the client's energy, feelings, and thoughts.

When the client's experience overwhelms or overshadows your own and you lose your sense of self and perspective the session is not going to go well. The session will become muddied with the lack of clarity and good boundaries and if you can't clear through the field of empathic feelings to clarity by aligning with your light axis and sensing your own toroidal field you will not see beyond the obvious. Your intuition will be compromised.

Those who are empathic know a lot about another person. They almost become the other person from the inside out. This gives you the ability to know what another is feeling, thinking, know what ails them and what tortures them. It makes it look like you are psychic but you aren't.

Healing and intuitive wisdom comes from tuning into the higher frequencies of being; the light.... the deep heart of the client. Regurgitating what the client already knows and feels is not really that helpful.

Losing yourself empathically creates a cord between the client and you. Heavy energies flow between you and the client and the frequency of the session gets lower and lower. You might think you are impressing the client with what you know about them but in the end the session will serve to the goal of healing and wisdom.

The positive side of being empathic is that when you are clear  
your sensitivity to the subtle planes is genius.

Knowing your own grounded baseline and utilizing the light axis and toroidal field as your reference point gives you clarity, separation, and protection. It keeps you from cording the client and the client from cording you. Do you really need to be immersed in the client so deeply that you lose your own identity? Is your own identity enough or do you feel that you are "not enough" and need to cord to another to help you feel better about yourself?

These are issues the empathic personality needs to consider. I'm not saying that being empathic is bad, it poses a series of challenges that need to be dealt with if you are to have a successful healing career.

The positive side of being empathic is that when you are clear your sensitivity to the subtle planes is genius. Your ability to channel beautiful healing energy is exquisite. It takes an incredible amount of mastery to attain this level but it is well worth it!

### Taking Things Personally

Of course, these categories overlap, it took a while for the categories to emerge. Originally I had 126 random items. As I spent more time with the material it began to self-organize. The current organization could and probably will change once I hear your responses but that means this is a living document.

When we have good boundaries, have grown into our mature adult self, know how to deal with heavy energies, and manage our empathic sensitivities we can then begin to take things less personally!

Taking things less personally means being able to let go of feeling responsible, fixing, and taking on the burdens of your clients. It sets everyone free to access the limitless possibilities of being. It frees us from judgements, a contracted sense of self, fear and anxiety, unrealistic expectations and allows our true self to show up bright and shining.

What another person, thinks, does or says reflects them, not YOU.

Co-dependency is the word we use to describe when we are so involved with another that we take everything they do personally. When we are taking things too personally we become reactive and impatient, cloudy, anxious and confused. When working with clients it's important to let them have their space without judging how the outcome of the session reflects on you. Sensing spaciousness, feeling free of judgements, listening openly, keeping your energy seated in your own body, and feeling patient indicate that you are not taking things too personally.

Taking things too personally can indicate that you are too controlling. When you take things too personally there is no room for the other, no spaciousness or distance. It's another form of merging, of losing your boundaries and sense of true self.

Merging energies with another is a way of being insidiously invasive and self-absorbed. We merge with another to anticipate anything that might be harmful and dangerous. It's a state of fight/flight, a protective stance.

When we take life and others less personally we can allow life to unfold for ourselves and others. In our grounding with Mother Earth we find our safety and security so we don't have to find it in others.