



An Excerpt from
The Healing Effects of Energy Medicine
Memoirs of a Medical Intuitive

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Taken from Chapter 2: Healing an Arterial Tear, Genetic Potential, and Removing Cancer Cells

The diversity of clients I have worked with requires me to provide a number of different services. I have for a long time, therefore, integrated my work as a medical intuitive and energy medicine health professional with my practice as a psychologist, and in the last fifteen years as a nutritionist as well. There are many examples I could give of the diverse kinds of needs my clients have presented, but here I want to focus on two client cases that demonstrate how subtle energy healing can take place in several different ways. This is a kind of healing that might seem unusual to some, but to me is quite natural.

Recently, a woman I will call Grace telephoned about her husband, Larry, whom she said wanted immediate help. She was in the ER with him. She said that, at first, Larry had a nosebleed that wouldn't stop, so they went to the ER, where the doctor put cotton tubes up his nose to soak up the blood and stop the flow. However, blood then started coming from Larry's eyes. The staff at the ER then called an ear, nose, and throat physician, who attempted to stop the bleeding by cauterizing the area inside Larry's nose.

Because Grace asked me to help, I was focusing on Larry and receiving impressions about him while she talked. I immediately knew the nose and septum weren't the



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cause of the problem. I said to Grace as gently as I could, because she was already upset, “I think I see an aneurysm that has occurred in Larry’s brain.” I also told her I thought it was serious. In fact, I knew it was.

Although I knew it was an aneurysm, I did not want to say that so strongly or directly because I didn’t want to scare Grace, who was extremely distraught. So I softened my comment to, “I think I see....” I also intuitively knew the doctors were not going to do a brain scan and therefore wouldn’t discover the aneurysm. Thus, I felt that I had to help heal it, which is essentially what Grace requested on Larry’s behalf.

Healing Process

Now I am going to describe in more detail what happens for me when I am focused on a client and therefore focused on the healing flow to assist them. This healing process brings an immediate awareness to me of the client’s condition. For example, in Larry’s case I immediately became aware of a bulge in an artery, which may have been an aneurysm, in his frontal brain, and a leak or a tiny arterial tear about one-sixteenth inch long had occurred in it. It’s hard to describe how awareness of such conditions comes to me; however, I know my focus involves a strong desire to help someone, and I think it is because of this desire that I am pulled into an awareness of what is taking place within someone’s body. I have a seminal wondering or questioning of what is going on that takes just an instant, and then I find myself seeing whatever the condition or process is in complete reality. It seems the intention to help someone acts as a powerful attracting force. I feel myself pulled right to the main problem or issue by some unseen but benevolent force or energy as soon as I intend to help and question what is taking place.

When I begin to help someone by discovering a condition and helping heal, whether physical or emotional ills, it’s as though I’m given access to a unified field of information that goes beyond a client’s individuality. The feeling I have is one of



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awakening or knowing that I am a part of what I am observing. It might help to look more at this process using Larry's case as an example.

Initially, when Grace first telephoned, I was using the power of visualization or imagination of anatomy to follow the path of the bleeding she described up through the septum so that I could see what was happening. As I focused on doing this for just an instant, I was immediately pulled to the source of the problem, and perceived the stark fact that there was a tear in an artery in the brain. I knew this was not an issue with the sinuses, septum or nasal passage; problems in these areas were only outcomes of the bleeding from the tear.

Blood redirected to Larry's eyes after the doctor plugged his nose. As I began working to heal this tear, I was fully present with my awareness or energy, just as in all my healing cases.

It's hard to put this in words, but when I am healing it is like being present in a much larger consciousness that encompasses myself as well as the person I am helping. Some greater force or awareness brings me into alignment in this way.

There is an immediate and palpable sense of being pulled to awareness of conditions that enables me to help others to heal; in Larry's case, as soon as I wished to help I was somehow next to the tear, seeing it as if I was about the same size as it. From this vantage point I worked to close it by energetically pulling in trillions of healthy cells to mend it. Helping pull these cells together takes a lot of focus. You could call it visualizing, but it is just a bit more than that, since I actually see them coming together as an outcome of intent.

I am aligned with a much greater intelligence within a consciousness that sources cells, and this consciousness feeds or builds upon intention and focus. I grabbed bunches of cells that just appeared from the unified field during the healing process. I wrapped the area around the tear with all these new cells, trillions of them. They then formed a sort of band-aid that helped repair Larry's artery. The bleeding stopped,



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though the doctors thought it was something they had done. A month later, Larry was doing well.

Work of this nature takes very intense focus, and while I am doing this it's as if nothing else in the world exists. This work is sometimes so engaging, so graphic that I sometimes actually feel a gag response as I'm working, which is interesting, because I have a very high tolerance to almost anything having to do with the physical body. I did hands-on hospice work for many years, and I saw just about everything during that time. But this work of intuitive healing brings me so close to the functions of the body that it can be challenging to stay balanced.

My experience helps me to know what to do in healing many different types of conditions, from emergencies to even the most minor problems. As in Larry's case, my knowledge of cellular structure gives me confidence in what I'm doing. I've seen wounds heal before, so when I am working I am thinking positively that healing will take place. I also know from the feelings I have, and the level of awareness this work takes me to that there are unseen forces at work. These include the client's intention, which I can't interfere with, as well as my own healing intent and the influence of benign forces in the overall unified field.

What Causes Dis-ease?

It is true that potentially any dis-ease, or any breakdown in the physical body that isn't caused by an incident, such as an accident, can occur for anyone. But well being is always the greatest potential. One must focus on this with a positive attitude to support health, even in the face of unwanted conditions. Even when you are in pain you can have hope instead of fear. It's a fine line between being positive and being fearful.

Stress is centrally involved in illness and dis-ease. For example, many of my clients have said that they feared they would inherit a condition from one or another parent. To think we are genetically preset for dis-ease is a fearful and incorrect thought. Our



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genes have many potentials, and these are very affected by lifestyle and environmental factors, such as stress, positive thinking, and healthy food choices.

Differing levels of stress occur for each person depending upon the extent of their fear. How often does one replay a fearful thought? What happens when one keeps thinking the same thought? Belief forms! Another way to describe the basis of disease is to discuss the resonance of thought and emotion.

For example, someone who is fairly focused on fear of a certain dis-ease condition occurring will simply draw more of those thoughts into their own mind. It is like the vibration of a guitar string. When you pluck a string it vibrates with forms of wave energy. The string next to it will vibrate more subtly, but nevertheless will form similar wave harmonics. Focus on any particular thought creates waves of energy that not only affect the strings of energy in particles in the body, but also in the fields of energy around us. The law of harmonic attraction provides more thoughts like the one a person keeps thinking. So, if someone continually thinks of what they fear, more thoughts and emotions of what they fear will start to manifest even more strongly. Even if someone just imagines they feel some condition they don't want, the imagination attracts more of the same kind of thought and emotional energy. The way out of that kind of thinking is simple.

The way out of a negative way of thinking about anything—and specifically, in this example of fear of genetic predisposition to dis-ease—is first to realize, to feel that the predominant basis of life is well being. It's important to focus on the well being you do have in your life, as well as to think of all the well being that has been part of your ancestry, and to completely stop thinking you are genetically predisposed to illness. Your genes are programmed with all potential and holographic memory of the human genetic code, so it's important to focus on what you want, such as the well being that is at the basis of all life.

This mind-body-emotion scenario is similar in principle to all the many other kinds



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of cases I work with. For example, one of my clients called saying she had cancer in her left breast and wanted my help to heal it. Even though she gave me her diagnosis, I asked for her permission to scan her body intuitively. As I scanned, as is usual, I used my awareness to perceive what was going on inside her body. When I see something that is out of order—as, in this case, a swollen lymph node in the left armpit—it's as if I shrink down and change perspective so that I am right next to the thing. This may sound strange, but somehow I am able to be aware within a person's body. Then I can see what is taking place, even at the cellular level. It is so vivid and real to me.

With my client's aligned intent, I started to get rid of the darker cells by sweeping them away. Cancer cells appear to me as sick, dark cells and as I pull these cells away I simultaneously replace them with healthy cells. Sometimes I use an imaginary vacuum cleaner. With one client I suggested she use an imaginary little helper who vacuumed out the cells as I worked. She even named her imaginary helper. As the vacuuming process takes place, I focus on pulling in new cells. I perceive my hands being just a bit larger than the cells themselves, and I visualize layering on new cells. Because of this focus, the cells are being manufactured according to intent, just as I described in Larry's case. The cells are arising from the energy field of both my desire and the client's; some clients have strong intention, and the stronger it is the more this alignment helps. This reminds me of the seminal work of Carl Simonton, M.D., who many years ago developed a method of visualization that helped clients reverse illnesses. Many people do not use enough focus or confidence in their intention and their ability to create, but they do want to heal, and this is enough to allow someone such as myself, with intention, to help bring the healing.

As this process takes place, I observe whether the new cells will continue to hold their original DNA blueprint of complete health. Whether the new, healthy cells hold or whether dark, sick cells start to grow back depends on many factors: how the



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person thinks, feels, and eats; stress levels; and relationships. They often need to reevaluate many things in their life, including limiting beliefs, in order to heal. Often follow-up sessions are necessary in order to address these issues.

Reminders and Changes

It's necessary to coach many people so that they can realign with healthy thoughts. Remembering to focus on health rather than illness takes a constant monitoring of thoughts. Also, it's important to examine negative habits and lifestyle factors such as poor food choices. You need commitment to your health if you want to be healthy.



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