

# Empathic Healing and Disease

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The natural state of the body is perfect health. When we create negative thought patterns, the result is that our body's energy, or chi, becomes stuck in different areas of the body. Energy moves through our bodies along pathways called meridians. Each meridian stores the energy produced by different negative emotions. When too much negative energy becomes stored in a meridian, the body begins to exhibit physical symptoms. These physical symptoms can help us to identify the negative thought pattern that is causing it. The trapped negative energy can easily be released, however, if the negative thought pattern is not replaced by a positive one, the physical symptoms will simply return after a period of time.

Healing the cause of illness in animals and children is far easier than it is in adults, simply because adults have formed or acquired many incorrect beliefs about the causes of illness and our ability to heal. I worked with a baby several months old who had colic. When I arrived, Celia was screaming up a storm, and no wonder, as soon as I started working with her, I felt an excruciating pain in my abdomen! I quickly assessed the cause to be irritation with her surroundings. She spent most of her day in the office where her mother worked, surrounded by computers and office equipment, which wasn't a very soothing environment for an infant. I quickly cleared the negative energy, and Celia immediately stopped crying. Her mother said an affirmation for her every day to support her healing, and also designed a screen with a cheerful curtain to place around the baby when she was in the office, and placed a small music box next to her to play soothing music, creating a more harmonious environment for Celia. The colic has not returned.

I have worked with a number of clients with a variety of physical symptoms who have all experienced remarkable self-healing when the negative, trapped energy was released, and they supported their healing with affirmations. All of them had a positive expectation of self-healing. However, I have also worked with a few people who were somewhat to very skeptical of the idea that Empathic Healing could help to alleviate their symptoms, they experienced either no change at all or very minor changes which soon reversed, as the underlying belief which caused the physical symptoms was never corrected.

While you may have a belief in the metaphysical cause of physical illness and the ability of your body to heal itself, please remember that I am not a licensed physician. By law, I cannot diagnose a disease, nor can I prescribe treatment. If you would like to investigate Empathic Healing as an option to support the treatment you are receiving from a licensed, qualified physician, I would love to work with you. However, Empathic Healing should not take the place of medical treatment by your regular medical doctor. If you believe you are ill, please seek the advice of a licensed physician.