

Discovering the healer within

by Melinda Naff

My mother was diagnosed with a cancerous tumor in her lung. The doctor said it was terminal and that she would live another twelve months. Needless to say the news was devastating to our family. My sister and a few of my friends knew I was making the trip home to work on mother. They had all expressed their faith in my ability as a healer. Although I felt grateful for their belief in me, it did not make the situation any easier. As I drove down the winding gravel road to my parent's house

many thoughts were running through my mind: I cannot believe you actually think you can do this! Who do you think you are? Daddy did ask me to come, but what could I say—thanks for the vote of confidence but I think I'll pass? I kept mulling over my twenty years of being a massage therapist/healer. Yes, there had been some powerful "healings" during my career, but this seemed very different. This was my mother and she had terminal cancer. I asked myself—What if this doesn't work? I finally snapped out of it and started asking for guidance: "Please help me, if I ever wanted to help someone, it's Mama. Please show me how." As I reached the last curve with the house in view, I knew I had to try, although I was uncertain what, if anything, would occur.

■ ■ ■

To heal and be healed; what does it mean? The answers depend on someone's religious training, cultural background and

the ability to imagine the unimaginable. Some imagine a preacher proclaiming, "You are healed in the name of God!" Maybe a mystical experience comes to mind like angels surrounding a person with divine golden light. Perhaps it is a doctor performing surgery to remove a tumor.

There are thousands of methods, teachers, herbs, medicines, religions, relevant books, articles and advertisements, not to mention 248,000,000 sites on just one internet server's search engine—under the heading of Healing. All to assist us. *Assist* is the key word in that statement. If we give our power away to a person, remedy, medicine or our pharmaceutical companies, we miss the

point. That is not to say the doctors, remedies, and medicines do not contribute to our healing. It simply means the power to heal ourselves is within us. My mother's story is an example of this.

■ ■ ■

Although mother's diagnosis was grave, she did not accept it. I'm not saying she denied it. There is a difference. When one is diagnosed and given details of what to expect during an illness, it is important not to surrender to that outcome. For some, it is very difficult just realizing that their thoughts about their situation are part of the problem. When people believe they are victims of an illness, they cannot actively participate in their healing because they have given their power over to the

To heal and be healed; what does it mean? The answers depend on someone's religious training, cultural background and the ability to imagine the unimaginable.

diagnosis or illness. Mother said she was not going to worry about the tumor or allow it to consume her. She was completely open to the possibility of healing. Mother reported having complete faith in her doctor and her treatments. She expected them to work.

When I reached their house on that unforgettable day, we went upstairs to mother's bedroom and I placed her on the floor with pillows for support. Then we started to work. As always, I followed

I could detect something before touching the person's body—it felt warm and tingly with an ever-so-slight sensation of resistance like a cushion of air. It seemed to be over every person in varying degrees. Clients reported an overall sense of well-being, deeper relaxation and pain reduction after only minutes of my touching them. I realized that although massage provided a considerable amount of relief, stress reduction, and healing, hands-on healing provided something more. This

I do not decide before my sessions what each person needs. I channel the life force, trust my intuition, and provide the atmosphere for healing to occur.

my instincts, not knowing exactly what I would do or how the process would unfold. I began by balancing her energy starting at her head and working down to her feet. I found myself wondering what to do next. I had learned from many times in the past to become still and wait for guidance.

Before too long I was instructed exactly where to put my hands on her chest. I placed my hands down forming a V-shape with my fingers while I gently cradled her head in my lap. The energy that began coursing through my body was so intense that my eyes started to vibrate and water. I saw a circle of people surrounding my mother all laughing and cheering. I felt an indescribable feeling of love along with a sense of joy, peace and relief and I knew the process was complete.

■ ■ ■

The energy that flowed through my body that day was part of an ability I discovered seemingly by accident. I became interested in learning massage while working in a salon in the early 1980s. Since massage was not as prevalent then as it is today, I felt fortunate to be taught by a well-trained therapist from Switzerland. After learning the massage techniques, I discovered that

was great news. Yet, my pictures of who a healer is certainly did not include me. I wondered who I could talk to about this and how in the world I could address the issue with clients. I decided to experiment with the energy.

This energy, as I went on to discover, is the life force or energetic body present in and around the human body. The life force is present everywhere and is inexhaustible. Often people ask how it works. During a healing, I channel the energy from the Universe into the bodies of others. I literally funnel it through. It is somewhat like seeing an apple on a table and deciding to pick it up. The brain sends a message and the body responds and before you know it you are holding the apple in your hand. That doesn't seem so miraculous, but when you think about it, it really is. Channeling healing energy is very similar. You train yourself to shift your attention and get centered. You are able then to recognize and open to the energy. Then imagine directing the energy through your hands, and there it is! When you compare the two examples you can see that we don't really think picking up an apple is any magical feat. Yet when someone channels energy that is available to us all, we think it is only for the gifted.

At the end of the session with mother, she opened her eyes and said that she had never experienced anything like it. She said that her body was lifted off the floor and she reported seeing a circle of people laughing and cheering. She and I were surprised to discover we had experienced the same thing. The session seemed to last only minutes, but when I checked the clock, two hours had passed. Time had stood still!

An obstacle to experiencing healing as either the giver or the receiver is our expecting a particular experience or outcome. A former client who was an orthopedic surgeon came in complaining of knee problems. When he returned for the next appointment he said; "My knees feel much better and you didn't even touch my knees. It doesn't make any sense." I replied, "Sometimes healing doesn't make logical sense; it just works." Mother reported not knowing what to expect but said, "I turned my life and will over to you. I just relaxed and went with the flow." I do not decide before my sessions what each person needs. I channel the life force, trust my intuition and provide the atmosphere for healing to occur.

■ ■ ■

With so many people and companies jumping on the "healing" bandwagon, is it any wonder that we get confused? How do you choose which method is right for you? Once you have done some research, trust your inner guidance and do what feels right to you. Healing should be custom designed for the individual much like a gown commissioned from a designer. Each person takes the responsibility of ensuring the exact "fit." Once found, try it on. Only then will you be able to experience the benefits.

Two weeks after our session, mother left a message with my husband saying that I had healed her. I couldn't believe it. When we spoke she said that she had gone in for an x-ray and the doctor reported that the tumor had shrunk to almost

nothing. Although mother was on chemotherapy treatments at the time, the doctor said that it was unheard of for a tumor to shrink that fast. Mother believing it was possible to be well, along with using alternative and traditional methods, produced a miracle. She is now free of cancer!

When I channel the healing energy, the feeling of love is always present. The profound connection between mother and me provided an even more powerful experience for both of us. This made it very clear to me that if the energy provides the healing, the source is love.



For some time now there has been a shift in how we as a culture define what it is to be a human being. I believe the healer is within. I originally discovered my healer within during the most trying time in my life. I can honestly say that I was forever changed by the experience. My husband and I were having dinner with my sister and brother-in-law when I noticed my vision was blurred with what I thought was a piece of lint. I closed my right eye and when I looked up at my sister, I could not see the top of her head. It was as if I was looking at a window with the shade pulled halfway down. I had never had any problems with my eyes, and had no idea what was happening.

I called a doctor and after examining my eyes he said, "You have glaucoma. You have lost a considerable amount of sight in your left eye. The pressure around the eye is dangerously high. I am very concerned." He asked if I had injured my eye or experienced any pain. I said no to both questions. I was scheduled to leave for a month's vacation in Hawaii to visit family. The doctor's response was, "You can't go unless we can get the pressure reading to an acceptable level." I had no idea what glaucoma was or what to think of any of it, but I knew I wanted to go to Hawaii. He sent me home with a medication and at my next appointment, the pressure had dropped. Off I went!

After being in Hawaii a week, I experienced more eye problems. I scheduled an appointment with an eye specialist on the island. His reaction was the same. He prescribed a medication to help control the increased pressure. I experienced side effects including numbing of my fingers and toes and extreme lethargy. Obviously, this was not how I had planned to spend my vacation. It was becoming clear to me that something was very wrong. I searched my memory for anything I could think of that might have caused this. There was nothing. I wondered how I could have lost eighty percent of my vision in one of my eyes without knowing it. Most importantly, I wanted to know why.

I did not know it at the time but Hawaii was exactly where I needed to be at this point in my life. The relaxed lifestyle on the islands is very conducive to healing, and my journey toward healing was about to begin.

I decided to schedule a massage and during my session the therapist asked if I had ever read *You Can Heal Your Life* by Louise Hay. I said I had not, but I decided to do so immediately. The book explained how unexpressed emotions stored in the body cause disease. The author listed the illnesses and linked them with possible

I spent the next nine months going to doctors as they tried desperately to find out exactly what caused the glaucoma and how to control the pressure. It was determined that I had secondary glaucoma caused by a pigmented lesion (freckle in the eye) which had dispersed and stopped up the tiny openings that normally allow fluid to escape around the eye. This cuts off the blood flow to the optic nerve—thus the loss of sight.

This was the medical explanation for my problem, but after numerous tests, medications, drops and finally laser surgery, the problem still existed. I was beginning to suspect that we were looking in the wrong place to correct the problem. If after all of this there was still no answer, something must be missing. I decided this was a message for me to look deeper.

I tried desperately to keep myself calm during this trying time. While my own doctor went on vacation, I was sent to an alternate doctor for my weekly checkups. After examining my eye he said, "This is awful! What will they do? You're so young!"

I couldn't believe his reaction. I was the one he was supposed to be taking care of, and he was alarming me instead. I decided then and there that I wasn't coming for

For some time now there has been a shift in how we as a culture define what it is to be a human being. I believe the healer is within.

unexpressed thoughts and emotions. I knew there was something to this. I knew that I had everything to do with causing this and yet did not know exactly how. But I was determined to find out.

The definition of enlightenment is to shed light on something about which you have formerly been in the dark. Healing can and does mean more than restoring the body to health. The onset of disease can lead us down the path of self-discovery, something I was soon to experience.

my next week's checkup. I was having a hard enough time keeping myself together as it was. I sure didn't need his tactless comments.

When my own doctor returned, I was given a new eye drop to try. After using it, I experienced extreme pain and blurred vision. I literally crawled to the phone and had to feel out the numbers to dial. My doctor answered and I explained my reaction to the drug. He said, "You have to take it. We have to control the pressure so you

do not lose any more sight.” As I hung up the phone, I fell to my knees sobbing. I realized I had tried to do everything I could to handle this and follow doctors orders. It was not working! I had hit rock bottom and I knew it. Praying, I said, “Okay, I give up! I don’t know what to do. Please help me.”

These were probably the most powerful words I had ever spoken. I immediately realized that I was trying too hard to will myself well. From that moment on the unimaginable occurred.

I was sent to Will’s Eye Clinic in Philadelphia for a third opinion. The same battery of tests were performed for the third time. As the nurse snapped what felt like the hundredth picture of my eye, I came to the end of my rope. I pushed myself back in my chair and informed her that she was not to take any more pictures. Then, as if I didn’t even exist in the room, she turned to my father and asked, “What’s wrong with her?” He replied: “I think she has had it.” I then went in to see the doctor and he asked, “What would you like to do?” This was the first time anyone had asked me what I wanted. I said that I’d like to have the eye surgery so I could stop using all of the medications. This was the beginning of my taking control of my illness.

■ ■ ■

I began to trust myself and started asking for what I really wanted. I decided to have the surgery although my doctor had been trying to avoid it. It was a success! The pressure dropped immediately and the need for medication ceased. I went for a checkup afterwards and asked about glasses to help correct the lost vision. He explained that due to optic nerve damage there was nothing that could be done to restore the lost sight and that you could never correct it with glasses. Upon hearing this, I stepped down out of the examination chair and said to myself, “You just watch me.” Where that statement came from was a mystery to me.

I knew if I accepted the diagnosis there

For so many the key is learning to relax or being able to talk about whatever is on their minds. So many of us struggle with just doing something for ourselves.

was no possibility of healing myself. I began meditating every night. I used visualization, prayer, and laying on of hands. My meditations opened a whole new world for me. I began dream classes, went for routine bodywork and attended healing sessions.

Regular meditation provided me with the ability to tap into the part of us that is all knowing and connected to our Source. I developed a profound relationship with my Source. My spiritual guides became my constant companions. I knew we could heal my eye, although I had no logical proof, and my doctor’s diagnosis was quite the contrary.

I continued to go in for regular weekly pressure checks and at the end of a year, I scheduled a full eye exam. During the exam my doctor gasped. I immediately said, “Oh no! What’s wrong?” He replied, “Your astigmatism is gone!” My doctor was obviously shocked. We never discussed how this occurred, yet I knew. My eyesight had improved and he gave me a prescription for glasses.

■ ■ ■

My medical care was excellent. I have no doubt about that to this day. But medicine can only do so much. Yet, I shudder to think where I would be if I had accepted the original diagnosis.

If I could leave you with just one thing it would be to pay attention to the voice of the healer within. Do any of us remember being taught to trust our inner guidance? We have been trained from an early age to trust authority, whether it is our parents, government, religion, or the medical profession.

When you hear your inner voice say, “Hey maybe this isn’t such a good idea—try something else,” follow your intuition. When you get a feeling that something

isn’t quite right, listen up! You will discover that you do know what is best for you.

My own experience has left me with many lessons. If I could shout one of them from the mountain top for all to hear, I would say: “Don’t wait until a serious illness has manifested to seek healing.” Our ambivalence is due in part to our traditional medical practice of treating the symptoms.

The definition of “heal” is: to cause an undesirable condition to be overcome; to mend the troubles. This can mean any condition, even a difficult state of mind. This gives us a much broader definition of healing. For so many the key is learning to relax or being able to talk about whatever is on their minds. So many of us struggle with just doing something for ourselves. This is especially true in our fast-paced society. With all there is to do, it has become harder to maintain balance. We leave out the most important ingredients in the struggle for balance—taking care of and loving ourselves.

We do not know what is possible as we embark on an unfamiliar path. Time and time again this basic truth has been echoed: Love is the answer. Yet we do not hear. We have advanced technologically but our understanding of our own spiritual essence is somewhat limited.

The vehicle for healing is love. If we can truly love ourselves, we have then fully realized our true essence. And when we tune into the loving energy from the Universe, we have then discovered the healer within.

If you are intrigued by this article and are wondering what the next step for you might be, e-mail Melinda at melinda@monsanctuaire.com with your comments, questions or appointment requests.