

DEALING WITH HEALTH ISSUES: AN EXPLORATION

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A Culminating Project submitted to the Faculty of  
Atlantic University in Partial Fulfilment  
of the Requirements for the Degree of

MASTER OF ARTS in TRANSPERSONAL STUDIES

ATLANTIC UNIVERSITY

Virginia Beach, Virginia

MARCH, 2007

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## CONTENTS

<b>DEALING WITH HEALTH ISSUES .....</b>	<b>3</b>
<b>REFERENCES.....</b>	<b>15</b>
<b>APPENDIX A: QUESTIONNAIRE.....</b>	<b>16</b>
<b>APPENDIX B: INDIVIDUAL SUMMARIES.....</b>	<b>17</b>
- <b>Pino.....</b>	<b>17</b>
- <b>Elena.....</b>	<b>19</b>
- <b>Paloma.....</b>	<b>21</b>
- <b>Olga.....</b>	<b>23</b>
- <b>Martin.....</b>	<b>25</b>
- <b>Veronica.....</b>	<b>27</b>
- <b>Bea.....</b>	<b>29</b>
- <b>Susana.....</b>	<b>31</b>
- <b>Juanjo.....</b>	<b>33</b>
- <b>Sandra.....</b>	<b>35</b>
- <b>Karla.....</b>	<b>37</b>
- <b>Fred.....</b>	<b>39</b>
- <b>Anna.....</b>	<b>41</b>
- <b>David.....</b>	<b>43</b>
- <b>Juana.....</b>	<b>45</b>
- <b>Sion.....</b>	<b>47</b>
- <b>Zenaida.....</b>	<b>49</b>
- <b>Jose Miguel.....</b>	<b>51</b>
- <b>Carlota.....</b>	<b>53</b>
- <b>Vanessa.....</b>	<b>55</b>
- <b>Esther.....</b>	<b>57</b>
- <b>Annette.....</b>	<b>59</b>
- <b>Marcos.....</b>	<b>61</b>
- <b>Loli.....</b>	<b>63</b>

## **Dealing with Health Issues: An Exploration**

**Patricia Sullivan**

The Canary Islands is a small group of seven islands, geographically located off the northwestern part of Africa, near Morocco, but politically belonging to Spain, Europe. I was born and raised in the Islands, in 1988 I went to Boston and got a Bachelor's Degree in Economics, with a minor in Biology. I returned to the Islands afterwards to find a job, and stayed from 1992 to 1998, when I felt I was missing something in life and decided to go to New York City. After spending five years working and studying in New York City, I came back to the Islands in 2003. Those five years have been the most important in my life. I finally found the missing part of my life - spirituality - and it turned my life around. Then I enrolled in Atlantic University and have been on a journey of discovery ever since.

As I returned to the Islands, I knew I was supposed to start a different job other than my usual administrative work: healing. After a few hands-on healing courses I realized I was good at it and I loved it as well. So I created my own practice, preparing a special room at home. As I created it, I practiced with my friends, family members and myself in order to feel self-confident when welcoming people I didn't know.

Before going any further, I'd like to describe a typical hands-on healing session: the session takes approximately one hour, where the client lays on a massage table and relaxes while I work on his/her energy field. I scan the person's energy with my hands and work with the energy blockages until it feels cleared. This I do throughout his/her body for about 45 minutes, which is the average time I take. At the beginning of the session the clients generally describe their illness or unbalanced situation, but sometimes they prefer not talking until the end of the

session to get my intuitive feedback first. At this time, it's common for a client to open up and talk about what they felt during the session. Their input, as well as mine, helps when drawing conclusions and suggesting next steps to take.

As I was getting myself all excited about my new project, I started talking to people about what I did, letting them know I was open for business. To my surprise they didn't know much about it. I got all kinds of responses, from people who thought I was crazy to people who had heard something about it and wouldn't mind giving it a try.

This Culminating Project analyzes the levels of knowledge and openness the population of the Islands, mainly Gran Canaria, have regarding alternative health treatments, such as hands-on healing. I am hoping this research can help me build a better practice and give the population the education it needs to understand the beneficial alternative treatments out there aimed to prevent disease.

I conducted my research exploring three different routes:

- 1) I gathered information from different informal interviews conducted at different times and settings. I interviewed my friends, acquaintances, co-workers, people I met for the first time and people of all ages who have the freedom to attend a session (I've had sessions with children who were brought by their mother and a mentally handicapped woman, brought in by her sister). Sometimes the interview was direct and to the point, when the person was open and knew about my work. Other times, if I had just met the person and the alternative methods issue came up, I would ask a few questions to sense their openness first. Some other times, if the person was up to it, I handed them a questionnaire to fill out (see sample in Appendix A).

2) I met with three different alternative therapy professionals who provided a perspective from my vantage point, and

3) I searched in newspapers for articles regarding alternative therapies

I gathered information on 24 individuals. There was no priority set regarding gender, age, race or religion because I wanted the scope to be as wide as possible (anyone is a potential client for a healing session.)

The main issues I found while conducting my research are:

1. There is a wide range of attitudes among people regarding healing
2. There is a lack of information/education on healing

### **Wide Range of Attitudes**

Everyone has a different attitude regarding healing, and that's what I encountered in every person I talked to. Out of 24 people, 6 of them (25%) didn't believe in the benefits of a healing session. Out of these 6 individuals, 2 (Pino and Fred) had experienced a session, but remained skeptic after it was over. Moreover, Pino told the healer afterwards that since she hadn't felt the energy during the session she (the healer) must feel like a loser. Obviously, a better education on how energy works is needed in her case.

Unfortunately, skeptics need tangible proof of success, and when it comes to healing this can be difficult. Healing generally doesn't offer the hard evidence some people expect. Most times, energy works in subtle ways and, unless the person finishes the session with a physical visible ailment completely restored, skeptics won't find the guarantee they need.

Also, skeptics have such strong opinions; they are not open to trying. The best way to convince them of trying is if someone they really trust has experienced a healing session with successful results and talks to them about it.

Since healing is mainly a personal acceptance of the energy that comes through the healer to let it work throughout one's bodies (physical, emotional and mental), one would think that skeptics perhaps affect such energies and impede them to work efficiently. But books such as Dr. Eric Pearl's "The Reconnection" show that skeptics sometimes experience the greatest healings because of their low expectations.

The issue of expectations within healing is difficult to outline. Whereas researches might believe expectations affect the outcome of a session, it doesn't apply to hands-on healing cases. (An article published by The Associated Press on 29 November 2005 describes how expectations can help healing. Researches found an improvement in patients whose doctors talked positively about the medication given. If patients expected their medication to work, it did, even if the medication was placebo). As mentioned above, some healing sessions have worked best on skeptic patients than on those expecting positive results. Energy doesn't always work the same way, even in the same person.

Going back to the interviewees, 8 people (33%) were not interested in experiencing a healing session. This group includes the skeptics, plus 2 women whose lack of interest is partly due to their ignorance on the subject. These 2 women, Vanessa and Susana, belong to a wide group of people in Gran Canaria who seek health improvement solely on traditional medicine. I believe they will open up to the alternative ways when it becomes mainstream.

On the other hand, both Vanessa and Susana apply healing in their jobs without realizing it. Vanessa works with troubled teens and Susana is a hairdresser with an unusual gift for

calming and soothing people. This raises the question of the percentage of population who might not be interested in the theories of healing, but unconsciously practice it.

The next important issue is fear. Out of the 24 individuals, 8 (33%) showed signs of being afraid of trying a healing session. Analyzing their fears, 5 of them were afraid of contacting the Spirit world. Although they understood how energy works, they were afraid of the consequences of a healing session. This fear might be deeply rooted, as something that brought serious consequences in a previous life and they still carry the memory of it so they avoid it, or it might be as simple as not wanting to deal with their spirituality.

Out of the group of 8 people who displayed fear, 2 women, Veronica and Karla, were afraid due to ignorance. They didn't understand how energy works during a session so they decided against experiencing it.

The last person, Sión, was afraid due to a previous experience. A few years ago she experienced a rise in her kundalini, which means all her chakras opened at the same time and allowed huge amounts of energy to flow through her. It was not a good experience. A normal person is not physically, emotionally or mentally prepared for a sudden spiritual opening that makes him/her see visions, experience former lives and become one with the surroundings while still embodied. Fortunately, Sión was able to slowly recuperate from it. Although her fear of having it happen again while in a healing session is palpable, she does go for a session from time to time if a healer has good references.

Laziness and the humid island weather, which tends to lower blood pressure and make things denser, also contribute to the low motivation for attending a healing session. Out of the 24 individuals in the study, only 3 (12.5%), Jose Miguel, Juanjo and Loli regularly use alternative

therapies. The rest gave different excuses not to use them, 9 of them (37.5%) due to laziness/lack of motivation.

This brings up the issue of priorities. As mentioned above, 3 of 24 people go to alterative sessions regularly. All 24 of them use traditional medicine. Although some of them understand that healing prevents disease because it balances the four bodies and makes the energy circulate dissolving blockages, they will ask for a healer only when an illness arises. Perhaps if they attended a healing session once a month, for example, they could avoid imbalances altogether. Sometimes they take care of the situation too late and have to go directly to a physician. People will prioritize their lives according to importance. It seems when seemingly in health, many individuals will not place importance in prevention.

Tied with priorities comes lack of responsibility. People are not taking responsibility for their own health. They would rather have a physician tell them what they have and take the prescribed medicines to fix it than understand the underlying problem in a manifested disease, which can be provided by a healing or intuitive session. There is a clear example in Paloma, who attends healing sessions for the healer to fix her stress, lack of motivation or problems. She won't try to analyze where the issues come from to find a root solution or have clarity as to why it's happening, she'll rather have someone else fix it for her.

### **Lack of information and education**

All of the above has the same underlying issue: lack of education. The lack of information the population has regarding alternative therapies and how they can benefit their lives is significant.

In most first world countries alternative therapies have reached mainstream and are even included by some insurance companies. This way pricing is not an issue and everyone has access to it.

In the Canary Islands, alternative treatments are slowly making their way to the general public. Over the last few months one can see the advances in this arena, by the opening of different centers offering alternative therapies and hotel's spas including Reiki, aromatherapy and chromo-therapy in their services. Although most of the other services offered by these centers are beauty and fitness related, aiming to help the client relax, healing seems to be offered more often, increasing the chances of people trying it, or at least understanding how it works.

New Age and spiritual bookstores are also slowly opening up, making their information accessible to the public.

But there is still a lack of education regarding how healing works, the energy's effect , where does it come from, how does it come in, how does the client access it, etc...

Being misinformed causes the same damage, if not more, as not being informed. If a person believes a healing session is similar to a massage and has had a negative experience with it, such as Elena, she will try to avoid the experience. Or in the case of Paloma, if the person comes into the session with certain expectations and they don't materialize, the person will leave unsatisfied.

### **Other input**

In order to get a well rounded view of how healing is being introduced in Gran Canaria, I spoke with three different healing practitioners: Carlos, a chromo therapist; Maite, who works with quantum healing and Doris, a Reiki Master.

Carlos has organized informative seminars, attended by many people, but the end result is poor. He believes only a small amount of people seek direct consultation with him because they are afraid.

Although Carlos feels people from the Canary Islands are more open to new modalities than the rest of Spaniards, he has realized fear stops them somehow. The reason for this fear, he believes, lays in past dark spiritual practices performed in the islands, which has given energy work a dark and negative reputation.

On the other hand, he also believes Chromo-therapy is regarded as the least effective of therapies among islanders, so there's a lesser chance of people trying it.

Maite has a different point of view. She believes people from the mainland are more progressive and informed about healing methods, and islanders are ignorant about many practices which have become mainstream in northern parts of Spain, for example. Nevertheless, by word of mouth, she sees her list of clients growing monthly which signals an increasing knowledge of different alternative treatments by the population.

Doris' point of view lays midway between Carlos and Maite's. She believes there is a strong spiritual wisdom in the islands, but there's also the residue the dark practices have left in the population's consciousness. For her, although there are currents of "dark energy" sweeping Gran Canaria, there are also certain places that hold a high vibratory frequency. She has identified a few such places, which tend to be located at beaches and coastal areas, where the ocean wind cleanses the land regularly. Nevertheless, Doris believes the population is slowly waking up and asking spiritual questions, which sooner or later leads them to the healing arts.

Both Maite and Doris are experiencing an increase in number of clients for their practice. Carlos's practice is developing slower, but with the recent wave of information and his drive to educate the population it won't be long before his agenda is full as well.

### **Mass Consciousness**

To acquire more information about health and healing in the Canary population, I researched the two major newspapers in Gran Canaria. An article in one of them, Canarias 7, dated 12 February 2006, points out the population in the islands suffers the highest level of obesity in Spain, as well as high rates of diabetes. The article interviews 5 doctors specialized in nutrition and preventive medicine that place all responsibility on diet and exercise habits. All doctors blame health unbalance on food intake and physical activity, but none of them offer a different perspective on what the root cause could be. Alternative therapies aim to go to the root of the problem and solve it, whereas traditional medicine is satisfied dealing with the final outcome.

The population in the U.S. is having the same problem. USA Today published an article on 22 February 2006 pointing out how only 47% of worried Americans take measures to manage their stress. The measures of stress in the US and the Canary Islands have people realizing they are stressed out, but dealing with it the unhealthy way: smoking more, turning to food for comfort and doing less exercise. In the long run, this will have negative consequences if not managed correctly.

On the other hand, the same newspaper had published an earlier article – 7 May 2005 – stating that 73% of islanders rate their health as good. This could explain the low percentage of population who seeks alternative treatment. Referring to the traditional islander, a person who

believes he/she is in good health won't tend to look for preventive care, but go for traditional medicine when faced with an illness. Islanders educated on alternative therapies will be part of this percentage with a greater number of options when faced with a disease.

On 12 July 2006, Canarias 7 informed that Cataluña, a region in northeast Spain, would be the first community to regulate unconventional medicine. Cataluña's Department of Health created this regulation to recognize alternative treatments, support their practitioners and offer its population a wider scope of healing routes, especially because 67% of its population with chronic illnesses uses such treatments and, within the general population, approximately 30% has used them sometime in their life.

After such action on behalf of Catalans, Canarias 7 elaborated an online survey, from 12 July 2006 to 30 January 2007, asking the population if they thought the Canaries should also regulate alternative therapies. Out of 604 replies, 44% (266 individuals) answered "yes, these therapies should be used together with traditional medicine;" 36% (217 individuals) replied "yes, because it's beneficial for the health;" 16% (97 individuals) said "no, many healers would take advantage of this situation" and 4% (24 individuals) believed "no, it would harm traditional medicine."

The results of this study are impressive. 80% of the people who responded believe in alternative treatment. Of course, traditional medicine remains important, but, if this survey is evidence of the population's beliefs, a great number of people know alternative therapies exist and believe in their benefits.

Regarding the remaining 20%, a small incision must be made. The option "no, many healers would take advantage of this situation" places a negative connotation on the term "healer." The Spanish word used here is "curandero," referring to a healer that uses ancient

methods of healing through rituals. This type of healer is identified with dark magic and negative practices. Therefore, to reach the 16% of people who answered and perhaps the 4% remaining, further education as to the new healing modalities and their benefits is necessary.

In summary, we can see alternative therapies are reaching the general public within the islands and being valued of their benefits to people's health.

## **Conclusions**

Gathering the data I recollected, other healers' input and the evidence revealed by the newspaper sources, I've come to the following conclusions:

- There is a need for further education on the different alternative therapies offered throughout the islands, their use and benefits and how they are applied, especially healing modalities such as hands-on healing.
- Special education is needed for physicians who are ignorant of the benefits of such therapies, so they can offer them together with traditional medicine to their patients.
- A redefinition of health stressing how important the mental and emotional bodies are to prevent diseases (creating the concept of an integral human being).
- A resolution on behalf of the government to accept and include alternative treatments within traditional healthcare.

On my part, I explain to as many people as I can how healing works and how I go about a healing session. One of the first things I mention is that there are no side effects or negative consequences in it. The worst it can happen is they get to relax for an hour. This dissolves their fear in many cases. Sometimes I offer a free session or 15-minute demonstration to reach those

who are undecided. Ultimately, it is up to the person to make an appointment for a session. Everyone is on a different journey.

### **A Learning Experience**

Throughout the course of this project I've learned many things, about both myself and others.

Regarding others, I've realized people are afraid of having a transpersonal experience, which makes them avoid any metaphysical subject. On the other hand, those who are open to it welcomed the chance of talking about it. Although they are reluctant to take the first step, once it's taken, they happily share their experiences, which ranged from healing to out-of-body experiences.

Regarding myself, I've also learned to be more open with others about my healing practice. At first I felt intimidated introducing myself as a healer when no one understood what it is, especially a couple of years ago. In a small society, where a lot of people know each other, reputation is important and one's profession gives prestige or takes it away. So I had to mentally open up and risk what people were going to think of me when I described what I do as it could affect my practice. That's why I was so surprised to find people eager to open up and share their experiences, giving them a chance to ask about their experiences.

I firmly believe a healing practice will be successful in Gran Canaria. For the last couple of years, a lot of information regarding healing therapies has become available and people have opened up to them. It's a matter of time and education before anyone goes to a healing session with the same ease as they go to their physician.

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*APPENDIX A - Questionnaire*

- 1. Do you consider yourself a healthy person?** Yes\_\_\_ No\_\_\_
- 2. From 1 to 10, how would you value your current state of health, 10 being excellent?** \_\_\_\_\_
- 3. Do you think you could improve your health somewhat?** Yes\_\_\_ No\_\_\_
- 4. If your response was “yes” to the above question, at what level would you improve your health?**  
 \_\_\_ *Physical* \_\_\_ *Emotional* \_\_\_ *Mental*
- 5. Which state is most important to you? Rate them from 1 to 3, being 1 the most important one.**  
 \_\_\_ *Physical* \_\_\_ *Emotional* \_\_\_ *Mental*
- 6. Which of the below means do you use most to improve your health? (mark those you use)**  
 \_\_\_ Doctor/Practitioner \_\_\_ Surgery \_\_\_ Psychologist/Psychiatrist  
 \_\_\_ Exercise/Gym \_\_\_ Meditation/Yoga \_\_\_ Acupuncture  
 \_\_\_ Physiotherapy \_\_\_ Massage \_\_\_ Reiki/Healing sessions  
 \_\_\_ Aromatherapy \_\_\_ Naturopath \_\_\_ Homeopathy  
 \_\_\_ Herbal teas \_\_\_ Pharmaceutical treatments \_\_\_ Others: \_\_\_\_\_
- 7. Which of the above are the least effective to you?** \_\_\_\_\_
- 8. When you detect any anomaly in your health system, how long do you take to improve it?**  
 \_\_\_ I do it right away \_\_\_ A couple of weeks  
 \_\_\_ A couple of days \_\_\_ I let it go until it improves by itself
- 9. Do you generally prevent an illness or do you seek improvement once the illness has appeared?**  
 \_\_\_ I take care of myself daily to prevent any illnesses  
 \_\_\_ I prevent those illnesses I'm most prone to due to my medical history and/or genetics  
 \_\_\_ I take care of them as they appear
- 10. What do you think of alternative medicine and techniques such as Reiki?**  
 \_\_\_\_\_
- 11. Have you ever gone for a healing session?**  
 \_\_\_ Yes (which? \_\_\_\_\_)  
 \_\_\_ No
- 12. If you answered “no” to the above question, why not?**  
 \_\_\_ I don't like it \_\_\_ I don't understand how it works  
 \_\_\_ I think its expensive \_\_\_ I don't believe in it  
 \_\_\_ Other: \_\_\_\_\_
- 13. Comments:** \_\_\_\_\_

***APPENDIX B - INDIVIDUAL SUMMARIES*****PINO**

My first interviewee is my best friend. Pino considers herself a healthy person, ranking her health at 8 on a scale from 1 to 10. By not valuing her health with a 10, Pino is admitting there is room for improvement.

Her current health issues include being a smoker and overweight. She's put herself on a diet many times, losing weight successfully, but quickly gaining it all back, plus a few extra pounds each time. The yo-yo diet syndrome has caused her to weigh more than ever and she's very unhappy. Her self-esteem has also dropped, affecting everything in her life.

She can see where the problems lay. Answering the health-improvement question, she would like improvement at all levels: physically, emotionally and mentally. But the most important level for her is the mental state. Being without problems to worry about is her priority. Her problems cause her mental anguish, which she relieves by eating and drinking whatever she wants. This, in turn, causes an anxious state that makes her smoke more often. At this point she feels trapped in a vicious circle, unable to find a solution.

I've offered her healing sessions, explaining they provide a safe place to feel relaxed, reconnect with her divinity and perhaps get new insights to her life. She received a short healing session, but as she didn't physically feel the energy working she dismissed its worth. She proceeded to say I probably feel like a failure whenever the sessions don't work. I told her that energy works differently for every person and not feeling a physical change in her body didn't mean the session had been a failure.

Upon this description, one can realize Pino is a practical person who believes only what she can see and feel. But on the other hand, she's a religious person who regularly prays faithfully.

As previously mentioned, Pino ranks the mental body as the most important health-wise, secondly comes the emotional and finally the physical. Even though she values her mental state so highly, she doesn't seek psychologists if need be because she doesn't believe in them.

When Pino has a health issue she goes first to the doctor and takes the prescribed medicines. She also exercises, especially when she needs to lose weight. Alternative therapies were not on her health improvement list, and she rates teas/herbal remedies as her least effective methods. But, when offered a free massage, she quickly agreed to it.

She considers herself a quick person at getting help when she finds a health problem, but regarding only the physical state. She isn't keen on seeking help regarding emotional or mental trauma, even when desperate, although she knows there are different options. She doesn't prevent health issues and is more prone to solving them as they present themselves.

More information is needed regarding alternative health therapies as she is not informed on the various methods in the market or how they work. She says she is not interested in such alternative methods, probably because she's a skeptic of the healing world.

In summary, my friend is a practical, grounded person who believes in results as long as they can be proven or physically seen. The perfect example is how she reacts when I offer a healing session, working with energies which aren't tangible, as opposed to offering her a massage session, where she can see immediate results.

In conclusion, I would have to present her with a few massage sessions, to which she is open and, afterwards, let her know that she is also benefiting from hands-on healing.

## ELENA

Elena looked pale and tired. Everyone in the group had received a free massage except her. I was surprised not to see her come into the room where I had been offering them. The others had curiously spread around the massage table to see how their friends received it and shared past experiences and current physical pains, for which they sought relief.

So when I had the chance, I asked Elena if she had received massages before. I sensed a distance growing between us, but I didn't understand why. Although I had just met her, this didn't seem to be the reason why she was acting so cold. Maybe it was my own judgment and she was a perfectly charming person, so I continued conversing with her.

"Massages are nice, but they don't work," was her short reply. I felt intimidated at first, trying to uncover information which didn't even seem to be my business, but my curiosity won. I kept on asking, why do you say that? "Well, I went for a massage before and they just shook me a little bit, poured cream over my body and left me alone for 45 minutes." Ah, ha! She hadn't really received a massage. What she had experienced was a spa session looking to reduce body fat and volume, for aesthetic reasons, not for health improvement.

She explained how she had gone for a couple of sessions, but later decided against it because she felt like a "thing" in the beautician's hands. Elena was disappointed to see how she had been treated. She had expected to leave more upbeat and relaxed, feeling like a new person because someone had taken the time to carefully attend to her, her body and, by extension, her mind and her spirit. When she entered, she had quickly received a five-minute massage, only around her belly, and the rest of the session she had spent wet, wrapped in cold towels and alone.

No fun whatsoever. When the session ended she was freezing, stiff, tired, tense and had a sense of having thrown her money out the window.

“Besides,” she said, “it’s too far away and too expensive.” And I agree with her. I wouldn’t pay that kind of money or go that far to feel the way she felt at the end of her session. But Elena didn’t understand what a healing massage session is about. First of all, the entire session is devoted to the person. If she’s tense, she can receive a relaxing massage and if she’s relaxed she can receive an invigorating one. She can also receive a healing session solely based on receiving the energy she needs at certain meridians in her body or unblocking those areas that need it. I can guarantee the feelings such sessions produce involve warmth, caring, love and connection to the Divine part of ourselves which offers us the satisfaction we need each day.

On the surface, Elena thought of massages as techniques to improve one’s external appearance, but on the inside one can see she was also expecting to be treated with warmth and care. Isn’t it better to have Elena understand what she is really looking for? As I explained to her the difference between a beauty massage and a healing one, I really can’t tell if she got the point. Her face still remained somewhat cold and distant. I can only pray she did understand the difference from my explanations and from the way her friends came out of their short sessions that day.

The one thing I’ve learned, thanks to Elena, is not only to care about the person on my healing table, but to show it to them as well. I think Elena would have been more open to whatever type of session after feeling cared for in her previous experiences.

## PALOMA

Paloma is the type of practical person no one would think even has any interest in alternative healing therapies. They are wrong. A while ago, Paloma seemed to be all about partying, staying up all night and drinking. She was the center of the party and someone everybody else should be friends with. Being the introverted type, I preferred not to hang around with her too often, since her energies felt too strong for me.

Years passed and we crossed paths again. Paloma had settled a bit and had opened a small pharmacy in a small town where she sold natural foods, herbal remedies, cosmetic creams, diet shakes and baby food, among other things. The party years were now behind her and responsibility had settled in. Talking with her I felt her fascination for the people who came into her pharmacy. She knew all about the products she sold, their benefits, how they could improve one's health and was really passionate about her job. Every time a person walked out of her door, they didn't just leave with a product, but with all the knowledge Paloma could share regarding their physical, mental or emotional situation. She had reached a new plateau in her life. And business was booming.

She then decided to move her pharmacy to the city, where she and other people could benefit from the exchange. And business continued to do well, but somehow Paloma's passion begun to fade. Now it was all about the mortgage, the debts and the business. People now meant money coming in as opposed to passion being put to work.

I offered a healing session to help move around any staleness in her energy. She loved the idea. I was surprised to see how open she was to healing modalities, since she is a Catholic,

educated in an Opus-Dei school (a very strict branch of Catholicism). She came out of the session feeling light and relaxed. Her worries had gone away and she felt centered.

A few days later I went by her pharmacy again. She looked worried and exhausted. Life had taken over again and her problems were adding up, so this time I offered her a card reading thinking it would put a spin on how to tackle her problems. Her face lit up.

The day of the reading I pulled out the cards and she admired them. After the first reading she became fascinated and couldn't help going through each one of them. I explained how cards are just like an ignition for intuition to start working, but I felt my words weren't getting to her. After that, every time she had a problem, she asked me to come by with the cards. She held on to them like a lifejacket, thinking they were the only possibility of getting out of her problems.

Now, Paloma is not an idealist, she is a down-to-earth person who quickly gets help whenever she has a problem, especially a health-wise one. She believes she could improve her health, but realizes the improvement starts at the mental and emotional levels, since they affect the physical. Talking with her, she's described all the techniques she's tried before to improve her health, which include exercise, swimming, massage therapies, natural remedies and Reiki, aside from my healing sessions. She positively values the alternative modalities, but somehow she was now leaning greatly towards them to help her with life instead of taking charge of it herself.

As I became friendlier with her I forbade her to ask me for more card readings. I explained how her own intuition is the real source and she should strengthen it instead of asking others to make decisions for her. Paloma slowly understood it. Although she still asks me for an occasional card reading, she now uses her own intuition for her daily issues.

## OLGA

Olga is an assertive woman. She's a doctor who works in the island's largest hospital, attending the emergency room. She is extremely professional and knows exactly what to do in a crisis. Since she's faced with stressful situations daily she has learned to keep cool at all times.

Olga also belongs to the strict Catholic branch called Opus Dei. She lives in a home the O.D. has destined for its female followers, almost as a nun, but with a few more privileges.

So when I approached Olga to talk about energy work I didn't expect her categorical dismissal of energetic healing. I shouldn't have assumed a doctor who has so much faith in God would understand this type of healing. I listened to her dismiss a type of healing work that she couldn't see applied directly on the patient's body, where nothing, no painkillers, medication, surgery or removal of damaged parts ever took place. How could energy ever substitute medicines? I told her energy healing wasn't looking to substitute anything, but work to prevent or balance out any type of illness at the mental, emotional and physical levels. I abstained on telling her energy work also affects our spiritual aspect, since I knew her background and had just seen how emphatic she was on her beliefs.

She continued to question the many ways energy could help her patients at the hospital when they came in with a ruptured spleen, a heart attack, a bleeding ulcer or an open injury. As much as I tried to explain that, in those cases, a doctor would be the best way to go but there were other ways of keeping healthy and balanced, she continued shaking her head profusely, showing me she was completely closed off to any alternative therapy methods.

Olga believes she is a healthy person. In fact, she considers herself to be in excellent shape. But when asking her, she also agrees she could improve her wellbeing at the physical

level. Now, Olga believes the mental state is more important than the physical one, but above them stands the emotional level. So far, she's achieved balance in two out of three. Her emotional needs and mental efficiency are working at optimum level. Her physical could stand a little improvement. If Olga understood how the emotional and mental levels affect her physical wellbeing, would her priorities change? Would she include a spiritual analysis also?

It seems Olga is separating the four levels that make up our beings in a way that it doesn't let her view the correlation each one has with the others, much less understand how they all become a whole. She is used to a cerebral way of doing her job and a spiritual way of living her life. She hasn't connected both flows. Now I'm sure she treats her patients kindly, but wouldn't she be able to help them even more if she understood the underlying ailment and cause of their illness at a spiritual, emotional or mental level?

Olga seems to be in the dark regarding other types of healing because she hasn't tried them. She believes they don't work because she hasn't seen the improvement they bring with her own eyes. Her practical way of being has taught her that any improvement shown in a short to mid range of time demonstrates an ability to heal, so it's a matter of demonstrating the healing benefits of energetic work. Perhaps she would be more open to receive massage therapy mixed with healing work. The benefits of the massage can be seen immediately and the hands-on healing would be a plus.

Perhaps Olga would also be open to an intuitive heart reading on any illness. If the results are correct and she can prove them, perhaps she would start to open up to understanding this type of work and introducing it to her medical profession. Hopefully it's just a matter of time before physicians and intuitive healers work together to treat the patient as a whole in the Canary Islands.

## MARTIN

Martin is a physiotherapist. He enjoys working with people and seeing them heal as he works on them. He is also a teacher. He gives a massage classes in the afternoon and at night. Although Martin enjoys teaching, mingling with students and getting to know new people, he does it mainly for the money. And there's a price he has to pay for it. He gets home late at night on week days and hardly has time to sleep the ten hours he allegedly needs to rest.

He is married and has an 8 year-old son. He spends the weekends with them and loves taking his son to soccer games, which he coaches for little kids on Saturdays.

Martin is a healer but doesn't consciously know it. Although he is from Peru, he doesn't understand the healing arts, energy wise, and is afraid of even bringing the subject up. After a few minutes of conversation with another person who wasn't afraid of talking about energy and healing, Martin naturally opened up to conversation. He told us how his grandmother used to cure her family with herbal remedies and hands-on-healing. He described how she used to work on him when he was sick, as a little boy, and how he healed quickly afterwards. He still uses some of the techniques he remembers on his own son.

So that's how we discovered Martin's underlying healing capabilities. Mentally however, he still refuses to believe in that "mumbo-jumbo witchcraft" when he has the "touch" and uses what he believes is "traditional Peruvian medicine." At the same time, he describes massage techniques as being mainly intuitive and urges his students to try to connect with the patient instead of following a 1-2-3, step by step, massage plan.

Martin's healing abilities were evident when he gave one of his students a simple 5-minute cervical massage. He smoothly started touching the student's neck and working on it. A

couple of minutes later he innocently told her she was in need of affection and that her neck pains came from emotional turmoil, not from mental or physical stress. She started crying. Right then and there all her feelings came out. His intuitive wisdom had opened up a door for all those cramped feelings to come out, and his hands did the rest. As the massage ended the student was smiling. She had let go of so much inside she felt like herself again. Her tight muscles were now relaxed.

Martin's case makes me think of the amount of people out there who are natural helpers and how heal everyday without knowing. Imagine all that healing potential partly unused because people are afraid to acknowledge what is in them. They are afraid to open up and see the goodness they spread around without even realizing it. Thankfully, some people like Martin, understand this craft as traditional and use them without a second thought of it belonging to a "weird science."

I believe the simple act of talking with Martin about this has awoken some curiosity within him that makes him aware that he's not just another physical therapist, but that he also works on other levels. Either way, after cases such as the above mentioned student, I'm sure he now knows that other energies are working when he gives a massage aside from the force he applies to the muscles. Perhaps if he continues to experience these types of cases, he'll experiment more and more with his hands and get other healing results. His intuition will guide him.

## VERONICA

Veronica has a personality based on common sense, but she's very intuitive as well, although she's not conscious of it. She thinks it's all logical and doesn't think twice about the sixth sense she's developed so well for everyday communication with other people.

She works for a small college taking care of the accounting and teaching economics. Financially she's well off. She loves traveling with her husband around the world since that's when she gets to spend most of the time with him. Whenever possible, they find time to spend together during the weekday, which is late at night after he comes home from work. She has more free time, so she's taken seriously the fact that they just bought a new house that needs renewal and decoration.

Talking with Veronica is a little difficult in the sense that she's not one to open up and share her feelings about life or any situation that might be worrying her. Although her closest friends know her personality and accept her the way she is, they don't connect at a deeper level. But she is a good listener and gives good and sensible advice when asked.

Since she's spending the little time they have together with her husband lately, which is only normal, her friends are sensing a distance growing between them. Veronica has the same sensation. A subtle shift has taken place, but things change in life and she seems to have accepted it. Her friends are going to have to understand that she now shares her life with her husband.

Healthwise, Veronica takes good care of herself. Although ten years ago she was a little overweight, she started eating healthy food and exercising, dropping the excess weight and she still maintains what society considers to be an enviable physical shape. To keep it up, she eats

abundant and fresh vegetables and salads, although she enjoys a glass of wine or a bottle of beer every now and then. Sweets are also on her list, but in a sensible way – the Veronica way.

She's also into massages for body sculpting. She used to get special massages in her abdominal area for fat reduction, thanks to a treatment that involved getting wrapped in special plastics that increased her body temperature to eliminate cellulite and toxins. She attends to her skin by consulting with a dermatologist who recommends special treatments for wrinkle reduction and dark spots.

But this is as far as Veronica has come to trying any alternative therapies or treatments. She knows about Reiki, energy healing, shiatsu, meditation, yoga and such, but would only consider them at a physical level, since she doesn't give much importance to the spiritual one. As 95% of canary islanders, she is a devoted Catholic who believes in Jesus and grew up with a strict Christian education, but she doesn't question what she's been taught. Spirituality equals religion and falls within the parameters of her previous education, which she practices every now and then.

Veronica doesn't believe in the power of alternative therapies. When offered an intuitive reading she accepts occasionally with hesitation, but if the conversation steers into the spiritual world she gets scared because she doesn't know what she will find. Her fear closes the doors to wisdom and not even curiosity will nudge her into peeking into this type of world. Maybe it's just a matter of time before she courageously starts questioning things. Perhaps her life mission only involves earthly matters. Anyhow, the good thing is that she uses her intuition daily without realizing how strong it is and I think it's just a matter of time before alternative healing therapies are mainstream for her to open up to them as a something natural instead of paranormal.

## BEA

Bea is a successful businesswoman. She runs the accounting department in the company she's been working in for the last few years. She's been successful at business affairs from a young age, when she started working with an important multinational company. Although she earned quite a bit of money, Bea wasn't doing it for herself. Her father's sudden passing forced her to take over his position at the company and she became the head of the family.

After a few years, seeing everyone in her family was doing well on their own she decided to change careers. Although it was tough at first, everything worked out well in the long-run, and now she's happy where she works.

Looking at Bea, one would think she spends all her money in clothes, bags and shoes, as she always looks fabulous in the latest fashion trends. She goes to the hairdresser often and takes care of her external appearance.

At the same time, one would think Bea is superficial and trivial by the way she talks and behaves. A slight air of arrogance and superiority graces her, and she seldom smiles. But when she does her face lights up. One has to know and understand Bea.

Bea is also married to a wonderful man who loves her very much. They're expecting their first baby. She wasn't too happy about it at first and has taken a while to swallow the change of circumstances, but she's finally accepting the situation. Her husband is so happy with the new arrival! She's worried about her figure (she was horrified to hear her ob-gyn tell her she had gained 6.5 pounds in 5 weeks.)

At first glance, one would think Bea is a self-centered and superficial woman, only worried about her external world. But this is not the case at all. The people who are lucky to dig

under this external façade can meet a warm and sensitive person who is aware of her spiritual world meshing with all her other circumstances. Her kindness in the way she handled her father's death, for example, is visible to everyone, but only two of her closest friends know about her monthly meetings with a spiritual counselor.

She understands her immediate surroundings wouldn't accept this "type of counsel," and she feels lonely not being able to share this with the rest of her friends. Things are changing in her life and she is slowly finding out how to deal with them. Although her enlightenment process is somewhat faster than those around her, causing the loneliness, she's happy because she understands the process.

Bea's tried a healing session and enjoys having her astrological chart read. Every once in a while she also enjoys a card-reading session. But she's most happy handling everyday life using her own intuition. And she's right most of the time. Outwardly she looks like she couldn't care less about this mumbo-jumbo new age paraphernalia, but it's only because she has her inner radar going all day long.

Summing up, Bea is a box full of surprises. Her friends know about 60% of her life. Her family understands about 90% of Bea. Bea is enjoying 100% of it. Of course, life has its ups and downs, but she now understands it from a spiritual perspective.

## SUSANA

Susana is a hairdresser. She loves doing her job and being in contact with people. She is young and kind-hearted, and brings warmth to her profession, when all her colleagues concentrate on everything but their client when doing their hair. Although not every hair salon is the same, when you enter Susana's you feel you are in a robotized place: hairstylists walk back and forth in black robes and unwelcoming faces.

Susana changes the energy of the salon. When she appeared I was mute myself, blank expression on my face, magazine in my hand so I wouldn't have to deal with the robots. She seemed like a breath of fresh air. Her face lights up when talking to clients, quickly making them feel at ease. She shares her experiences with so much love you feel you are experiencing them as well. After a while you feel you've known her all your life. And not only her, her loved ones also become familiar. Even though they've passed away, she still feels connected to her grandparents and she honours everything they told her while still living. She measures all her everyday experiences by their wisdom, and she grows through them.

For her, life is a gathering of all her positive experiences, and she wants to share this good vibration with everyone else. Being a hairdresser, she describes how when a stressed out client comes to her she absorbs the stress as well. Although she tries making them relax, giving them her best service, she nevertheless picks up their heaviness, sadness or anger. She then tries not to pick up their vibration. She concentrates on her task at hand - their hair - and mentally says "I'm not the one with the bad day, I'm not the one who is in a hurry, so I'm going to do the best job I can and let this person be him/herself."

Belonging to a profession requiring being in contact with people, touching them and making them feel better about themselves is difficult in itself, but Susana seems to be very happy with it. She seems to be the practical example of enlightenment in everyday life.

Surprisingly, Susana is not familiar with the concepts of energy, healing or alternative treatments. The first time she heard about energetic massages or Reiki was during our conversation. I explained in broad terms how it works and she shared experiences where she felt an energy exchange was taking place: when her colleagues wash a client's hair and they absorb their energy; or when her grandmother, who loved to cook, made her something to eat and the food tasted much better than the same meal prepared by her mother, who doesn't like to cook.

Although Susana doesn't understand the intellectual part of energy healing, it doesn't matter because she knows the practical side of it. She's been doing it all her life. She has picked it up from her grandmother, she has learned it from real life experiences and she applies it nicely wherever she goes and whomever she encounters.

Perhaps if she knew a little more about the energies she could intentionally apply it to her job and consciously create a space where clients come not only to care for their hair, but to feel safe and who knows, maybe receive a healing or an insight into some issue they have.

Susana didn't seem interested in the energy topic. She continued talking about her life and experiences and how much she loved what she does. She put such great care in her work that it felt needless to say how she could improve it. She has her style and her clients will leave Susana's salon feeling loved.

## JUANJO

Juanjo is a Sociologist. He loves talking with people to get their points of view on life as well as his feedback. He is a very knowledgeable person who understands the traditions and cultures of different countries and, although he is currently working in his native Spain, he's also spent quite a few years traveling all around Europe on business. He has opinions on almost all subjects, so it's very interesting to spend an afternoon with him.

Regarding his work he likes taking things slow, being methodical, researching his material and finding new ways of doing things.

So, knowing that Juanjo knows most of everything I wanted to see his opinion on religion and spirituality. Being that Spain is a 98% Catholic country, and being that Juanjo is the Catholic prototype according to his external looks and demeanor, I was surprised to hear him say that, although he believes in some-One bigger than himself, he is no longer a fervent follower of the Catholic faith. He doesn't attend mass regularly, but he will enjoy entering a church to pray on traditional holidays if he's around one. He defines himself as a Christian, because he believes in the teachings of Jesus, but he seems disappointed in the church itself.

Juanjo likes to relax whenever he is not working or studying his master's degree. He likes going to the beach and swimming. He likes reading the newspaper on a lazy Sunday. And he likes massages. When he told me this, I jumped to the opportunity to ask him if he believed in alternative treatments such as acupuncture, homeopathy, yoga, etc. He doesn't regard the above treatments as alternative. Although these methods don't fall under the conventional medical treatments given in MD offices or hospitals, Juanjo refuses to define them as alternative. To him they've reached mainstream and everyone knows or should know about them by now, so they are as conventional as any medical treatment for him.

This made me wonder about the nature of alternative healings and treatments according to people's understanding. Maybe alternative treatment is no longer alternative because people now understand the term and use the methods? Perhaps there should be a better definition of these treatments without being put aside in another health group?

Knowing that Juanjo takes care of his health, whether it is at a preventive stage or an illness one, he shed some light on Spain's health system, especially the Canary Islander one. The definition and information of what alternative embraces should be re-defined to include those types of treatments which have now become mainstream for some people. In other words, yoga, tai-chi, acupuncture, reflexology should now be understood as regular therapies.

On the other hand, as informed as Juanjo is about the above approaches, he doesn't understand those types of treatments that concentrate on moving of energy, such as Reiki, hands-on healing and Reconnective healing. These therapies, as well as working with intuitive guidance to discover negative health habits or diseases, are still as alternative for him as for physicians.

In summary, Juanjo makes us realize that people are more familiar with alternative therapies that originally thought. On the other hand, there still are some alternative therapies that require marketing to reach people. Hopefully it's all a matter of time and education.

## SANDRA

Life has been hard for Sandra, healthwise. She has a loving family, wonderful friends, a great job, a caring boyfriend, but a bad case of health scares. You name it, she's had it. She's currently dealing with acute anxiety due to an inability to say no to people for years. Sandra is such a loving and giving person, she was always willing to forget about herself and do everything for others. Although she's realized this is an issue and has searched for help, her health is still suffering from her inner abandonment of Self.

Sandra's health problems started four years after she started dating her first boyfriend. She worked during the day. He didn't have a job, so he woke up at 3 PM everyday and expected her to be ready to go out until the wee hours of the morning to keep him company. She hardly slept because the next day she would have to get up early to work again. Her family lovingly warned her he wasn't caring enough for her if he pressured her into this lifestyle. She didn't listen. She loved him and she was willing to do everything for him. That's what a girlfriend is for. And time went by...

One day, while talking a walk on the street her face collapsed, the muscles in her lower jaw tightened to pull it to one side and other facial muscles stretched, disfiguring her face. She was diagnosed with acute anxiety and has been taking prescription pills such as muscle relaxants and tranquilizers ever since. Of course, there's a secondary effect to these pills: she can't wake up in the morning, she falls asleep anywhere she sits, and if the medication falls under the prescribed level, she seems to be in overdrive with energy. This affects her entire daily life, both personal and professional.

Aside from the above, she seems to have a special magnet that attracts all types of rare and common diseases, which might be due to a poor immune system. Last year she contracted a

rare virus that caused an ulcer in her eye, leaving her almost blind. She is still dealing with it. Could this be caused by her inability to look at her own truth?

At the same time, she visited her gynecologists and found out she had caught a viral disease. Could this be caused by her inability to deal with her creative side?

Following that she enrolled in salsa-dancing lessons and twisted her ankle on the third day. This seems to happen every time she makes plans. Could this be caused by her inability to move forward in life? Is there some fear that stops her from making progress in life or perhaps she's dealing with too much and that's the only way she's subconsciously found to put a stop to things she really didn't want to do?

Sandra knows she has some problems. And now she's starting to understand and define such problems, being healthwise, mental or emotional. She's started going to a psychotherapist who is doing a great job with her and she's seems to be a happier person.

Her inner nudging has guided her into reading books such as "Many Lives, Many Masters" by Brian L. Weiss. She seems to be looking into her spiritual side as well. She's seeking help at all levels and I'm confident, if she continues her path as now, she's finally going to find all the answers to her inner questions. She'll also be able to shed some light into the processes going on behind her health issues. Sandra will now understand the wholeness of life and her own.

## KARLA

Karla is a healthy person. Overall she rates her health at 7 over a 10 point scale. She looks healthy too: clear sparkling eyes, shiny skin, energetic... So what is it that doesn't put her up there at the top of the scale? According to her the only physical "disability" she has is smoking. She would like to exercise more often. She believes she could eat healthier (she generally snacks on apples while everyone else eats sandwiches, hot dogs and fries. Anyone who knew her would believe she's taking care of herself, except her.

But what worries Karla most about her health is her mental anguish. After just having started a new job a month ago, she's feeling stressed and insecure about it. She is always concerned there might problems, and ultimately she attracts them. Although she realizes this, previous work experiences have taught her things could go wrong and she can end up collecting unemployment again, spending literally years to get another job. It makes her very unsettled and anxious, feelings she'd like to avoid.

In her own words, she would like her job not to get on her nerves and be able to enjoy life as it comes, without having to worry in advance for all the things she is afraid might happen. She would like to be like most people she sees around her. She would like to have a sense of humor and be happy. She would like to enjoy things as they come and live in the moment without mentally anguishing about the next step.

Her mother suggested yoga in order to relax and Karla is considering it. So what would make her do something that's obviously beneficial to her health? First of all she doesn't want to go to class alone. Although she doesn't consciously realize it, the first thing she did when she found out about the class was ask one of her friends to go with her. Upon her friend's refusal, her willingness deflated a bit. It seems Karla is a very social person who becomes motivated when

sharing her daily fun with others. There are many people like that. They need the company of others to enjoy what they are doing. This doesn't mean Karla would depend on the company of others to join a health-club for yoga classes.

So Karla knows some ways to help her relax and bring her anxiety levels down. She also knows of energetic methods and healing sessions that would help but she hasn't quite decided to try one. She is down to earth and believes in tangible methods, not in spiritual ones for mental, emotional or physical improvement. At the same time, she's become very curious about the latest spiritual and new age trends and enjoys the company of mystical people, but learning about it is one thing. Another thing is to apply it in real life.

Returning to Karla's health state, she realizes she would increase her health level by a couple of points if she stopped smoking. But she finds it too hard. The methods, the anxiety, the time it takes, the withdrawal symptoms... it's just too much effort. Besides, she enjoys smoking. Why stop it and go through all the trouble? Maybe some day she'll be strong enough to do it. Not for the time being.

So Karla is a healthy individual. At least she is as healthy as she can get. Of course, everything is relative. In Japan perhaps she would not be as healthy because their health parameters are different than Spain's. Perhaps in the United States she would be viewed as a very healthy individual because she follows a Mediterranean diet full of fruits and vegetables. In other words, we would have to analyze Karla's health in terms of the country she lives in and the average levels of vitamins and minerals doctors agree is the best for everyone. But the real test comes directly from Karla: she feels good about her body, her emotional and mental states could improve and her awareness helps contribute to it, and her spiritual side is on the way to enjoying a little expansion. She's making progress.

## **FRED**

Fred became a fireman two years ago. He wanted a good paying job without having to be in an office all day long. He hates sitting down, staring at a computer for a long time. He is an active guy, so he searched around and found firefighting a good career. He studied, trained and prepared himself for 5 years and finally achieved his goal. Fred is an amazing goal-achiever, so when his family and friends find out he's got a new goal they know it's just a matter of time before he achieves it and moves on to his next goal.

Fred is a healthy man, but it hasn't always been this way. As a young boy he suffered from asthma attacks and was prone to different illnesses. Every time he had a school trip or a cool event he looked forward to he'd get sick and have to stay home. He would complain to his mother that everyone was healthy but him. "Why does this happen only to me, Mom?" - he would ask crying. "I'm always sick." This "trend" continued until he was a teenager.

Fred soon realized he had to put a little extra effort into taking care of his physical health than everyone else. It didn't become an obsession, just a realization. He emphasized eating right, vegetables and fruit, and, being the active person he had always been, practicing some type of sport. He started golfing. After winning many tournaments, he got bored and picked up skateboarding. A couple of accidents forced him to look into other sports. You'd think a less active one would be more attractive now, but no, he started boogie boarding, which developed into surfing. At the same time, he was cross-country and road biking.

All this daily workout made a strong and healthier Fred. His lung capacity due to the surfing increased to the point asthma was no longer a problem. And his eating habits increased his immune system so that he was no longer prone to illnesses.

Like most everyone, Fred has a weak spot in his physical body. Whenever he gets sick, his throat is the first body part to react. But, when this happens, is it really his throat acting up or is it an emotional issue that Fred continues to ignore? Could it be that Fred is avoiding communicating clearly? After all, the throat area is our fifth chakra: communication.

Has Fred done everything he can in terms of improving his health? If you ask him he has: he eats right, he exercises, doesn't drink, doesn't smoke... He really does take care of the physical. What Fred fails to do is treat his other "bodies," mainly the spiritual. His mental body is very active. Both the left and right side of his brain get exercise each day. His emotional side needs a little caring, as he is a very generous person who tends to other people's problems and feelings but neglects his own sometimes. This is why he gets his sore throats every once in a while. He fails to tell people some truths he sees because it's gotten him into trouble before, so he's closed up his fifth chakra in order not to hurt anyone's feelings and, in turn, suffers from "truth clumping" in his throat.

Fred knows about alternative treatments like energy work that could alleviate some of his health issues, but doesn't believe in them. To him all is hocus pocus and doesn't even want to get into these "weird" conversations. He gets as far as body massages for relaxing his strained body, but that's it. How about intuitive sessions? He doesn't believe an intuitive healer could let him know he has a physical disease.

Gladly, Fred now has a girlfriend who is very much into alternative health treatments and believes into intuitive and energetic work. So it might not work into his system (mental, that is) right away, but being so exposed to this kind of methods, I believe, it's just a matter of time before he decides to try something "weirdly" new.

## ANNA

Anna is a mother of three, two boys and a girl. Anna also works as a cleaning lady in a few houses several days a week. But she's not happy. She longs to see her relatives back in Colombia, where she's originally from. She managed to collect enough money and get help to bring her three children to live with her in Spain, but her mother, father, sisters, brothers and husband remain back home. Her husband is currently in jail for a crime he didn't commit. So she had to come to Spain on her own to send money back to her family.

She's been in Spain for six years now, but most days she's either depressed, in pain or sick. Of course, none of this is purely physical. Most of her illnesses stem from her emotional being, which are conducive to negative and sad thoughts of not being with her family. This is taking a toll on her health, at all levels, and she is becoming more and more passive to her surroundings and responsibilities.

Since she arrived to Spain she's gain a few pounds and finds herself "fat." The clothes she first brought no longer fit and she finds it harder to move around. Anna is not obese, and even with her few extra pounds she would only be defined as "overweight" by professional nutritionists. But the problem is that this is adding insult to injury. If on top of feeling so depressed she also sees herself as fat, it only worsens her condition.

Talking to her, one realizes she wouldn't have much problem loosing the extra weight she's gained because she doesn't like sweets and sugars. The one thing she loves is rice, but within healthy servings. So it would appear that even her weight is a sheltering armour she's carrying around to protect herself from the pain she feels. She is very sensitive and doesn't need any more problems, so she's ended up creating this barrier between her and the world.

I had a conversation with her regarding her health situation and it went like this:

- “I want to go to the gym so much. The last time I enrolled I dropped all the weight in a couple of months and I felt so good about myself,” she said.
- “So why don’t you do it?” I asked.
- “I don’t know. I just feel lazy”.
- “Is the gym far away from your home?”
- “No, just next door to mine. But I don’t know what it is, I just don’t have the strength to get up and go”.

Although Anna wants to feel better about herself, she doesn’t really push herself. Some type of block is stopping from reaching her goals. She already knows physical exercise releases endorphins which elevates her mood and avoids emotional swings, with the added benefit of releasing energy and losing weight, but she is not able to do it.

This blockage affects other areas as well. She’s been offered courses that would help her earn more money and change jobs, but she lets the opportunities pass by. She’s tried free healing sessions to release energy blockages, but she doesn’t continue with them after the free one. Her passivity and lack of responsibility will ultimately affect her health unless she turns things around soon.

So what would make Anna take action? What would motivate her get up in the morning with hope and leave home with a mind-set that that day she’ll do something for herself? It would appear that Anna needs some kind of shocker to sweep her off her feet, hopefully on the positive side, that would motivate her to her core. A disease – something nobody wants but an issue serious enough to make someone who wants to live change his/her attitude about life – would perhaps make her take action also. It will not be until Anna pushes the right buttons inside her that her life will change. An internal shift is necessary to create external improvements.

## DAVID

David loves his computer. Although computers and the internet are relatively recent technological developments, David couldn't be happier about them. A few years ago he retired from his job. He was the owner of a hobby store that had seen many successful years since its opening, but had been forced to close due to heavy competition. All through the years the store was open, he was the only one who had legal representation of his goods in the country. Slowly, the amount of responsibility and the expanding scope of business created a growing sense of stress for David.

He spent his days sitting in his office, dealing with faxes, phone calls, bank statements, import and export documents, coming and going to the shop where his employees asked many questions and clients demanded attention. At night, after an exhausting day, he would relax by watching television and drinking a glass of his favourite whisky on the rocks. His wife would cook healthy meals which provided all the nutrients and vitamins a businessman would need. But this wasn't much to avoid the heart-attack David suffered an early December morning.

Luckily, he got to the hospital on time. After a few days at the ICU, he was transferred to a regular hospital bed. David remembered little from that particular night, but he says he felt fine afterwards, a little weak, but that's all. The doctor told his wife he should watch his eating habits, trying to avoid fatty foods, salt and refined sugars, which all contributed to an elevated cholesterol count, and implement a regular exercise regimen, nothing too strenuous, but a little activity to keep his circulation flowing at all times. This asked for a change in working and drinking habits as well.

David has changed since then. He takes 40-minute walks twice a day. He seldom drinks whisky anymore, if anything he has some wine, according to doctor's orders and tries to eat as

healthy as possible. Since he's retired, the levels of stress have decreased, although he could avoid them even further if he didn't take things so seriously, especially when his computer breaks down. Overall, his health has improved greatly and his doctor is quite happy with his evolution since the heart-attack.

But there are a couple of things that David could still change about his habits. First of all, understanding the issue of why he gets so stressed so quickly, his inability to let go of control and, therefore, suffer a sudden burst of anger that he's unable to manage effectively. Secondly, the effects of such outbursts: anxiety and frustration, which lead to eating starches and sugars to mitigate his feelings. There are a few underlying issues which remain unresolved and still have an effect on his health.

Meditation and breathing techniques could help David get the introspection he needs to understand himself a little bit better. He already counts on a high-level of intuition for his decisions, so meditation would guide him into a search of his inner world. He is interested in the transpersonal and believes in the Spirit world. He is very much in touch with his mental body, but he lacks a strong connection with his emotional self.

Every once in a while he receives physical massages, although not many since it's not advisable for a person who's suffered a heart attack to receive them. He's also received a healing session. But, as mentioned, David would benefit immensely from guided meditation and introspection. He would then get in touch with his emotions, becoming able to let them out through beneficial paths instead of keeping them bottled up inside or just bursting out.

David has walked a long path which has lead him to his inner Self, much like everyone else. It is now time to open up.

## JUANA

Juana is a talented artist. She loves spending weekends sculpting and painting.

During the week she works in her family's company, which provides the financial support for her hobbies. Although she likes her administrative work, she nevertheless finds herself daydreaming of what her perfect life would be like: out of a calendar year, three months would be spent painting her canvases and sculpting her people-like figures, the next three months would be spent displaying her artwork at exhibits and working out, taking care of herself in order to be prepared for the next three months, which involve travelling all over the world with the money earned from the exhibits. Finally, she would invest the last three months working at her current job, which provides the financial back-up for the following creative months.

Emotionally, Juana looks like a calm and introverted person. She doesn't talk much. She is not the type to know a lot of people, but underneath her low-key and quiet exterior lays a sensitive person who would like to have more friends and needs continuous social interaction to feel alive. She's joined the most prestigious gymnasium for two reasons: because she loves working out and because she loves being among people, especially men. So far, her efforts to meet her other half haven't been successful, and knowing her, one would love with all his/her heart for Juana to meet the man of her dreams.

But she is not completely all that she seems. Although introverted, Juana doesn't have a problem coming up to people and introducing herself. She's met most men this way, and she doesn't hold back when she wants to get something. This is pretty surprising to someone who just meets her for the first time.

Juana loves to travel. She loves visiting other places and getting in contact with the rest of the world. This is where she finds most of her fulfilment.

Regarding her health, Juana takes care of herself greatly. As mentioned before, she attends a gym regularly and keeps a tight watch on her diet. A few years back her figure could be considered chubby, but now she has sanded off those extra pounds and looks lean and healthy.

When asked about her beliefs on alternative therapy methods, she is not open to them because she believes is all mumbo-jumbo. She hasn't tried Reiki or any other type of hands-on-healing sessions and she describes it overall as not something that goes with who she is. On the other hand, she's received massages and has attended talassotherapy, which has become mainstream in the Canary Islands.

It seems that Juana, although open to the world and sensitive to her internal Self, is not prepared yet to open up to new sensations. It seems she would be an ideal candidate to try this "new therapies" when they became mainstream, but so far they are not as well-known by the general public and will take a while, although not too long, for everyone to accept the alternatives to health prevention and balance.

## SIÓN

Sión is 40 years old. Although life's circumstances force her to still live with her parents, she is a very independent woman. She works as an English teacher for children and teenagers, and she is so successful with them that she is often asked to perform other tasks, such as studying with them for other courses or babysitting the younger ones.

Sión loves being close to children. She doesn't have any children herself, but her nieces and nephews make up for it so much she hasn't felt the need to start a family.

Before returning to Spain, Sión lived several years in London. She had wonderful experiences in that city, and she's especially grateful for all the friends she met and the ability to tap into other areas of life. One such area is spirituality. Coming from Spain, Sión was brought up within Catholicism and almost joined the religious extreme branch Opus Dei. But something didn't quite convince her and she then decided to move to London.

She met wonderful people there and started attending classes at the College of Psychic Studies. From meditation to mediumship and from aura readings to healing, Sión tried everything she could. She was so into it, her third eye started opening. At the same time, she became more and more sensitive to her surroundings and could see and feel things at a new level. She loved it. She loved the newness of it and how "right" it felt.

She was so excited, she attended more and more courses, reading extensively about each subject. One day one of her teachers told her it wouldn't be wise for her to attend a special class where a group got together to contact higher-realm beings. The teacher told her she was advanced enough but didn't see it convenient for her to attend the class. She did anyway. A few days later, Sión started feeling ill: she could see other dimensions, feel strange energies, couldn't sleep, couldn't eat and either felt too cold or too hot. She was out of this world. All her chakras

had opened wide and her kundalini had risen uncontrollably. Her friends were so worried, they decided to send her back to Spain to recover.

Nowadays, she has recovered almost fully, although sometimes she has visions that scare her because she associates it to the beginning of the kundalini experience. She still believes in alternative healing, but will only go for a healing session if the healer has good references. Reconnective healing sessions have been of great benefit to her.

Regarding her health, she's quick at going to the doctor when in pain or illness and tries to prevent any imbalance. There are a few things she would change in her life and is slowly working towards it, but the awareness she has is so great compared to other people that no matter what thing life brings her, she can always see it coming.

## ZENaida

Zenaida is a lively, energetic and happy young woman. She is a hairdresser at a small hair salon in the city. She loves her job, not only because she is able to do what she loves most, but also because she gets to meet a lot of people.

She considers herself a healthy person overall, but there are a few things she could improve. She believes in prevention, especially at the mental and emotional levels, so it doesn't affect the physical body.

Zenaida finds herself thinking a lot, sometimes over-thinking things and getting worried about issues that ultimately don't come to pass. And she realizes that. But she can't avoid it. Everything worries her: her relationship with her family, her relationship with her boyfriend, her financial circumstances, other people's circumstances... and when it all gets to be too much for her she seeks help from a tarot or card reader.

She found herself sitting for a reading not long ago, trying to put her mental worries and emotional rollercoaster to rest. She asked about everything and anything, and every time she received a response she would nod. At the end of the reading, she realized she had known the answer to all her problems, but nevertheless found solace in the psychic's visit.

From this experience, Zenaida could have concluded she really doesn't need anyone to tell her what she needs to do or how things are going to go. She is perfectly capable of reaching in, connecting with herself and getting those same answers. But she doesn't realize it. One is sure that when Zenaida is faced with more troubles and mind-wonderings, she will go visit the psychic again.

Although she is open to a psychic visit, she doesn't believe in alternative health therapies. She's practiced meditation and yoga and receives a physical massage every now and then, but never has she felt the curiosity to receive a healing session, although some of her friends have.

If sick or physically ill, she prefers taking medication or going to the gym. As mentioned before, she believes the mental level is the most important one, followed by the emotional and the physical. So when in need of balancing her mental anguish she schedules an appointment with her psychologist/psychiatrist or goes to a tarot reader.

Zenaida is a person who doesn't practice health prevention. She prefers to solve health crisis as they come. This could be a reason why she is not interested in receiving a hands-on-healing, aromatherapy or acupuncture session. By the time she's faced with the problem, she probably needs an MD to take care of the crisis the old fashion way, which familiar to her and, therefore, more comfortable and believable. Lack of responsibility for her health seems to be the most important issue, although she believes in prevention.

## JOSE MIGUEL

Security comes from within, and I've never met anyone more secure in himself than José Miguel. His level of self-esteem is high, and although he mentions it too often – sometimes often enough for someone to doubt if it's really true – one can see he really believes in himself. He is also open, very social and creative.

One would think that José Miguel is quite the extroverted type, but he is not that open to others. He will only open up his innermost thoughts and feelings to someone close to him. He is very reserved in that sense.

José Miguel just started his own business. *Te Ayudo*, the name of his company, means “I'll help you” in Spanish, and is focused on providing care and companionship to the elderly. Although at the beginning stages of its process, José Miguel's company has already a few clients and he is receiving calls everyday from people interested in these types of services.

José Miguel is also a very sensitive man. He believes the emotional state is much more important than the mental or the physical. He thinks of himself as a very health being, and is very proud of having a low cholesterol count, no matter what kinds of food he eats or levels of stress he encounters. So he happily eats what he wants when he is hungry. He loves chocolate and maintains the candy plate in his office abundant and colorful.

On the other hand, he also recognizes when he is undergoing more levels of stress than usual and rewards himself with massage sessions and visits to the talassotherapy centers (therapies based on water: pools, currents and streams). Another way for José Miguel to relieve tension is to play football (Spanish soccer). To disconnect from a hard day, he meets with several of his friends at the beach and plays with them in the afternoon. Afterwards he feels wonderful because he got to do what he loves most: sports and socializing with friends.

When it comes to health, as mentioned before, José Miguel places great importance on his emotional state first, because it affects his mental ability and, thus, his physical well-being.

Although he says his health is good (rated at 7 over 10), he also believes there is room for improvement. He is satisfied with his emotional and mental levels; it's the physical level that needs a boost. He suffers from back and neck pain every once in a while and his knee gives him a hard time when he stretches it too much playing sports.

José Miguel is the kind of person who, when faced with an illness or injury, seeks help right away and doesn't wait for it to go away or become more painful. At the same time, he doesn't consciously prevent imbalances, choosing to find cures when faced with a crisis (playing sports and exercising could be defined as prevention, but he does it for socializing and having fun).

José Miguel doesn't have a fixed opinion in alternative treatments. He is open to trying them to check their effectiveness, but he doesn't know what to expect from them. He has tried Reiki once and jumps at the opportunity when offered a session, but, since he doesn't understand its process, although the healer explained how the energies come in and how he is the one accepting them, he finds the concept difficult to grasp.

When a person such as José Miguel, who has been trained all his life to solve illness with medication, is presented with another alternative that doesn't resemble the original solution is difficult to really accept as something that works. They might try it for curiosity, but not until they see a difference and improvement in themselves they would really accept it as a valid method for prevention or treatment.

## CARLOTA

Carlota is an independent woman. She has been living on her own for a few years now, which is quite a difference from the rest of the women in the Canary Islands. Canary women generally leave home when they get married and start their own family, or when they don't have family to live with. But Carlota decided it was time to experience an independent life, so she bought her own apartment with her savings.

Regarding her career, she doesn't consider herself to be too lucky. Over a period of five years, she's held five different jobs and only one of them satisfied her, but she was a temp. She was fired from two jobs and had to leave another one due to harassment, which caused her to be away from the working arena for more than a year due to depression. During this time, she started visiting a psychologist to deal with her depression and some unresolved emotional / psychological issues.

On the plus side, she still works at her last job, and seems satisfied to have found a place she has fit in, although she doesn't have any co-workers.

Although she visited a psychologist during her years of depression and worked extensively at solving her issues – she realizes she's come long way since then – Carlota's work experience afterwards shows she still has some more work to do. So it's interesting to note, when filling out her questionnaire, that she doesn't have any health concerns regarding her psychological, mental or emotional path. Any attributes she could improve lie solely on the physical side.

On the other hand, Carlota has undergone acupuncture and Reiki sessions, so she does believe in the power of alternative therapies. Even though she's booked them to overcome her

depression and seek calm in stressful times – not physical reasons per se – one can't help but wonder if she would book one of these sessions to get in touch with her inner Self and understand the issues affecting her life.

Valuing as she does these other methods of treatment one would find it difficult to understand why she doesn't combine the traditional therapy sessions with the alternative ones, but Carlota is not a financial affluent person. The insertion of the euro a few years back, together with her inability to hold a job for a long period of time until a few months ago depleted her financial resources and this, in turn, affected her life in many ways.

When faced with paying for traditional therapy as opposed to other methods, Carlota prefers the traditional way. Reiki, acupuncture and hands-on healing help, but don't hold a strong base for her, so they are put in the back burner in tough times.

In Carlota's case, she is aware of other healing methods, but doesn't have a complete understanding of how they work. This lack of experience/knowledge coupled with an inability to pay for these treatments at the same time as undergoing traditional methods creates a gap between Carlota and alternative healing. Further teaching of these treatments and lowering costs for patients seem to be the necessary measures to take in this case.

## VANESSA

Vanessa is a quiet, twenty-something year old woman. She is a social-worker, dedicated to improving the living conditions of people. Her previous experience involved working with associations to help children and companies that care for the elderly. She is currently working with teenagers.

Vanessa sees herself as a healthy individual, averaging 8 out of 10. But upon asking whether she could improve her health she nods. She believes her physical condition could improve somewhat, although when rating the different body levels, the physical is the least important. The emotional level comes first, followed by the mental one.

When faced with a health unbalance, she attends to her medical doctor for him/her to prescribe the appropriate medicines. Aside from the traditional ways, Vanessa also alleviates any health circumstance by using herbal remedies or, in case of muscular pain, massages. Other than these different treatments, she hasn't tried any alternative methods in her life.

From her interview, Vanessa is not the kind of person who would go to the doctor for just any reason. She prefers for the ailment to improve on its own rather than going to the physician. So when Vanessa goes to the doctor, something serious must be going on.

She is not particularly fond of prevention either. According to her, she attends to the illness once it starts, but not beforehand.

She has expressed interest in joining a gym, more for keeping her body fit than for health prevention. Vanessa is concerned with her looks, just like any other young woman, and will go on a diet to shed a few pounds and show off a lean body at the beach. But she doesn't characterize her usual diet as healthy: she doesn't like vegetables or salads and is very fond of

junk food and sweets. Although she looks and feels healthy nowadays, she realizes her current food intake could cause problems down the line.

Some of Vanessa's friends have tried different alternative treatments, and she believes in their effectiveness from their feedback, but has tried anything herself. When asked, she thinks there is a lack of information about these subjects, because she was totally unfamiliar with them until their friends mentioned their experiences.

She doesn't have a specific reason why she hasn't tried the methods herself, even though she is now familiar with some concepts, but is only normal she wouldn't because of her traditional upbringing. The "if it ain't broke, why fix it?" mentality keeps people away from prevention, which is where alternative therapies come in (although they can work together with traditional medicine).

Not until alternative therapies hit mainstream in the Canary Islands, we'll we be able to see groups of traditional medicine users switch and try them. Thankfully, internet, the media, books and marketing regarding this sector are starting to reach mainstream. It's all a matter of time and education.

## **ESTHER**

Esther is 60 years old. She became a widow 20 years ago, and was left to care for 4 very young children on her own. She didn't work and had to rely on the kindness of friends and family to be able to give her children the life and education she believes they deserve. From this experience, Esther developed a strength and stamina no other woman would have unless faced with the same situation.

Years passed and her children grew up to be physically and psychologically healthy individuals. They are now mature people with their own lives. Although a couple of them still live with her – a custom some Spaniards have had to assume due to the high cost of housing and low income after the inception of the euro – they have their own independence within the household. So Esther is not alone, but she can now savor her relative independence.

But another one of life's "hardships" was awaiting Esther down the road: she was diagnosed with breast cancer. Under her doctor's advice, she quickly underwent mastectomy. For the moment, the danger of the cancer spreading was halted. But Esther is a person concerned with her physical appearance as a woman. And the scar left on her breast, together with the feeling that part of her feminine self was gone, started to depress her. Her doctor recommended she get reconstructive surgery to fill in the parts they had emptied out. So Esther underwent this type of surgery and is now feeling her womanly self again.

During her illness, Esther relied on the help of a friend who knows how to read the tarot cards. Her friend's confirmation that everything was going to turn out alright provided her with the peace of mind to go through the process much easier than usual. At the time, she didn't know about other alternative healing treatments, otherwise, she affirms, she would have tried some of them. Chromo-therapy, hands-on healing, acupuncture, Reiki, etc... Any of these techniques

would have been useful, but lack of exposure and information about them didn't allow her to get a more ample treatment. Who knows what Esther would have chosen if she had the understanding of these other benefits at the time?

For now, she would like to try a hands-on healing or Reiki session. She understands the benefits can be felt at the physical, emotional and mental level, even if it works within the spiritual dimensions.

But Esther is wary of other esoteric practices, such as automatic writing. Although she believes in tarot and other spiritual cards, she is not confident automatic writing is something she can trust. When a friend was introduced to someone with automatic writing skills and she suggested they go try it out, Esther's face immediately changed. She was very afraid and refused profusely to give it a try. Her friend explained that automatic writing gets in touch with loved ones who've crossed over so one can receive loving messages, but still she couldn't be convinced. Her fear of getting so close to "dead spirits" withdrew her from the experience and, to this day, she is still afraid.

Due to the fact that Esther has been exposed to different levels of spiritual "tools," she is now more open to experience them. And although she still goes to the doctor as her number one option when ill, she would have the knowledge to support the doctor's work with some type of alternative therapy.

## ANNETTE

Annette describes herself as a mature, 37 year-old woman with a desire to try creative things and put her ideas to good use. She is a counselor for children with ADD problems and other learning disabilities. She teaches them how to study, cope and live in a world that generally copes by giving them Ritalin. Furthermore, she not only wants to educate the children, she also wants to teach their parents how to treat them.

This interest sparked in her because she used to have a tough time concentrating and studying, and her counselors did such a wonderful job she thought she would do the same for others.

Mid-way along her Master studies, due to the stress, she became ill. The doctors diagnosed her with Chronic Fatigue Syndrome. Aside from that she discovered she was a celiac, which is an autoimmune disorder that makes her intolerant to foods that contain gluten.

Both conditions made Annette change her life drastically health-wise. She could no longer eat as she normally did and felt sick for a long time. In order to feel better, she educated herself on the different foods she could tolerate and those that made her feel better and continues to pursue a way of solving her imbalance.

But Annette is tired. Tired of controlling her eating habits. Tired of not being able to go to any restaurant but to special ones which serve things she can eat. Tired of the large amount of vitamins she has to carry everywhere. Tired of being different. Tired of explaining to everyone around her about her condition. Tired of all the limitations.

So a year ago she underwent a healing session, just by pure chance. She was visiting a friend healer and, after learning how it worked, asked her for a session. She tried it that same day. After about 45 minutes of healing she opened her eyes. She felt refreshed, relaxed and at

ease, and her pain for her menstrual cramps had subsided. She couldn't believe it. A few days later she wanted to repeat the experience, just to see if it just had been the chance of relaxing or if it really was something else. This time she felt the energies moving. She was so excited!

After thanking her healer profusely (the healer explained she had been the one accepting the energies, so in effect, she was the real healer), Annette began to research into the topics of healing, energies and how it could improve her condition.

After a short amount of time, she was able to find a special healer that specialized in improving her condition and allergies through a very specific method. This healer had great reviews from her patients. They had all walked away from her office – after several treatments – showing either some improvement or a complete healing.

Nowadays, Annette is thinking of going for this special alternative treatment. But when? There seems to be some resistance to the idea of improvement because there is never a “good time” to make this special trip, when there's always time for a vacation trip. Perhaps there's fear of change at many levels? Perhaps a fear of not seeing any health improvement?

In the end is all an issue of right-time, right-place. Every individual has their own schedule to do things, even if it deals with such important issues as health. When Annette deals with her issues, she will be strong and willing enough to encounter the situation with a firm belief and, thus, better chances for improvement.

## MARCOS

Marcos is a smart businessman. But he never had it easy, he would always have to go the extra mile, stretching himself to finish when others were already done with their tasks. So Marcos developed into a perseverant and steadfast individual. Whatever his goals, he always achieved them with hard work.

Marcos' passion is managing different companies, so after getting his degree at the university and working at odd jobs here and there, he decided to open up his own management office and has been working like this ever since. He's really happy with his job and the professional progress he is making.

So from the above we gather Marcos is the practical person who, after deciding what he really wants in life, goes after it until he gets it. We can also conclude Marcos is not too patient to wait for things to come his way; he goes out there and gets them.

At the same time, he loves to spend his well-earned income in material comforts: he's bought a spacious house near the beach and golf court, drives a nice big car and dines out with his wife most weekends. He's deserved all this comfort after all the time, effort and energy spent at his job.

And Marcos is good looking. He takes care of himself, exercises regularly to steam off all the day's stresses, watches what he eats and finds time off to enjoy his favorite pastime, watching soccer games on TV. The balance between work and play is a very important thing in his life and when one overrides the other he takes care to balance it back again.

On the other hand, one of his other enjoyments is drinking wine. His regular intake is moderate, but he tends to over-indulge when in business meetings, family gatherings or friend's

celebrations. Marcos' wife has expressed concerned over this, worrying he might overdo it and damage his liver in the long run. So he tries to control it.

Marcos' general tendency when a disease presents itself is to take care of himself by resting. He's not too keen on medicines, but takes them when he feels it's necessary. Being the kind of practical person who believes what he sees, he hadn't trusted any alternative treatments until he tried a free session of hands-on healing. One would think Marcos was the typical stereotype who would refuse this type of healing session, but, fortunately, he really hadn't any judgments before entering the session, quite the contrary, he was excited to try something new, something that could – perhaps – rid him of the headache he had.

After the session he was feeling relaxed, with a calmness he hadn't felt in a long while, and more connected with himself. Although he didn't feel the energies working throughout his body, he got a sense of inner warmth. He almost fell asleep during the session, which he translates in a let go and fluidity difficult for him to attain. And although the headache was still there at the end of the session, it disappeared slowly within the following hour.

So, even though Marcos can't explain the works of the energy along the meridians of his body or the newest intake of the universal prana by his system, he does believe now in the benefits of alternative therapies such as hands-on healing or Reiki. And he can inform others of his experience as well.

## LOLI

Loli just became a single mother of a wonderful boy. Her life is tough, having to care for her child on her own and, at the same time, for an ailing grandmother and mother, while maintaining a job.

She is the eldest child in a family of four and seems to fill the role of mother for every person in the family. She does things for everyone, except for herself.

Loli believes in alternative therapies. Her child was born with a heart defect and had to undergo surgery when he was only a couple of months old. Loli has so much faith in alternative treatments; she has been taking the child to a homeopathic doctor to keep him balanced health-wise. At the same time she reads about other treatments, so it's no surprise that she went to consult to a reconnection energy healer.

Even though she didn't exactly know how the healing came about, she had faith that it could balance out any illness with the help of high frequency energy. The only problem she had is that she wanted her grandmother, father, mother, brothers and child to receive a session as well, but they didn't believe as strongly as she did in this form of therapy.

So she had them receive distance healing. Now this is very unusual for someone in the Canary Islands. Generally, the people in the islands have to see to believe, so to have someone as faithful as Loli arrange for these sessions was highly uncommon.

Well, she was so happy to see the benefit every member of her family got that now, every time she sees someone having a hard time, either emotional, mental or physically, she arranges for a distant healing session for them. And finally she has treated herself to one or two sessions as well.

Loli is aware of the people around her. When she believes someone is having a hard time, she doesn't wait to get help. She knows that prevention can greatly help keep a human being balanced at all levels and ultimately avoid physical illness. Furthermore, she is educated enough to not just try the traditional medical treatments, but to couple them with different alternative methods that boost health improvement in both quality and time.

She is so happy with the ultimate results of her alternative treatments; she suggests her friends, work colleagues and other family members to use them. And who better to suggest other healing therapies to an ill person than someone who has tried and seen them work?