



**SPRING 2008**

**ISSUE #1**

### **IN THE BEGINNING – AN OVERVIEW**

When we (Diane and Gayle) first began working with the Energy, we called it “Sacred Energy” because of the inherent wisdom and loving intelligence which we observed in this very tangible force. It was our recognition of this loving wisdom and intelligence which allowed us to trust in the unfolding process of learning about it and what it had to offer us. We learned just how respectful the Energy is and its capacity for serving the highest good for all concerned - patient and facilitator, alike.

Perhaps, most importantly, we learned that, unlike human healers, the Energy would never actively harm an individual regardless of the potentially misguided intentions of the facilitator (i.e. ourselves). This knowledge, of course, encouraged Diane and I to open up to a new way of relating to the Energy which we came to recognize as part of the New Energy Paradigm. The process of working with the Energy became simpler, devoid of the potential fear and many rules which had governed earlier Energy Healers (e.g. don't direct energy to a pregnant woman's womb; be very cautious in directing energy around an individual's head or to treat migraine headaches).

It is important to underscore the nature of this trusting relationship with the Energy which arises out of the recognition of its intelligence and wisdom, because it is in this trust that we find freedom from the emotional stress which so many clinicians carry in attempting to be THE HEALER WITH ALL THE ANSWERS. While the development of such trust may initially be most readily available to those of us who come from religious or spiritual backgrounds, it is similarly available through keen observation to atheist and agnostic practitioners alike

In our work with Sacred Energy, we originally thought we were developing a new therapeutic technique. However, as life and the Energy unfolded, we realized that we were involved in the unfolding of a whole new philosophy of life – of being, which we have chosen to call ENERGETIC SELF-MANIFESTATION or ESM. It is

based on the knowledge that we are innately whole as opposed to seeing ourselves as broken, not enough, or needing to be fixed – and looking outside ourselves for guidance. Out of this work came more insight and understanding around the “Wounded Child” and “Integration of Self”. From working with the wounded child we began to see how Dissociative Identity Disorder, multiple addictions, Obsessive Compulsive Disorder, even narcissism and phobias can come about.

This new philosophy of life is considered groundbreaking because it both changes and saves lives. It not only saves the lives of people who are feeling so depressed and hopeless that they are at risk of ending their lives, but it saves the lives of people who are slowly committing suicide over a span of twenty plus years because of self-destructive habits and poor self-care. However, Energetic Self-Manifestation is not just curative because awareness brings prevention!

In our culture, healers currently operate within a skewed reality wherein patients or clients are considered broken and it is the healer’s role to fix them. Within this ego-based perspective, the doctor or therapist is considered the expert in a system which is continually reminding people that they are not enough. Moreover, if people hold the belief that they are not enough – they will not heal!

In introducing Energetic Self-Manifestation to the world, we seek to bring in a new awareness or reality. To this end, we are changing the verbage. Healing means wholeness. Energetic Self-Manifestation is based on the assumption that we are innately whole and the Energy supports us in manifesting our wholeness.

Energetic Self-Manifestation offers a means of changing lives which is embedded within the reality that we are all innately whole but have lost touch with our wholeness. Clients are not considered broken and, thus, in need of fixing. Rather, the task or goal of ESM is to help individuals to manifest their wholeness in a lived reality which brings joy and purpose to them. Because this transformational process is only truly available to us in relationship to the Energy – it is considered an Energetically guided/driven manifestation of Self. But what does it mean to “manifest our innate wholeness?”

This concept has been expressed in various ways by many writers throughout the ages. In her 2004 book, *The Gift of Change: Spiritual Guidance for a Radically New Life*, Marianne Williamson writes of this process which she refers to as “*discovering our spiritual magnitude or finding “enlightenment”*”. Like most authors who address this issue, Ms. Williamson speaks from a spiritual perspective. Nevertheless, her description of the process parallels the information we have received in our work with the Energy. Thus, she describes manifesting one’s innate wholeness as a process of *uncovering* and *unlearning*. According to Williamson,

*“Enlightenment is not a learning but an unlearning, a letting go of all the fears we’ve gathered as we’ve walked the path of life.” (P. 89).*

Similarly, our work with the Energy parallels Ms. Williamson’s description of spiritual transformation wherein she notes that *“in a spiritual transformation things*

*often seem to get worse before they get better. We usually have to look at what we hate about ourselves before we can see how much there is to love. There is a “ring of fear” around the light within us, through which the ego seeks to block our entrance into the heaven within.” (P. 91)*

In order to realize our innate wholeness and to manifest the many gifts which arise out of our wholeness, Energetic Self-Manifestation supports us in confronting our individual fears and the neediness which arises from fear and ego. We are supported in doing this by establishing a relationship with our Wounded Child in which we are at last willing to bear witness to his/her pain and, in doing so, integrate the Wounded Child into the Self.

We consider Energetic Manifestation to represent the most powerful and efficient process yet to help individuals manifest their innate wholeness. Moreover, we view the process of manifestation as one of uncovering the riches within. Energetic Self-Manifestation takes people out of survival mode and when they are ready it helps them to thrive.

**In case all of this sounds too good to be true,, it is important to underscore the point that one does not need faith for this. It is fact. The Energy is a concrete phenomenon which exists separately from any belief about it. One is free to approach the Energy and the process of Energetic Self-Manifestation from a spiritual perspective or from a scientific perspective which measures it in electrical-magnetic or quantum impulses. The results are the same.**

In the beginning of this work, it looked to us as if we were learning to relate to the Energy in a way which provided a new way of healing which was faster, deeper and more comprehensive than what had gone before and more specifically focused on psychological/mental healing. What we have since learned is that this is about a belief of who we are. We are not going to manifest physical wholeness and maintain it consistently without embracing all of who we are – without embracing the embodiment of us. **THIS ISN'T ABOUT MENTAL OR PHYSICAL HEALING. THIS IS ABOUT IDENTIFYING OURSELVES AS ENERGY BEINGS WITH ALL THE IMPLICATIONS THAT THIS CARRIES.**

© D. Raphael & G. M. Way 2008

All reader feedback, comments and questions are welcomed.

With warmest regards,

Gayle

