

January 2003

Volume 3, No. 1

## THE HIDDEN LANGUAGE OF INTUITION

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### Abstract

Energy medicine and intuitive diagnosis have come to the forefront of complementary/alternative medicine (CAM) – meridians and chakras have gone mainstream. Many medical and psychological intuitives work from a model that says disruption in the balance of the energy system due to trauma is the root cause of many physical and emotional problems, and that releasing that trauma restores balance and brings healing. A medical and/or psychological intuitive may perceive and translate the energetic code of buried emotional and physical trauma in the body, mind and spirit.

### Living with intuition

It recently occurred to me that some of the frustration that I've felt much of my life is the result of a gift that I've seen as a curse for years. I am a visionary. Visionaries think (and live) "outside the box." Being highly intuitive as well as visionary doesn't mean that I'm smarter than anyone else, or that I'm privy to the ancient secrets of the universe. It means that my brain takes a freeze frame of the big picture, on levels seen and unseen, instantly analyzes it and computes the bottom line. One would think this ability to be a great asset, but it's taken me years to realize why people are not amused when I brightly announce how well things would turn out if only they'd do "X."

Most visionaries that I know possess a finely tuned intuitive sense that allows them to perceive the underlying "blueprint" - a pattern of cause and effect, hidden motivations and personal agendas - in a relationship, a corporate structure, virtually any situation where people are involved. When I worked in a corporate setting, I always knew what my co-workers and bosses were up to. This came in handy during my 11-year career in retail security, when I always had the highest stats for arrests of shoplifters and dishonest employees. I didn't know it then, but I was reading energy, or "scanning." I'd stroll into the dress department, pick up a "vibe" and look the customers over, thinking, "Somebody in here is stealing or thinking about it... which one?" Any cop who has been out of the academy longer than a week knows what intuition is. They call it "street sense."

In my work as an intuitive healer, in a similar manner, I "scan" for the energetic signature of trauma in a person's psyche, chakras<sup>L\*</sup>, or in their body.

### Breaking the Code

I use the following definition of trauma, first put forth by Francine Shapiro, developer of EMDR and taught to me by Asha Nahoma Clinton, Ph.D., LCSW, founder of Seemorg Matrixwork, a chakra-based energy psychology method. "Trauma is any occurrence in the past, which, when we think of it now, brings up difficult emotions." (Clinton, 2001) Taking that definition one step

further, I would add, (after “brings up difficult emotions,”) “or pain, discomfort, pressure or any other sensation that feels like blocked or stuck energy in the body.”

The energetic signature of trauma can be defined as any negative, repetitive thought or behavior pattern that is rooted in unhealed emotional pain. The original pattern (“this always happens to me!”) is encoded with triggers that, when activated by a person or circumstance, causes the pattern to re-run. When we have an unhealed issue that is still simmering deep inside us, and someone or something triggers it, we hurt ourselves all over again.

How do you recognize when a hidden pattern is running? First, acknowledge the pattern (“this always happens to me”), then detach from the immediate circumstance. The “players” are not important at this point. What IS important is to trace the origin and analyze the energetic signature of the circumstances, by asking yourself some questions like these:

- 1) WHICH people or situations am I reactive to? (e.g. controlling people; group dynamics; wealthy, powerful people)
- 2) WHY am I feeling SO (anxious, angry, hurt, frustrated, intimidated, ashamed, blocked, judged, self-doubting) with this person/situation?
- 3) WHO in my past does this feeling remind me of? Who else does or did treat me this way?
- 4) WHAT situation does this remind me of—(school, the dinner table, church, first job, first love)? What feels familiar about this (pain, fear, aggravation)?

The answers to these questions will create a healing map of the beliefs and traumas that trace the roots of your pattern. You’ll see the triggers.

For example, “Jane,” a client of mine, had a history of abusive relationships, money problems, as well as addictions to food and cigarettes. Jane desperately wanted to be happy, but no matter what therapist or workshop she went to, she always returned to the same old patterns. She struggled with depression and wondered if God was punishing her. She didn’t know that a “sabotage virus” had infected her system.

When Jane turned in an important project to her boss, and he asked her to make a few adjustments to it, she burst into tears. She is extremely reactive to not being heard and validated by others. Even an obnoxious waiter could set her off. We needed to explore why she was so reactive to this sort of trigger, to which others might have no sensitivity at all?

Jane was raised by a critical, perfectionist, narcissistic, stern taskmaster of a father. As a decorated military officer, he held himself, his troops and his only daughter to impossibly high standards. His constant demands and wilting criticisms undermined her best efforts and eventually produced the following internalized series of programs: “I’m not good enough; Nothing I do is ever good enough; I can’t compete; Nothing ever goes my way; I don’t deserve to be loved; I’m bad.” When her poor boss merely asked for a minor revision, the energy of rejection ricocheted through Jane’s mind and body. Her inner reactions and behaviors sabotaged her chance for promotion. I was able to pick up the tendrils of this pattern through chakra readings, and we cleared it from the roots. The roots of the pattern are the beliefs that I listed, that were on her “hard drive,” courtesy of her abusive father (e.g. nothing I ever do is good enough, etc.) The pattern itself is her behavior with the waiter and her boss.

When I first started my practice of medical intuition, it seemed like a first year internship. I found that most people had relatively simple issues, fears and phobias, anger or grief. For instance, “Gladys,” a prolific artist in her mid-70’s, came because she was unable to find the focus and joy she used to have for her art. At first I thought she might be depressed, but as we talked, that didn’t seem to be the case. I hadn’t started doing detailed readings yet, but I was able to get to the root of her problem in another way.

I had her get on the massage table, fully clothed, and covered with a blanket. With her permission, I scanned her energy field with my right hand, feeling for blocks or areas that felt disturbed or unbalanced. I felt heavy, stagnant energy in her heart chakra, and her navel chakra appeared to be hollow and closed. I couldn't feel energy movement there at all. I gently placed one hand on her heart chakra and the other on her navel chakra, and suddenly I knew why her navel chakra, the center of creativity, was closed. I asked about the grief and sorrow in her heart. Gladys calmly told me that all 3 of her adult children had died in their 30's and 40's. Her son was shot while riding his bike, one daughter died of breast cancer and the other of a brain aneurysm. I said, "I think the unresolved grief over losing your children is at the root of this problem with your art." She said, "No, it's not, I think I've just lost interest. Maybe I'm just too old." I said, as gently as I could, "Gladys, your body is telling me. Why would you want to create anything else when your most precious creations were destroyed?" She began to cry, and we did some thought-field therapy, (meridian acupressure point tapping – See "*Resources*" at end of *this article*) to release the grief and sorrow from her heart. We had 2 sessions, and later that month I heard from the client who referred her that she was happily painting again.

Decoding the energetic signature of trauma and then tracing and healing the root cause, whether repressed or conscious, is one of the keys to resolving many emotional, spiritual, psychological and physical patterns and diseases. On the emotional level, we need to learn how to interpret and translate the symbolism (read the energy) underlying traumas and/or fears. Then, the painful event can be brought into true healing, into feeling neutral or unimportant when we recall it .

For example, in one of my workshops, "George" was afraid of bridges and of looking down in a glass elevator or from windows in a skyscraper. I scanned his energy field, then said to him, "What happens if I say, 'Nobody supported me?'" "George got a little choked up, and an incident immediately came to his mind. The root cause was not fear of heights, but an old episode when he felt embarrassed, criticized, humiliated, and *emotionally unsupported* in a meeting. We cleared the traumatic emotional remnants of that experience, and his fear of bridges vanished.

In another case, "Sheila" came for help with fear of flying. She did not like anything about the flying experience; being belted into the seat, not being able to leave or get up easily, not having any control. She had no history of claustrophobia. The energetic signature that I picked up in her field told me that sexual abuse was the root of the problem. Who would ever think those 2 events were connected? I was sure I must be wrong, and kept scanning for another more "suitable" answer, but the impression was so insistent I finally gave up and asked Sheila directly, "Who held you down?" She was momentarily stunned, then told me that when she was 7, her grandfather had molested her and held her down on a couch. She had never told anyone. We applied some tapping to that memory, and the fear of flying cleared shortly.

### **Tracing the energetic signature of trauma**

I've learned that it's necessary to trace the threads of trauma in our lives to learn how it has impacted not only the choices we make but the lens through which we see ourselves and the world. Healing means more than just re-framing what happened to us and gaining coping skills for our pain. It means wholeness - love and acceptance of self, peace and balance. It means forgiveness for others as well as ourselves; seamlessly re-weaving the rips and tears in our being - mind, body, soul, and spirit.

I've seen dozens of clients who have had months or years (in one case, 30 years) of conventional psychological or psychiatric treatment, including years of anti-depressants, and still these people have not healed. Why? Outwardly they seem stable and able to cope effectively. But many still have toxic emotional waste smoldering in their chakras, meridians, and organs. The by-products of that emotional fallout silently fuels negative core belief patterns that sabotage and re-route, or even derail their lives. Traumas give birth to addictions, destructive

beliefs, obsessional thinking and behaviors that effectively block healing, until resolved *completely*, on all levels.

**Here are a few hits from the toxic top-40** (taken from various readings on my clients):

I'm not good enough  
 I must be perfect  
 It's not safe for me to speak up for myself  
 I'm afraid of how my life will change if I heal  
 I'm an object  
 I don't deserve  
 I'm all alone in the world  
 I must sacrifice myself in order to be loved.

Traumatic events are inscribed on our internal *hard drive*, which I call the subconscious or soul. And there they stay like a stubborn computer virus, triggering repeat patterns of addiction, fears of intimacy and trust, destructive relationships, financial chaos, fear, punishment, deprivation, inadequacy and more. Living life with significant unresolved trauma on one's hard drive is like trying to run through deep water. It can be done, but it's difficult and it's slow.

### **Appointment with Destiny**

I didn't know it, but as I entered my 40's, the visionary and intuitive gifts I'd brushed aside for years were about to be expanded, refined, and tested. It was apparently time for my 'sacred contract' (Myss, 2002) to be fulfilled. I never meant to become a healer, it just sort of happened. In the summer of 1997, I think my guardian angels probably had a meeting. I could just hear my chief angel reporting to the others, "I've been trying to get through to her for years and she won't listen!". She's had a few brushes with death, she's unhappily married, has had years of financial stress, hates her work, she's miserable, and still I cannot get her attention!" The others must have nodded sympathetically, because the next thing I knew, I was yanked - kicking and screaming - out of my marriage, my home, my job and life as I knew it, and thrust headfirst into THE FEAR OF BEING ALONE. It was a classic 'dark night of the soul' spiritual crisis. I was in a serious depression, paralyzed with fear, and there was nowhere to look but up. A succession of healers, a wonderful intuitive therapist, and assorted spiritual teachers have guided me on the journey back to myself. I think that most healers have been to hell and back. It seems to be a prerequisite for the sacred privilege of holding someone else's pain in your hands.

When I'd been out of my marriage for about 8 months, various intuitive/psychic abilities began to surface one at a time. (I don't normally use the word "psychic," as it has shades of fortune-teller energy to it.)

First came clairvoyance. My cousin came to visit in 1998, and one day I took her to the Mission at San Juan Capistrano. I sat on a bench in the huge courtyard, admiring the myriads of rose gardens, while she continued to inspect the exhibits. Suddenly, in the center of the rose garden, a 3-dimensional vision appeared of 2 brown-robed monks, one tall, the other a bit shorter, standing together, facing me about 15 feet away. I couldn't see their faces. The hoods of their robes covered their heads, and they wore long belts of white rope. I stared, blinked, looked away, looked back, and they were still there. I realized I was somehow looking through a portal into another dimension. Tourists were walking in front of them and behind them, without comment. I also realized that although they seemed solid and opaque to me, at the same time I could see through to the roses behind them. After about 2 minutes, they vanished. I was quite shaken, and didn't even tell my cousin until months later. I did tell my Reiki teacher, a 5<sup>th</sup>

generation clairvoyant and medium from England. She calmly noted as she poured our tea that it was no big deal, that it was only my “third eye” opening up.

A few months later, I began to “hear” personal guidance and instructions (clairaudience) on how to work with people. It was not audible, but rather “thought injections,” or telepathy, in my mind. I now can close my eyes and ask for divine assistance, “What is the root of this person’s problem or condition?” and I get specific answers and guidance. The first time this happened was the day my mother died in 1993. I spoke to her the night before her death, then the next morning she died of a heart attack in New York. When I got the news in California, two hours later, I was alone and in terrible shock, and found myself calling out to her in my grief, “MOM!! MOM!!” Suddenly I recognized her voice speaking to my mind. She said, “Susan, don’t cry, I’m happy here.”

### **The reading: interpreting the language of trauma**

The first time I see a new client or talk with one on the phone (distance doesn’t seem to matter), I do a “reading” or intuitive assessment of their energy. I am looking at their emotional landscape or “energetic blueprint” through the chakras, to find the root cause of any trauma that needs to be healed. I open with a prayer, asking first that whatever level of healing they need, physical, mental, emotional or spiritual, should be done for them whether I know about it or not. I also ask for guidance and protection for both of us, and that any information I need to help them will come to me clearly, accurately, completely and will reveal the root of any problems. I end with a prayer that I be used as a clear vessel for divine guidance and healing for them, and I detach from any outcome.

I close my eyes and with intention, scan each chakra, beginning with the base, and write down any impressions I get. The impressions come in a variety of ways: descriptive words (e.g. powerless, gutted, raped, suffocated); first person sentences in quotes (e.g. “I’m not good enough,” “People take from me what I don’t want to give,” “I’m here to serve others.”); feelings of physical pain or emotional charge that move fleetingly through me (e.g. I will feel a momentary tightness in my jaw or feel intense grief in my heart and throat); symbolic or actual visual images (e.g. my client being run over by a steamroller, another client holding her abdomen and rocking back and forth, crying).

When I’m finished with the assessment, I read it to the client, and write any emotional reactions and/or specific verifications in the margin. For example, I recently saw “Tony,” a middle-aged man for the first time. In the 1<sup>st</sup> chakra, I saw an image of him as a kid being injured from falling out of a tree, and another image of him lying in bed, and I got the feeling that Tony had had a very serious illness, not just measles or chickenpox. He said that he had written a list of several childhood traumas that he wanted to work on. Falling out of the tree was one; another was that he missed most of second grade because he was in bed with pneumonia and pleurisy.

### **Case report**

The following is an actual reading that I did in January 2002. The text is exactly as I wrote it, in “intuitive shorthand”. For readers who may not be familiar with them, I’ve noted the emotional themes, issues and challenges traditionally associated with each chakra. From January through March, 2002 in ten 90-minute sessions, I worked with 55-year-old Patsy, who has agreed to be interviewed for this article. Her first-person assessment of how her life changed as a result of our work together follows.

#### **The Reading:**

*Root chakra: (1<sup>st</sup>) Early childhood, survival issues*

Troubled childhood, “I’m not good enough”. Have to sacrifice for others—caretaker is the way to get love, love = pain. Very oppressive environment-feels like Cinderella-poor/unstable financially(family)- many fears-survival level-insecurity and trust issues.

*Navel chakra: (2<sup>nd</sup>) Power in the outer world, money, sex, creativity*

Others lead—you follow. Not only afraid to assert yourself, but unsure of how this looks—no model for boundaries and management of personal power. History of painful relationships with men—used/abandoned.

*Solar Plexus Chakra: (3<sup>rd</sup>) Center of self image and self-esteem*

Self-esteem is defined by others—‘puppet image’ easily manipulated and controlled by others—approval/disapproval—reactive not proactive in life—you’re not steering your own ship.

*Heart chakra: (4<sup>th</sup>) All matters of the heart, e.g. love/betrayal*

Loving/giving/caring heart when you feel safe and in control—pleasing others gets you the reward—love/approval re: men—fear, distrust-dangerous territory so why go there.. history of attracting alcoholic men?

*Throat chakra: (5<sup>th</sup>) Center of will, choice, ability to speak up for self*

Will is defined by others—so you measure your words—not safe to speak up. You’ve never been allowed to decide your own destiny (or “chart your own course,” ship image) so you aren’t aware you have this power/ability or how to manage it. Awakening this power, (turning on the generator) is 1<sup>st</sup> step to self-healing.

*Forehead chakra: (6<sup>th</sup>) The mind*

Worry—no peace. Obsessive/compulsive tendency—perfectionist—it’s exhausting—constantly trying to measure up to OTHERS—an unreachable goal.

*Crown chakra (7<sup>th</sup>) connection to the divine*

Open—still exploring and sorting out who/what is God—it’s a murky sort of mysterious concept for you—not sure what your role is.

While I was doing the reading, Patsy sat on a couch across from me, flipping through a magazine. When I had completed it, I read it out loud to her, and we talked about how the reading resonated with her feelings about her life, her perceptions about her fears of moving forward, etc. According to Patsy, this reading was 100% accurate.

I use the reading as a template, or roadmap, for the step-by-step process of dismantling and neutralizing negative core beliefs, fears, traumas, etc. with various energy healing methods. Many times I start with 1st chakra issues, because they are most often the roots of the emotional patterns that surface in our lives.

Sometimes I draw a pyramid, and section it off with horizontal lines. I explain to the client that the base chakra issues are the supporting structure and take up the largest area in the pyramid. I hand the paper to them and ask them to fill in the pyramid with their most charged emotional traumas, fears or issues from bottom to top. That way we are equal partners as we begin the healing journey.

We began with the abuse and trauma Patsy suffered as a child. We neutralized memories of beatings due to her dyslexia, her shame at being told she was stupid, her resulting lack of self-confidence and self-esteem. I felt the dyslexia might be either caused by or exacerbated by the beatings and trauma around her school difficulties. She was beaten in Catholic school and again at home. I had a hunch that we might be able to reverse her dyslexia after clearing her issues, and I suggested some exercises that might help for her to do at home.

I won’t elaborate on the exercises on purpose, because it is a complicated combination of cross-crawl, Cooks’ hook-up and an eye exercise. It’s not possible to tell at this point what made the dyslexia improve, the healing of her traumas, the exercises or both, but she’s much improved.

We also worked on her addiction to sweets, chocolate, chocolate mousse, chocolate nuts, cake batter, gravy and other “wet” foods. According to psychologist Doreen Virtue’s book *Constant*

*Craving: What Your Food Cravings Mean and How to Overcome Them*, (1995) chocolate cravings mean “hungry for love,” nuts and/or peanut butter mean “cravings for fun,” and high fat foods mean “filling the emptiness.”

I tested Patsy for “neurological disorganization,” also called “switching,” a condition in which the body’s energy flow is running up and down (homolateral) instead of crossing over in a figure-8. Correct polarity must be present in order for energy psychology methods to work, and we had to frequently correct Patsy’s for the first visit or two.

The reading and subsequent intuitive diagnosis identified a number of Patsy’s traumas and resulting fears and negative/limiting beliefs that needed to be healed (“the top 40”).

Patsy speaks:

I was a doormat for my family. My mother got pregnant with me out of wedlock, and she felt that I ruined her life. I felt that I didn’t have any self-esteem or worth or confidence until someone else gave it to me. I couldn’t even go shopping for a dress without having someone else there to tell me if I should buy the dress. Even if I didn’t like the dress, if the other person said they liked it and I should buy it, I would.

When I came to see Susan, I felt like I was “losing it”. I’d been seeing a psychiatrist for ten years and he helped me to a certain extent, but I didn’t feel I had the tools to go forward. Susan’s reading was exactly right. I felt that my self worth was based on everyone else, not on me.

In my house, when we kids got home from school, we weren’t allowed to have any snacks, so I used to sneak food from the pantry, whatever I could find. Food was love. Through the Seemorg Matrixwork, I was able to kick my chocolate addiction by the end of January. I went on a cruise to Mexico in March and didn’t have any sweets. I ate fruit instead.

When I first came to Susan, I weighed 211 pounds. I joined Weight Watchers and went twice, but never went back. I looked masculine, I came across very dumpy, my hair was scraggly, I didn’t wear any makeup. In April after I completed the ten sessions, I got my hair done, had permanent makeup done. I look great, I feel great and I am great. My dyslexia is greatly improved. I help my grandson with his homework, and I’m not afraid to speak anymore for fear I’ll say the wrong word and be laughed at like in the past.

When I first came to Susan I was working as a personal care assistant for an elderly woman. I lived-in, and had 24-hour responsibility. On holidays, I took her with me to my family gatherings. When I started working I was making \$4 per hour. I had the courage to speak up and tell the family I wanted a raise to \$7.50 per hour. I learned to set boundaries, and eventually left this position. I now have another position that pays \$12 per hour, I bought a very nice mobile home, and I’m happy with my life. For the first time in my life, I don’t need other people’s approval, I love and accept myself. If someone disrespects me, I stand up for myself. I would not be where I am today without this work. I am finally in charge of my life. I broke off a 23-year friendship with a woman friend because I am able to set healthy boundaries with people. I’m no longer the doormat - now I’m the knocker on the door.

I regularly use an assortment of spiritual and energetic methods to help clients heal themselves. These meridian and chakra-based modalities are referenced at the end of this article.

### **Connections and Vows**

I find it is also necessary in most cases to treat the assumption that clients have made about themselves or others, either consciously or subconsciously, as a result of the trauma. For example, “because my father sexually abused me, I can never trust a man.”

Some connections seem to have the same power as vows, in my experience. For several months, I worked with “Jeanette,” a woman in her mid-40’s who was seriously overweight. We chipped away at the maze of layers surrounding her food issues, and one day we stumbled upon a magic key. We were working on the perception of feeling “empty” all the time, (“I never feel full.”) and I asked Jeanette to remember when she first felt the same emptiness. She said her mother was a strict control-freak and that once the kids were put to bed, they had better not get up again unless the house was on fire. She was about 7 or 8, and she was still hungry, lying there in bed. She recalled saying (vowing) to herself, “I’ll never be hungry again.” We neutralized that vow and a huge block to her weight loss goal evaporated.

### **Pain resolves with energy psychology**

A couple of chiropractors refer clients to me who have unspecified back pain or subluxations in their spines that repeated adjustments and physical therapies do not fix. The doctors can find no injury or other physical cause for the trouble, and x-rays are negative. When I assess the client’s energy, I find that there is some deep and painful unresolved trauma stuck in the chakra that corresponds to the area of the pain or subluxation.

“Katrina,” was going for adjustments 2-3 times a week and they didn’t hold. The most troublesome problem was in the area of thoracic 5-8, the back heart chakra, and into the back solar plexus chakra. The heart chakra holds emotional patterns of love as well as heartbreak and betrayal. The solar plexus chakra corresponds to self-esteem, and our sense of personal power. Katrina had been raised by an emotionally abusive alcoholic father, and she had a pattern of getting involved with emotionally abusive and punishing men. Her heart was “broken,” and she felt betrayed and “stabbed in the back” by her father and by men in past relationships. After several weeks of healing, enough emotional/energetic layers were peeled away that her spinal adjustments began to hold again.

### **Allergies and energy patterns**

Katrina was also allergic to tomatoes and onions. One day, I asked her when that started and she said at about age 12. I scanned her solar plexus chakra and asked, “What used to happen at the dinner table in your house?” She replied, “Generally, chaos.” I asked her to tell me about any incident that stuck out in her mind. We applied some energy psychology techniques for self-healing to that traumatic memory, where *spaghetti* was on the menu that night. Two weeks later, Katrina had Italian food and found that the allergy to tomatoes and onions had disappeared. Allergies, along with trauma and negative thoughts, *weaken* the body’s energy system.

### **Limitations of Energy Psychology Techniques**

Every energy psychology technique or psychological approach has its limitations. There have been some people I couldn’t help.

Sometimes it’s the client, not the technique, that blocks healing. Some people have strong archetypal and/or ancestral patterns running through them. When combined with trauma, such patterns are difficult to dislodge. Every therapist knows the victim (“I have a need to be a martyr”). Then there are the “bolters.” These people don’t stick around long enough to have “I’m afraid to take control of my life” removed from their hard drive.

Wise healers don’t fix people, they guide them to identify and resolve their own issues and heal themselves. If people truly aren’t ready to do the work, no technique can overcome that, nor should it.

Energy psychology techniques may be contraindicated or ineffective for some disorders.

There is, however, on-going research on use of these methods with psychiatric disorders, and case reports of successes in treating Axis I diagnostic disorders. For instance, improvements in people with schizophrenia, some dissociative disorders, and obsessive-compulsive disorders (OCD) have been reported. Reviews are mixed regarding whether tapping by itself is effective or whether tapping needs to be combined with other treatment methods in order to be effective.



Perhaps with some patients at the less severe end of the scale, tapping alone might be fine. Others need more extensive forms of treatment.

There appear to be mixed results using tapping with Axis II personality disorders as well. Dr. George Pratt, a clinical psychologist in San Diego, co-author of *Instant Emotional Healing: Acupressure for the Emotions*, reports “remarkable results” with OCD, and says tapping is “helpful but not exclusive” with Axis II disorders. There are many variables to consider, eg. medications, addictions, energy toxins, and so forth, so practitioners should see what works on a particular patient. In my opinion, tapping, because it accesses meridians, is not as powerful as working with chakras in deeply damaged people. Tapping works, but it may not work as deeply and takes multiple rounds to effect the movement and release of the blocked thought-energy that is causing the distress - the release is what triggers healing. Seemorg Matrixwork does have protocols for Axis II disorders such as narcissism, and Dr. Clinton will be introducing a protocol to treat OCD and other personality disorders in 2003. She has been developing a Matrixwork protocol for Bipolar disorder for several years, and may present that in the future.

### **Challenges in treatment**

I have worked with a few people who had such severe anxiety, their energy polarity kept flipping backwards and I couldn't get it to stabilize. This is an obstruction to self-healing. I was able to calm one of them down dramatically with Reiki, and then we were able to resume self-healing work. Another client confessed she'd taken herself off her anti-anxiety medication, so I sent her back to her physician. In another case, I actually “saw” the energy flow reverse. As I looked at “Jill,” it was if a presence was facing me, arms firmly crossed, saying to me, “Oh no you don't!” We had a talk with “Jill's” inner child, and she finally calmed down and agreed to cooperate.

Then there was 54 year-old “Pam.” At our first appointment (early on, before I had begun doing readings), Pam was caught in a severe flooding of emotional release that neither of us had seen coming. She was calmly reciting a mind-boggling array of horrors she had experienced as a child. When she got to “...and then, when I was 3, the boy next door who was 16 killed himself,” I thought to myself, “No problem, she was 3 and he was 16,” so I remarked, “You didn't see that, did you?” There was a pause. I glanced up from my notepad and she gasped and began shrieking hysterically. I firmly held the neurovascular points on her forehead with one of my hands and held the center-back of her head with the other hand. I began to pray and give her Reiki, holding the neurovascular points at the same time. After the longest 2 minutes of my life, she finally stopped screaming. (Donna Eden, author of *Energy Medicine*, (1998) calls the neurovasculars the “Oh my God!” points. Holding the points is useful to bring a client out of a panic attack or flooding.)

I've had three people who appeared to be unresponsive due to attached entities or other supernatural causes, and I dealt with them using spiritual techniques.

There are many other reasons why a modality might not seem to be working. Energy toxins, which are substances that unbalance the energy system, are common. Allergies to food, detergents, cosmetics, dry-cleaned clothes, the presence of heavy metals in the body, drugs, anything in the environment that causes a disturbance, symptomatic or not, can block effectiveness.

Dr. Sandi Radomski, a LCSW and naturopathic physician in Pennsylvania, is doing some amazing work with clearing allergy sensitivities. She uses energy psychology techniques and vibrational medicine to improve or clear autism in some children by neutralizing allergic reactions to foods, environmental toxins vaccines and other substances.

In all cases, the work is done by clients, with me guiding, and I do it along with them. They hold their own chakras, and I hold mine, (with intention to support and strengthen their healing) and we go through processing the issue and layers of it together. I don't usually do anything to them, unless they're too upset to tap. Then I will sometimes tap on them, or do it by myself with

intention without touching them. They are healing themselves, and I'm guiding them through the process, because one can't be in one's head and heart at the same time, can one?

### **Healer, Heal Thyself**

Every healer, including me, has an internal hard drive and their own wounded childhood to cope with. We all have our traumas and scars from just living life. A crucial factor in the growth of my intuitive abilities is that I continue to heal myself, grow spiritually, and be as present and congruent as I can be, in order to assist my clients. As the saying goes, "You can't take anyone where you haven't been yourself." It appears that God has these self-healing sessions pre-scheduled for me. Whenever it's time for me to work on myself, the phone stops ringing, people cancel, and time opens up. I call a colleague, and we trade sessions.

The law of magnetic attraction, like all universal laws, operates continuously. I've tried to get around it. Take my word for it, it is not *possible!* Like does attract like. The people and situations in our lives mirror for us what we need to heal. When I find myself experiencing an emotional reaction to an issue a client has, I know I've got unhealed trauma to deal with, and/or there's someone I need to forgive.

I believe that forgiveness is the doorway to healing, but people should not be coaxed to forgive prematurely. I use the following definitions of forgiveness that most clients seem to accept:

- Forgiveness is releasing the hope that the past can be any different.
- Fore-give-ness is love *given before* another person has either given it, earned it, accepted it or even understood it. (McCall, 1982)

I have been through tremendous pain and adversity in my life, and I've had to forgive myself at least as much as to forgive others. I know it has shaped and molded me in more ways than I know. Once, I was praying, (actually I was whining) about why something wasn't working out the way I wanted it to. My angel said to me, "You know what your problem is? You only see one channel on the cosmic TV. God sees the entire network."

### **Shadow Healers**

Some licensed clinicians may be wary of healers because many healers lack accredited training or formal credentials and licensing. I've had a few thousand hours of training from many credentialed and licensed instructors, and some who were not, so my perspective on this is two-sided. On my personal healing journey, I've been to dozens of alternative practitioners, extremely effective and gifted healers, licensed and unlicensed in many disciplines, over the last 5 years, from acupuncture and herbs to iridology and Reiki. I am a Reiki Master myself. I've been to some people who meant well but were ineffective, and a few who were dangerous. There are people all over the internet and within the alternative healing community calling themselves healers, and I cannot judge them. Jesus said, "you know them by their fruit."

That said, there are people I call "shadow healers." These people have not done, and do not continue to do, their own inner work. They've taken a few weekend workshops, printed up some business cards, and call themselves healers. They're operating in the cloud of their own counter-transference and they don't have a clue. They're dangerous, and they can hurt people.

Shadow healers can also be licensed. A Ph.D. is not an endorsement of wisdom, compassion, nor personal emotional stability. I saw a psychologist once who was projecting so much of her stuff onto me I realized it before I had ever heard the word counter-transference. Fortunately, I was strong enough to leave after two sessions, before any serious damage was done. Many clients are so wounded and vulnerable, they have neither the ego strength nor the knowledge to protect themselves.

Shadow healers have not done enough of their own inner healing to create a safe, clear space for clients that is free of their own shadow side of unmet needs, agendas, control issues, old anger and traumas. All healers, intuitive or not, must have clear sight, unobstructed by their own

“stuff” in order to maintain the emotional detachment that is necessary for healing. They must be able to view the traumas and patterns in a person’s life symbolically, in order to connect the dots, to perceive factors that the client is too close to or in too much pain to see. For these reasons, on-going therapy for every healer, licensed or not, is an absolute requirement.

Let me share an example of a shadow healer. I know one woman who fancies herself a high-level psychic/healer. She had bariatric surgery (stomach stapling). She then proceeded to tell two overweight women who came to her for separate readings (I heard the tapes) that their own guides and angels were telling her to tell them that they needed to have this surgery or they would face serious health problems in the future. One client is a nurse, and she told the “psychic” that she didn’t quite weigh enough to even qualify for the surgery. The “psychic” told her to put rocks in her pockets during the weigh-in. The other client was very distraught. She felt spiritually betrayed, and was unwilling to trust her own guidance through prayer, because this psychic said that her own angels and guides provided that information.

### **In conclusion**

I believe that each of us is hard-wired for intuition. Practice and belief that we can develop the ability, coupled with therapeutic intent, are keys to harnessing the awesome power of intuition to heal.

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### **Physicians’ reports on patients treated by Sue Hannibal**

Sue Hannibal met with one of my patients, LL, a 47 y/o woman, who had intermittent suicidal ideation and guilt associated with the death of her sister. The suicidal ideation was particularly strong when Ms. Hannibal met with my patient. Sue did a reading and some Seemorg Matrixwork on LL. The reading accurately zeroed in on themes of fear, vulnerability, trust and not using her voice. The matrixwork unlocked the suicidal ideation. I considered the work that Sue did to be valuable.

Howard Richmond, MD

### **IJHC Editor’s notes**

Further information related by Dr. Richmond:

Sue’s intervention was transformative for this patient in a single session.

In August of 1999, Sue Hannibal came to the Neonatal Intensive Care Unit to see baby Ryan, the second of twin boys, who was 4 weeks old and weighed about 2.5 pounds. He was being fed through a tube. Ryan's liver function was seriously compromised due to his prematurity and his liver enzymes were elevated. Sue gave him Reiki energy healing every day for 12 days from 30 minutes to 1 hour. After the 12 days, he was able to eat on his own, the liver enzymes had returned to normal and he was sent home.

Philip Marinelli, D.O.  
Chief of Neonatology  
Tri-City Hospital, Vista, California

### **IJHC Editor's notes**

Further information related by Dr. Marinelli:

This rapid recovery was highly unusual. Baby Ryan was suffering from what we call "*neonatal cholestasis syndrome*," a bile system that was not functioning, because of its immaturity or because of other, unknown factors. This is an occasional problem of premature birth. Ordinary treatment consists of phenobarbital and bile salts and recovery usually occurs slowly, in premature babies, over a period of months. When first seen by Sue Hannibal, Baby Ryan was not tolerating feedings. He was distinctly yellow with jaundice, but this was not readily evident in the blue lighting that is used to treat jaundice in premature babies.

Baby Ryan's parents hesitantly agreed to allow a bioenergy therapist to offer treatment, as there was no known risk involved - though they found this strange and alien to their understanding of medical treatments.

Sue had no information whatsoever about the baby. She held her hands over the baby and reported her intuitive impressions that there was a problem of something thick, tenacious and not flowing. She reported that the baby was also suffering from missing its soulmate and was not feeding. Sue gave healing through the laying-on of hands, with her hands held near to but not touching the baby.

In three days, the direct bilirubin decreased by 500 units, which is virtually unheard of in this condition. Baby Ryan was able to leave the hospital much earlier than expected.

At the end of seven months, Baby Ryan had caught up with his twin in weight and development. This, too, is unusual, as premature babies usually lag in growth and development well into their second year of life.

**Susan Hannibal** has a private practice in Vista, California, outside San Diego. She is available for clinician consultations, and intuitive assessments locally or long distance. She is the author of the forthcoming book, *The Hidden Language of Trauma: Why We Are The Way We Are And How to Heal*

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