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# *Serving the Sacred*

## Energy Assistance in the Final Days





*Regardless of the condition causing the health decline, or the age of the client, I strive to honor and address physical, mental, emotional, and spiritual aspects.*

Michelle McLemore

Care for someone nearing the transition from physical life to pure spirit is the most sacred work I have experienced as a healing/wellness guide. To be trusted with another's physical vulnerability and evolving insights provides a window to the cosmos itself. It is also a responsibility of palpable weight that, at times, has brought tears of awe and whispers of comfort from Divinity. Regardless of the condition causing the health decline, or the age of the client, I strive to honor and address physical, mental, emotional, and spiritual aspects. Support for these areas carries through from initial goal setting, care in the decline, nearing transition, and include care for the caregiver(s) and environment, when possible. As everything — including thought — is energy, this also allows for a variety of energy modalities to be synthesized.

#### **GOAL-SETTING AND SPIRIT AGREEMENT:**

Collaborative goals are an important part of the first session. They drive the interventions that are used, the self-care that is assigned, and the intention which unites practitioner and client. Periodically, the main goals are reviewed to check for revision needs.

Goals may vary depending upon when the energy therapist joins the care team. Someone brought in the final days before transition may be working with the discomfort of a mostly mute client in and out of consciousness. In that case, family and/or Hospice may be looking for someone to reduce physical discomfort and prepare for spiritual transition. However, with longer-running relationships, goals may change as the physical devolves. This has been the scenario I have worked with most. Here, I'll share from a two-and-a-half-year partnership with a client I'll refer to as Wendy.

Wendy initially sought my assistance to help deal with depression and anger from waking from a hyperthermic intraperitoneal chemotherapy (HIPEC) surgery for mesothelioma with a surprise colostomy bag. Prior to this she had already endured a hysterectomy at 47, a bilateral mastectomy at 55, and tumor removal at 61 - which was just prior to the HIPEC surgery. Despite the physical trauma from the various cancer treatments, Wendy knew her emotional and mental well-being were in dire jeopardy. That summer, we worked together to



rebuild her self-image and revise her perception of life with this newest physical modification. After building some confidence and peace, I didn't hear from her for a few months—until cancer re-emerged, more resolute this time.

In December, after definitive limits were set by her doctors, we began the discussion of life-length goals. Though I cannot promise set life lengths, it is my position to support reasonable client aspirations. I tailor my care and the client's homework toward her actual goal versus just a count-down subsistence. The Standard practice for Healing Touch Practitioners is to *"restore harmony and balance in the energy system, facilitating the client's self-healing process."* In a terminal situation, "self-healing" must be understood as the extent to which the physical can restore homeostasis and heal any life aspect to allow for ease of transition.

Wendy was realistic—she was not demanding to live forever, though she was still "young" and had a vibrant spirit. Yet, she did have set calendar desires: she wanted to see another fall—her favorite season. She did that. Then, she wanted to live to reunite with her daughter who was out of town. This took a longer duration, yet she was able to reconcile. Then, when she felt ready, Wendy resolved to move toward transition with as much dignity as possible.

In addition to establishing **clear, joint goals**, I would encourage your client to be clear with his or her family regarding the near-transition or post-transition wishes. Put in writing how, and in what capacity, the client would like the energy worker present and involved regardless of the client's conscious state. Give copies to the primary caregivers and have the client explain early on to the family why they feel it is important to proceed in this way.

Additionally, plans for remote sessions should also be discussed early on as the time may inevitably come when the client is too immunocompromised for visitors, too tired for travel, or physically cannot be transported without great difficulty. If in-home visits are not a viable option, remote sessions can still provide quality care.

### CARE IN THE DECLINE

It is best to focus on supporting **restorative, enduring, and healing** strategies during care. What are the areas of the client's discomfort? How can we support any ongoing medical treatments? (As the end draws near, there will be sufficient signs to modify goal strategies.)

For me, every care session begins with **assessing the energy flow** in the subtle body (or energy anatomy) and restoring any imbalance—be it a compromised chakra, murky meridian flow, or oppressed part of the biofield. In Healing Touch, this can be done using a standard Chakra Connection, Full Body connection, or Chelation if deeper work is also needed. A balanced energy system helps other intercessions hold longer and immediately begins an emotional, mental reset prior to focused work in those areas.

For Wendy, ongoing support for her colostomy site and cancer treatments were essential. She experienced side effects of headaches, skeletal aches, chills without a fever, exhaustion, nausea, and hot flashes from the chemotherapy treatments. We addressed these with a magnetic clearing within 24 hours of each chemo session. Pain Drain and Mind Clearing techniques added additional relief for headaches and the emotional fatigue accompanying each hospital session. Balancing the adrenals with Hands Still helped to combat physical fatigue. A Lymphatic energy drain periodically reduced swelling in the lymph nodes and assisted Wendy's Lasix prescription for voiding excess fluid. Energy color visualization was used for general pain relief and healing as well. Finally, Level 5 Spiral Draws (a guided technique) helped to release deep-rooted blocks.

At one point when her blood cell count was too low for a treatment, we focused on sending love and revitalization to the cellular level for rapid cell reproduction. When she returned for a retest two days later the nurses were shocked, saying "no one recovers that quickly!" It led to Wendy having an enlightening discussion with her medical team about the benefit of energy therapy as a complement to Western medicine.



To support the various emotions that surfaced during Wendy's physical decline, we used other additional energy techniques. The Mind Clear helped deal with sorrow, fear, and guilt. A Chakra Spread is a beautiful full body technique to assist the client through times of transition. As Wendy moved through the various stages of grief, these steps proved to be a reliable peace-giving strategy which helped her to process her range of emotions and prepare for leaving the body. Brugh Joy's Spiral Meditation shared Wendy's heart energy across her other main chakras, to deal with the fear of the unknown and gain confidence that she could face this inevitable change of existence.

At times, unresolved bitterness surfaced. I used Elaine Grohman's Sacred Geometry techniques to help her gather those emotions and release them across all time and space. An Emotional Aromatic Therapy (EAT) essential oils application learned from the Be Young Total Health founder Dana Young, helped release trauma held in the body. Fears of dying and Hell led to conversations about alternate existences and dream analysis to help solidify her beliefs and find peace.

Another common feeling for those in transition is embarrassment that others have to take care of their body needs. The yielding up of control can feel demoralizing and elicit feelings of weakness. For a spouse or child to assist with toiletries, or even feeding, calls for a new level of acceptance in the life process. This led to a discussion about what a gift requires. In this situation, the gift of caregiving happens best if the patient accepts the help of the caregiver. Both the giving and the receiving are an **act of grace**. Without acceptance, a new level of frustration occurs for both parties.

## CLIENT SELF-CARE

Self-care (I affectionately renamed as "health homework") provides **client-empowerment** tools. Often there is a feeling of hopelessness and helplessness as the body and mind begin to shut down. Providing choice in relatively easy health activities offers dignity and power to a client in the process of learning how to yield control to family - or even strangers. Understandably, as the journey

grows to the end, less energy and focus will cause a decrease in self-care. However, if the pattern has been established, dimensions of peace will have been pre-established to carry through the remaining days.

Wendy's at home self-care regimen included strategies to empower her and continue proactive stress management. As distress causes strain on the nervous system and inhibits the immune system, it was another vital step in helping her meet her goals. Her strategies included learning a self-chakra connection and grounding techniques, using a roller of essential oil applied topically to assist with different needs; peppermint for nausea, copaiba for deep pain, frankincense for better sleep, orange for optimism, and lavender for muscle relaxation. Deep breathing, shielding from family members' negativity and anxieties, using daily positive affirmations, and monitoring her own negative self-talk all contributed to managing the various facets of conflict she experienced. Based on a California-study, I encouraged Wendy to journal four days in a row on the same significant trauma to truly release all aspects of it from hindering her peace. She did this with several life events moving the negatively held energy of the memories outside of her body, and working through releasing their constraints.

## NOTES OF NEARING TRANSITION

Common energy signs that the passing is close are present in the physical, energetic, and spiritual realms. For example, if the client has indoor pets, it can be noted they may begin a vigil near the client. In Wendy's case, her dog began sleeping next to her and stayed by her side for the majority of the day.

Night and day visions may begin to feature deceased family, friends, and friendly visitors. In Wendy's case, she dreamt of two friends who had already passed. They visited and assured her that they would see her again and that she had nothing to fear. For others, they may see a host of loved ones, but feel anguish that they "leave" without taking the patient with them. Others may come to hang out with the client, as a reassurance they are not alone while bidding time. What is real versus a hallucination of the mind? It is the client's reality, and it is a common occurrence for





many nearing the physical end. **Listening without judgement** or dismissal will be of comfort.

On the energetic level, a practitioner who assesses the strength and spread of the fourth energy field, will note its expansion as the final transition draws near. In Wendy's case, she went from 1 foot to 2 feet, then 3 days later, out to 3 feet. Just a few days prior to her last breath, Wendy was out to 6 feet, maxing out the space to assess within her small bedroom. I've witnessed similar field expansions in two other clients as they neared their final moment as well.

### CARE FOR THE CAREGIVER

The care process also takes a toll emotionally, mentally, and sometimes physically on these guardians of the sacred journey. They often cannot see how to carve time out of the day for their own self-care despite knowing their own health may be suffering from inadequate sleep, overtaxed time, and dealing with both their patient's as well as their own mixed emotions.

When you provide care for the terminal client, energy work—at least in my experience—creates a pocket of time when the client is calm, often falling into a resting state after the session. This pocket of time allows you to then offer the caregiver 10-15 minutes of loving care as well. The Mind Clear can create a restorative calm to reduce muscle tension and emotional strain. A Spiral Meditation can reinvigorate their heart-centered intentions. You can teach him or her how to check the biofield for its extension. You can simply listen about their day and challenges. Additionally, I have found it helpful to guide them in understanding what they might see or hear from their loved one as the veil between this physical world and the pure energetic world thins. Finally, discussions about mourning and life after caregiving can also be very helpful.

### CARE OF THE ENVIRONMENT

Depending on the length of a practitioner's involvement with a client and/or family, you may be in the position to discuss care of the sick room. Fresh air, indirect sunlight, soothing textures, water fountains, candles, green plants, and occasional

smudging of the room are all ways to move stagnant energy out, and in turn, **lighten the energetic weight** of the room for all. Just because one is in transition does not mean the room must be a constantly dark, moldering hole. That isn't healthy for any aspect of wellness nor any person involved.

### IN CONCLUSION

Lewis Mehl-Madrona, MD, Ph.D. author of *Coyote Healing: Miracles in native Medicine* wrote that one must separate health from notions of personal success or failure: "We must dismantle the belief that illness is a [cosmic] punishment." For those who combat multiple battles with cancer, it can be a difficult concept. The "Why Me?" debate sometimes may be made more complicated if one's religious upbringing was couched in guilt and blame scenarios. This is why it's important to support all facets of a client's life. We help review and come to terms with what may have caused imbalance and *dis-ease*, as well as help to accept a seemingly random occurrence.

Wendy told me when I would see a coral sunset, that would be the sign she had made it— that she had come to a place of peace. (Coral was her favorite color.) I had no doubt she was in good company even before her last breath. Still, when I saw the coral sunset a short time later, I had to smile and nod.

Peace to the care-givers, the end-of-life doulas, the energy workers, spiritual ministers, Hospice and medical professionals who share their hearts, time, and essence with those moving on; and courage and peace to each of us as well, when we find ourselves in that space and time. €



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