

As doctors and nurses rushed around trying to save her life, he looked at her face and saw terror in her eyes. He quietly sat by her and held her hand. She smiled and said, "That is what I need."

Remember the butterfly's wing? This is the concept in New Physics that on the level of sub-atomic particles, the movement of a butterfly's wing in Japan can create a hurricane in Texas. Minuscule actions can have enormous and far-reaching effects.

The other day I worked with a wonderful woman who two days earlier was devastated by receiving a diagnosis of breast cancer. I was teaching a Fundamentals Seminar so I could not do a whole HR session for her. However, just demonstrating step #2 and step #4 (the limiting belief and a new way of seeing through the Fundamentals Seeing Repatterning) and the self-healing modalities to transform the negative resonance we identified, was enough.

I asked her how she felt after the session. "Excited!" was her response. Even a little thing can turn a person's life and attitude around. All disease begins as an attitude in the blueprint of the mind. Attitude can change instantaneously with love. In HR we connect to the heart through love.

Many people have been to numerous psychiatrists and psychologists and have not necessarily been helped. I did a consultation with a woman with 21 personalities. When I came to step #2 of the 6-step process, I muscle checked that we did not need to know her problem or any details about past problems.

I was surprised, but trusted the process and continued the session. At the end of the session, she smiled (for the first time) and said she wanted to share something with the group. She said she felt better and then said that this was the first time she had not had to repeat her horrendous life story.

She had told her story to over two hundred psychologists and psychiatrists

INSPIRATIONS FROM CHLOE

DEALING WITH CLIENTS IN CRISIS

When someone such as this lady, who is deeply wounded, phones for help, we get a small inkling of the need for high standards in the HR certification process. As practitioners, we never know who will ask for a session.

The first thing that we all need is love. As one mystic saint said, "We all need love and some need more love!" I have a friend who was completing his residency to become a doctor. A woman was brought into the emergency room in serious condition from an auto accident.

and none of them had helped her. Yet, after a one-hour HR session, she felt better. In HR, we do not need to know someone's story to help them.

We need to remember how powerful HR actually is. A woman who had just received an HR session wrote the following: "Being done with the suicide thing is so huge, so amazing, so indescribable. I cannot tell you how grateful I am. I am watching as situations arise that would have brought it up, and I am amazed to see myself not spiral down into that endless pit of despair.

"For the first time since I can remember, I am able to stay even-tempered and sane when confronted with the daily stuff."

Just hearing this makes all the re-take seminars, the study, the certification process, the constant push to grow and become a more competent, confident and loving practitioner worthwhile! What if we had told this person to see a psychiatrist? Would one session have done this? We are not saying psychiatry is not valuable. Everything has its place and we have a place and a part to play as well.

As we continue to use the HR process and experience the success that results, we get the confidence to go to our next growing edge. In the mean time, we all need to keep working with the 6-step process and getting together with designated observers to improve our skills.

We need to re-take seminars and attend the annual conferences to keep learning from presenters and other HR people from around the world. We would all benefit from taking Shady's "Holding the Healing Space" seminar to help us remain grounded in difficult situations. Every action helps our progress in HR.

There are important questions we need to ask ourselves as practitioners. These questions and our answers will impact the decisions we make. Working with people's pain often leaves me feeling inadequate. After 25 years, I still wonder,

"Am I skilled enough? Is there something else I could do? Are there others who could be of more help?"

The inadequacy, in the face of experience, becomes more subtle, but on some level it is still there. Personally, I like my sense of inadequacy...it drives me forward to improve and become more skilled.

When I move out of myself, I ask different kinds of questions. "Am I ready to stand for this person moving into their wholeness? Am I using HR in my own life? Am I practicing it with others so I have the experience behind me to give me the confidence to help this person.

Can I overcome my fears and ground myself in love and compassion, setting clear boundaries? Do I have someone I can phone who is more experienced in HR or other healing systems who is willing to be a partner in this person's self-healing? Can I hear this person beyond the profanity? Do I "listen" to the energies of the Five Elements that take us beyond the words into healing?"

These kinds of questions lead to intention. Intention opens up grace. Grace does the impossible.

We are committed to transformation ...our own and that of the people who ask for a session. We are all in our process of being able to serve and help in whatever way is possible for us, from where we are in our growth at this moment in time.

An experience such as this wounded lady calling us for help may be showing us our next step — nudging us forward in our growth so we can work as a team with others to help such men and women in their pain. At the core, HR is about human beings offering human support.