

## **From headache to healing**

By Susan Dibble

Daily Herald Staff Writer

Neighbor to know

Lydia Van den Broeck's path to helping others heal started with a 15-year headache.

A native of Belgium, she married at age 20 and moved with her new husband to London. About a year into her new life, the headache started.

She visited doctors, chiropractors, acupuncturists and massage therapists, but found no more than short-term relief. Exhausted, she needed as much as 16 hours of sleep a day.

Looking within herself, Van de Broeck explored psychology, Eastern philosophies and comparative religion.

The high school dropout went to college, became a linguist and later established a successful hypnotherapy and psychotherapy practice.

But she still had her headache when she moved with her husband to the United States in 1986.

While here, she earned a doctorate in holistic sciences and psychotherapy from Columbia Pacific University in California.

In her exploration of quantum physics, she found relief from her own pain. Van den Broeck saw the energy drain she experienced as the result of patterns set in her childhood, unprocessed emotions and fears she had clung to.

"How we direct our thoughts and how we process our emotions has an effect on our physical body," she said.

Working to change from the inside out, Van den Broeck identified her innermost self — what she calls Source, Creative Intelligence, God.

Newly confident of her ability to create a fulfilling life, she left her unsatisfying marriage. She now works as an energy coach and intuitive healer.

Her work was recognized when she was asked to contribute a chapter to a recently published book, "A Guide to Getting It: Creative Intelligence."

She will lead a free mini-workshop, followed by a book signing, at 11 a.m. Saturday at Bundles of Books in Glen Ellyn.

Van den Broeck, who now lives in Glen Ellyn, said she uses her innate intuition to identify where clients may have blocked energy and to help clear it.

"Once you clear your energy system, the situation becomes more clear and you know what to do," she said.

Clients attest to her ability to see beyond what they could by ordinary means.

Dana Powers of West Dundee had a telephone consultation with Van den Broeck earlier this year after meeting her and hearing about her work. The call lasted only 20 or 30 minutes, Powers said, but she believes it permanently changed her life.

What came up in the conversation was a painful emotional issue that Powers thought she had resolved 20 years before.

"Some of the things were surprising how insightful they were," she said. "After that was done, I felt 100 pounds lighter."

Van den Broeck said she does not need to ask clients about their problems because she can read their energy system — connecting chakras, or energy centers, in various parts of the body with different emotions and truths.

After she does her assessment, she asks clients about their stories and whether her readings are correct. In subsequent sessions, she coaches them on how to continue the clearing process.

“This is a lifelong process of shedding more layers and bringing in more light,” she said.

Van den Broeck works with corporations and groups, as well as individuals. A workshop at a corporation might enable staff members to work better as a team by communicating more honestly, she said.

Starting in January, Van den Broeck plans to reach out in a new way by starting a TeleCircle, in which participants will meet in a monthly telephone conference.

For details on Van den Broeck’s work, visit [www.lydiavandenbroeck.com](http://www.lydiavandenbroeck.com) or call (630) 792-9020.

---

FORWARDED STORY ABOVE

---

Visit Suburban Chicago's Information Source at [www.dailyherald.com](http://www.dailyherald.com)