

From Physician to Healer: A doctor's encounters with spiritual healing

Chapter 1

Client: Dr. Steven Gaynor

My fingers fidgeted as I stared out the window behind the mahogany desk. Michael Hall – my attorney, friend and long-time patient – came into the room and sat down in his oversized leather chair. “Steven, I just received the documentation from Darlene, the attorney for the state medical board,” he said. “The psychiatrist has made his recommendation. Are you ready?”

I looked at him for a second, then gulped and said, “Sure.”

“OK, brace yourself,” he said. “His diagnosis is that you have a delusional disorder.”

Even though this news was expected and I knew Michael was trying to break it to me gently, it was still incredibly difficult to hear. My hands were sweating and my heart was pounding. I felt like I had awakened in the middle of a nightmare.

He took a deep breath and said, “Unfortunately, there’s more bad news. The board is demanding that you undergo treatment with a psychiatrist of their choice at your own expense. After six months, if the psychiatrist verifies that you understand your spiritual healing belief was delusional, they’ll reactivate your license and allow you to practice again.”

As his words sunk in, everything in my head slowed down. A peculiar peace came over me and I became aware of my heart, which was starting to beat more calmly now. In the long moment before I responded, I thought about what my life would be like if I renounced my healing ability. I would literally have to stop being who I am. Even if I wanted to, I wasn’t sure I could. So there was only one thing to do.

After a long while I heard myself say, “Tell them they can keep my license. I don’t need it anymore.”