

26



What I love about being a healer

I'm still in love with this work after all these years for many reasons.

1. I enjoy the freedom that this career offers me. I get to design my life the way I want, wear what I want, show up when I want, work with whom I want.
2. I make the sessions I offer benefit me and my client. This work keeps me fit and healthy. Bodywork keeps me feeling great because you can't do this kind of work well if you don't take care of yourself. Working in a profession that centers on making others feel better doesn't leave much room to slack off and have lazy or self destructive habits. Bodywork and energy work hold you accountable for your own health. You won't have clients coming back to you and you won't enjoy doing this work for very long if you aren't taking care of yourself.
3. I think energy work has kept me young because I've learned how to clear my energy centers, channels and meridians. I also like the fact that I'm constantly moving,

stretching and breathing. Since I'm tuning into my own body and energy field throughout the session, this makes a day of seeing clients feel like a retreat for myself. It feels like I'm doing tai chi all day long and my body really likes this. Of course this work does not replace passive relaxation time that allows you to focus on receiving instead of giving, but it's still beneficial. A good healer is always striving to keep the balance between receiving and giving in check.

4. This work has a dual benefit for client and therapist. I notice that if my energy level is low when I begin a day of sessions, I feel so different after that first session. The beautiful thing about massage and energy work is that the benefits are there for both the practitioner and the client. It's a win-win situation! People often ask me if I'm depleted by the end of the day and the answer is quite the opposite. If you're doing healing work correctly, your energy will build and you will be more energized after a full day of clients. The symbiotic benefit of this work amazes me.

I love it that there's a mutual healing that happens during a session. The therapist is also getting cleared through opening up his or her own meridians and channels, connecting heaven and earth to the physical body. No one is depleted at the end of the day IF the work was done properly. Make the session work for you. There's no reason to be depleted after giving a session.

5. Giving massage therapy and energy healing sessions calms me, helping me feel balanced and centered. By nature, I'm a high strung individual and I cannot imagine what I would be like if I had spent the last twenty-three years in a stressful work situation. My decision to go into healing work at an early age has saved me from a lot of unhealthy lifestyle choices. This realization hit home when I got back into the performing arts world for a little while. Even though I enjoyed reconnecting to the creative artist and dancer part of myself, the unhealthy lifestyle and collective habits of my fellow performers made me grateful for the work I do and for how good I feel when I get up in the morning.
6. I get to make people feel good. My clients are excited to see me and I'm so happy to see them, too. People tell me that my office is their happy place and it truly is my happy place, too. Not everyone gets to work in such a joyful environment and I'm grateful. I like being a part of something greater that helps make lives better.
7. I like to learn about health and wellness and these are the topics I get to focus on while at work. If this wasn't my chosen profession, I would still spend as much time as I could learning health stuff as a hobby, anyway. Healing is a lifestyle for me. I'm just sharing things that I'm passionate about and getting paid for it.

Mindset Exercise: What Motivates You?

Make a list of ways you want to be rewarded by your healing work. What fuels you? What kinds of benefits do you desire? List what kinds of financial compensation, recognition, perks and advantages you want to receive as a healing professional. What are you in this for? Be specific.



