

Action Step: Receive to Learn

Take a moment and list all the types of professional healing services you would like to receive. Start finding practitioners in your area that offer services that interest you. Research online to see what's available to you and also reference my guide, *So You Wanna Be A Healer*, for a detailed list of healing therapies to try out.

List your favorite types of healing work or the ones that interest you the most:

Think of this exercise as an investment in your health and your career!

Healing professionals who love what they do are often very happy to share information about their chosen career path with those who are interested. Since their time is valuable, I recommend you offer some form of energy exchange (money, lunch, coffee, something of value to them) to get the information you desire, if they're willing to give up their time to answer your questions. This lets them know that you are serious, you value their time and the flow of reciprocity will keep the energy balanced.