

Three Types of Healers-Where do you fit in?

The lifestyle of the healer is for anyone who wants it. You may decide you want to help lots of people with this information or you might only apply these valuable tools to your own life, body and environment. Doing this self- healing work will be an incredible gift to all of us. By simply learning how to make our own lives more effective and enjoyable, we improve the collective energy of our world. One simple improvement in your own life makes life better for the collective.

“You can’t go wrong if you commit to being of service.” -Danielle Laporte

There are more than three types of healers that can benefit from the information, but we will start with the basic three groups. You may fit into more than one of these categories. Do you see yourself in some of these descriptions?



1)The Self Healer:

This group includes everyone who has a desire to heal, anyone interested in making their own life better. This may be the only category that applies to you, especially if you already have a career you enjoy and your life is full of meaning and purpose. This type of person is passionate about living as the best version of themselves, ready to harness their full potential. Driven and successful, this individual thirsts to learn all they can about healing their body, relationships and environment. The Self Healer likes to stay at the top of his or her game, constantly growing. They understand that they help the world by helping themselves. Self-healing is a lifestyle. The Self Healer is constantly learning new types of modalities & techniques. The opportunity for self-healing is available to anyone and can be learned anywhere.

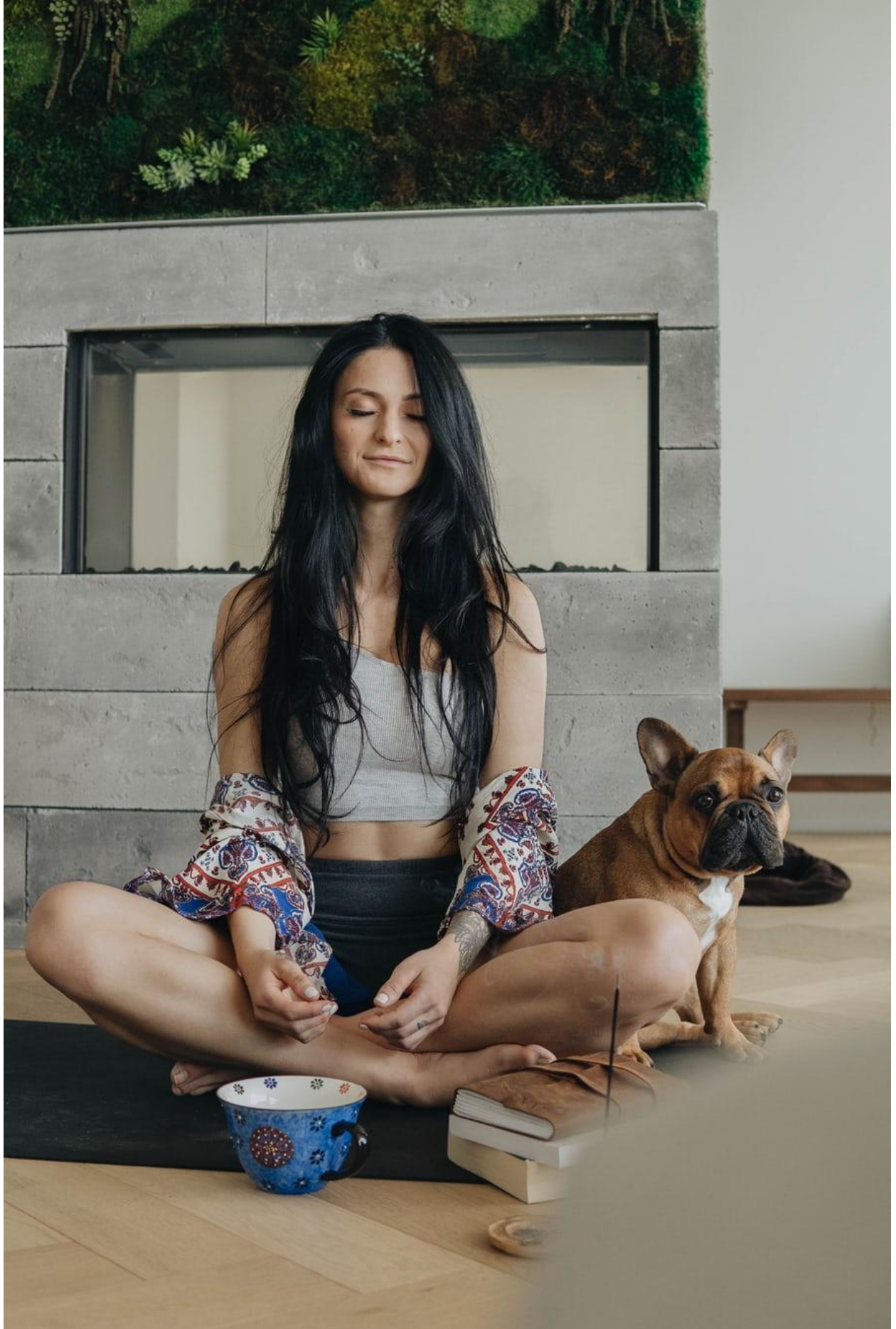


2)The “At Home” Healer:

There's that person in every family that researches and empowers everyone with knowledge about staying healthy. You know this person in your life or you are this type of healer. They are the ONE friends and family always rush to for advice on health and wellness topics. They are generous with knowledge and happy to help with useful information. They are always ready with a shoulder massage, remedy or elixir when a friend is in need. Their kids rarely go to the doctor because they're so passionate about implementing wellness strategies at home. This kind of person may have been forced by a healing crisis to learn about self-care so that he or she could help themselves or a loved one find their way back to health. This family healer is a well-equipped resource of healing information. They want to make a difference in their own tribe first and then let that positive change ripple out to the world. She or he knows that change has to start at home and they're committed to bringing forth that change. When it comes to helping their loved ones, they're all in and desire to learn as much as possible. This healer knows that knowledge is power. The Family healer is all about empowering others through awareness and education.



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3)The Professional Healer:

This natural born healer feels the need to help the world in a big way. He or she desires a purpose-driven business based on effective healing therapies. This caring person wants to make a living by helping other people feel better, making money while making lives better. Their heart pulls them out of the direction of an unfulfilling career and onto the professional healer's path. They might not know where their strength lies yet or where their greatest talents lie, but they will find their way and I'm here to help. This individual might already be a professional healing practitioner but feels there is another level of satisfaction and fulfillment to be reached. If you desire success in a career that makes you healthier while you serve others, the sacred career path of the Professional Healer is waiting for you.

These are three types of individuals I serve and support. Do you see yourself in one or more of these categories? Whatever type of healer you might be, I have resources, support and training for you!



What are your healing gifts?

Just as you'll need to determine what healing means to you, you'll need to determine what kind of healer you are. To help understand that, ask yourself the following questions:

- Are you a natural giver and nurturer?
- Would you consider yourself to be a "people person"?
- Are you good at making others comfortable and accommodating their needs?
 - Are you a hugger and a touchy-feely type of person?
- Do you always find "just the right spot" while giving shoulder massages at family gatherings? Are your hands energetically sensitive, meaning: can you feel energy with your hands?
 - Do you have physical stamina and mobility?
 - Are you strong and healthy?
- Are you fascinated with how the human body works and would you like to learn more about anatomy and physiology?
- Is touch your primary love language? (Check out the 5 Love Languages by Gary Chapman for a free love language test. www.5lovelanguages.com)
 - Are you expressive with your hands when you communicate?
 - Do you like to chill out and relax?
 - Do you have a calming presence?
- Do others tell you that you are a good person to have around in times of stress?
 - Are you clairvoyant, clairsentient and/or clairaudient?
- Do you want to learn more about strengthening your high sense perception/intuition?
- Are you interested in working with the human energy field to heal yourself and help others?

If you answered "yes" to several of these questions, you are a Hands-on Healer. If you feel a career in hands-on healing is the path for you, check out my ebook, True Calling-The Successful Healer, for a practical guide on how to get started. ([link here](#)) This is my primary healing style and area of expertise. I encourage you to explore a career in hands-on healing and bodywork as a Licensed Massage Therapist and/or Certified Energy Healer.

Touch therapies to consider: (The choices are far more extensive than this list. I am just giving you a taste of what's out there to explore.)

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Acupressure
Acupuncture
Amma Therapy
Craniosacral Therapy
Energy Healing
Healing Touch
Huna Hawaiian Healing
Kinesiology
Licensed Massage Therapy
Lomi Lomi
Laho Chi
Neuromuscular Therapy
Ortho Bionomy
Polarity Therapy
Reiki Practitioner Levels 1, 2 and 3
Reconnective Healing
Rolfing/Structural Integration
Shiatsu
Touch For Health
Theta Healing
Therapeutic Touch
Tuina
Trager

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If you answered “no” to several of these questions, you may be better suited for an alternative healing career. Even if being a Hands-on Healer is not for you, there are still many opportunities available to you in the healing arts. The following career pathways and areas of study are simply suggestions for you. You will notice that I have provided links to resources for you to check out in some categories and not in others. This is because I am not professionally affiliated with any of these organizations for teachers. I am simply giving you options to explore in order to pique your interest and show you the wide variety of learning that is available. I'm giving you my first hand recommendations for a few categories where I have trained personally.

**See what modalities catch your attention and make you want to know more.
Explore each career path that intrigues you.**

You can combine many of these therapies into one professional offering.

Do you calm your thoughts and emotions by accessing your breath?

Careers to explore: Holotropic Breath-Work Facilitator, Meditation/Mindfulness Teacher,
Pranayama Yoga Teacher, Corporate Stress Management/Wellness Coach
Holotropic.com

Do you enjoy using essential oils?

Can you strongly feel the effects of flower essence remedies or homeopathic remedies?

Do you love the idea of making your own homemade remedies, elixirs and potions?

Do you grow your own plants, flowers and herbs?

Do you have a green thumb?

Do you love connecting with nature and having a special relationship with plants?

Do you have a keen sense of smell or the ability (high sense perception) to “smell” energy?

Careers to explore: Clinical Aromatherapist, Herbalist, Plant Spirit Medicine Practitioner,

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Homeopath, Naturopath, Shamanic Practitioner (links on next page)

evolutionaryherbalism.com

floracorona.com

plantspiritmedicine.org

botanicallyrooted.com

Alchemilla.com

Are you artistic and creative?

Do you make art to process the events in your life and help yourself?

Explore a career as an Art Therapist!

Arttherapy.org

- Does music have a great impact on your well-being?
- Do you have clairaudient abilities, meaning can you “hear” energy?
- Is listening to a feel-good song your favorite remedy to shift your mood?
- Are you easily affected by sounds in your environment?

Careers to explore: Sound Healer or Music Therapist.

Soundhealingcenter.com

- Do you have a special connection to animals?
- Do you feel more at ease with animals than humans?
- Would you enjoy helping others communicate with their pets more effectively?

Careers to explore: Animal Intuitive, Animal Communicator, Equine Massage Therapist,

Canine Massage Therapist, Shamanic Healing Practitioner

- Are you strongly affected by visual art and color?
- Is the placement of objects and flow of your space important to you?
- Do you have a sense if things feel “right” or not as soon as you enter a room?
- Do you physically feel better or notice a significant difference in how you feel when your space is in alignment?
- Does the color of a room or an object have an effect on you?

Careers to explore: Feng Shui practitioner, Color Therapist, Professional Organizer

Interioralignment.com

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- Are you less touchy-feely but enjoy helping people by talking to them rather than touching them?
- Do other people naturally confide in you and tell you about their problems? Do you like providing strategies to make people's lives better?
- Are you highly intellectual and fascinated with how our mindset affects our health?
 - Are you interested in neuroscience?

Careers to explore: EMDR, Psychotherapist, Guided Imagery Therapist, Guided Meditation Teacher, Hypnotherapist, Past Life Regression Therapist, Emotional Freedom Technique Practitioner
Licensed Mental Health Therapist, Life Coach, Licensed Counselor

- Do you heal with words?
 - Do you write or speak to process the events in your own life?
 - Are you a natural writer or a speaker?
- Would you love to make a positive impact on the lives of other people through your words?

Careers to explore: Motivational speaker, Author, Life Coach, Blogger, Podcaster

- Are you result oriented and love a good challenge?
 - Do you have trouble sitting still for long and like to keep on the go?
 - Are you an upbeat, positive person?
- Do you like to move when you meditate? Is physical fitness and athleticism important to you? **Careers to explore:** Tai chi instructor, Qi Gong instructor, Yoga Therapist, Nia,

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Pilates Instructor, Gyrotonics/Gyrokinesis instructor, Dance Movement Therapist,
Trance Dance Facilitator, Les Mills Bodyflow Instructor

lotushealthinstitute.com

Adta.org

- Are you drawn to rocks and gemstones?
- Do you hand select stones for just the right person?
- Do gemstones seem to find their way to you?

Careers to explore: Energy Healing Practitioner, Gemstone Therapist,
Shamanic

Practitioner, Ordained Minister

Botanicallyrooted.com

Earthstarspiritualcenter.com

- Are you fascinated with human relationships and the power of our connections?
- Are you a good communicator, interested in teaching effective communication skills to others?

Careers to explore: Safe Conversations Facilitator, Marriage and Family
Therapist, Sex

Therapist, Tantra Educator

www.relationshipsfirst.org

- Is your passion and purpose in the kitchen?
- Is your primary love language cooking delicious food for others?
- Do you use healthy food as medicine?

Careers to explore: Nutritionist, Vegan Chef, Raw Foods Educator

For a full spectrum training of Ayurveda as a healing profession, check out John
Doillard's 650-Hour Ayurvedic Counselor Certification www.lifespaspa.com

Let's review career options. Read through this list slowly. Notice that I've included

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careers in traditional medicine. We desperately need balanced, healthy and happy healers serving in the medical field. We also need healers to care for the doctors and nurses who suffer from burnout. Do any of these career possibilities make you feel excited as you read them? Notice how you feel as you read this list. What sparks you?

Astrologer
Acupuncturist
Breathwork Practitioner
Chiropractor
Craniosacral Therapist
Clinical Aromatherapist
Color Therapist
Dance Movement Therapist
Dreamwork Facilitator
Flower Essence Practitioner
Gemstone and Crystal Therapist
Gyrotonics Instructor
Healing Touch Practitioner
Homeopath
Herbalist
Health Food Educator/Chef
Health Coach
Huna Hawaiian Healer
Intuitive Spiritual Guide
Licensed Counselor
Laho Chi practitioner
Licensed Massage Therapist,
Life Coach
Meditation Teacher
Medical Intuitive
Music Therapist
Naturopath
Nutritionist
Nurse
Nurse Practitioner
Nurse Advocate
Naturopathic Physician
Occupational Therapist
Ortho-Bionomy Practitioner
Polarity Therapist
Pilates Instructor
Physical Therapist
Physician
Physician's Assistant
Qi Gong/Tai Chi Instructor
Rolfing/Neuromuscular Therapist
Reiki Levels 1, 2 3 and Master/Teacher

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Reconnective Healing Practitioner
Shamanic Practitioner
Sound Healer
Tuina Therapist
Trager Practitioner
Wellness Coach
Yoga Teacher/Therapist



Healing is not one size fits all. My purpose is to help every individual find their unique abilities and path of service. Spend time writing in your journal about which of these career paths and modalities lights you up the most! Do some research on modalities that aren't familiar to you. Have fun with this resource guide and take your time with letting it all unfold perfectly!