



What does it mean to be a healer?

My definition of a healer is anyone who has a positive effect on the well-being of themselves or someone else. Healing can come as a result of being in a supportive, nurturing and peaceful environment where someone feels relaxed and safe enough to remember how to be well. Sometimes all we have to do is provide that calm environment for someone and the person's own natural healing ability will kick in and take it from there. When there's no disruptions and disharmony in the internal and external environment, healing can happen.

But...what is a practitioner actually doing, as a healer?

In my experience, we healers are reminding people how to feel good. We bring our clients home to themselves, to experience how they feel without all the distractions of the outside world that keep them from well-being, which is their birthright. We guide them home (to experience themselves) and then get out of the way, letting

them do what they were designed to do: feel peaceful and relaxed, which leads to wellness. All they need is a calm space and a trusted practitioner to lead them to a place where they can relax. Their body can reset and function properly once they are not bombarded with the distractions of modern life.

A True Healer Is:

- ◆ Responsible for their own energy and well-being so they can offer a good service and experience
- ◆ Someone who assists others in feeling good
- ◆ A guide or "way shower" who brings someone home to themselves

A True Healer is Not:

- ◆ A cure all
- ◆ Responsible for the well-being of another
- ◆ Someone perfect who has all the answers

Awareness Exercise: What is a healer?

Take some time to reflect on what being a healer means to you.

What fears or concerns do you have around being known or seen as a healing practitioner? Do you have any old associations or thought patterns that need to be addressed and cleared about being exposed as a healer or having healing power? Write down any negative associations you have accumulated throughout your life around the words: healer or healing. List any fears you would have if others knew you as a healer or called you a healing practitioner. Would you be comfortable calling yourself a healing professional?

Can you see yourself as a healer?

What does being a legit healing practitioner look like in your mind, in a positive way? What kind of healer do you see yourself becoming in the future? Who do you want your future self to be? How do you see your professional future? What would you look like, act like and feel like as a successful healing professional? Give this topic your attention, time and imagination. It will benefit you greatly to feel what the highest version of yourself is like so you can focus on becoming that happy and abundant healer. Write down in detail who you want to become.



The paradox of healing



If you can grasp this concept, you'll be way ahead of the game.

One of the many paradoxes in healing is this: no one can heal us but ourselves AND we need each other in order to heal. This may sound contradictory, but it's true.

There is no other human being on the planet who can heal you of any sort of affliction or illness, destructive thought pattern, habit, genetic mutation or dis-ease but YOU.

While this is the case, you also need others. You summon the right people, experiences and situations to you in support of your healing process. This can only happen if you are open to the possibility of drawing in the right kind of circumstances that give you the help you need when you need it.

You will find just the right massage therapist at the right time, the perfect life coach, book or class to assist you in giving yourself the time and space you need to heal, IF you are open to the possibility that we can attract what we need.

I felt so happy the day one of my clients said to me, "I need you to fix my shoulder...no, wait, I

need you to help ME fix my shoulder." When she said this, I smiled so big because I knew she was really getting this empowering concept that she could use me for assistance, but she was going to heal herself.

Since every human being needs therapeutic touch, there is a great demand for our services. Our professional offering transcends all barriers of religious, racial, political and ethnic barriers because everyone needs to de-stress and reconnect with themselves regardless of who they are or what they believe. **Even though the market is now saturated with mediocre massage therapists with just enough training to pass licensing boards, exceptional healers with integrity who take care of themselves are in high demand for the remarkable services they give.**

I teach self-massage and stress reduction techniques to my clients because I want to empower them to care of themselves between sessions. But self-care is no replacement for being able to totally relax and receive excellent bodywork from a qualified professional. There's so much job security in the field of massage therapy, if

you're good at what you do. Each therapist can only accommodate a certain number clients and serve them well. Trust me, there's room out there for you to do amazing work. Make no mistake, people will want what you have to offer if your work is quality.

Meditation: Meditation for Self-Healing

Sit in a comfortable seated pose. We are going to work with seven of the major energy centers of your body. Spend extra time in any areas that feel blocked or uncomfortable and your body will respond. Use the power of your imagination to access the inner intelligence of your body.

Bring your awareness to the base of your spine. Imagine the color red. Breathe deeply while you visualize being grounded and vibrantly healthy. You are connected to your roots. You have a sense of purpose and belonging. Affirm that your physical body is thriving and strong. You enjoy a supportive community. You feel safe in your body. You manifest easily on the physical plane. You are supported by your environment.

Now move your attention to your lower belly and low back. Imagine the color orange. Visualize the most creative and powerful version of yourself. You know who you are and you value your own self-worth. It's easy to have healthy boundaries with others because you truly love yourself. Loving yourself makes it possible to care for others. You stand in your power. Creativity flows easily from you. It is easy for you to manifest abundance in many forms, including money. You feel good about yourself and what you have to offer. Your life is a pleasurable experience. You are fully supported.

Bring your attention to your stomach. Imagine the color yellow. Focus on how you move through the world and how you project yourself to others. How would you like others to see you? It is easy to be yourself without pretense. You are authentic and comfortable with who you are. You engage with others with confidence and clarity. You move through social interactions with ease. You have a sense of purpose in the work you do. It is easy for you to trust your gut. You digest ideas and concepts easily. Food is nourishing and delicious to you. Your instincts are strong and you trust them. Your career choice is fulfilling.

Your relationships are rewarding and satisfying.

Bring your awareness to your heart and mid-back. Focus on the color green. This is where your passion and purpose live. Your highest level of joy and creativity reside here. This is the area where you find your true calling. As you connect in with your heart, feel the “why” of your life. What is your life for? What do you love? Who do you love? Enjoy this beautiful space. It is easy for you to love others because you love yourself. Heaven and earth meet in your heart. You now access your unique path of service. Your life is joyful.

Now focus your attention on your throat and the back of your neck. Imagine the color blue. You communicate clearly and effectively with others. It is easy for you to speak your truth and express yourself. This is the area of your body where your career aligns with your soul purpose. Are you doing what you came here to do? Are you in alignment with your soul? Your neck and throat will tell you, if you ask. Release any tension in your neck and jaw. You are a creative and Divinely expressive being.

Bring your attention to the space between your eyebrows. Focus on the color indigo. This is the area of high sense perception and intuition. You see clearly from a higher perspective. Your intuition is strong, your consciousness is expanding. The right and left hemispheres of your brain are balanced. You think, see and hear clearly. You see with eyes of love. You hear with ears of love. You think loving thoughts. You are love. Your brain is a creative tool that helps you.

Lastly, bring your attention to the top of your head. Surround yourself with the color violet. You are connected to all of life. You are a smaller version of the entire universe. You are an individual but you are also a part of something much greater. Feel your connection with everything and everyone. Wrap your entire body in the beautiful color of violet or beautiful white light. Feel your energy field extend out from your body.

Repeat this exercise often to feel balanced and connected.