

The Journey of the Intuitive Healer

How to Create a Multi-Dimensional Healing Practice

by Sarah Weiss, MA, LMT

I experience healing every day. In gratitude to the great being that we are, I dedicate this book to all who seek healing and find it within themselves.

Everyday Healing Presence and the Ground of Being

We are in the presence of healing energies every minute of every day. I experience full healing every day. I can be filled with heavy angry energy and then filled with brilliant vibrant light the next. What makes the difference between these two states of being? Returning to the ground of my being.

The great mystic Hazrat Inayat Khan teaches that there is a remedy for every disease within us. This statement has inspired my journey as a multi-dimensional healer. Every cell of my body has experienced full healing and perfection and sometimes it is permanent and sometimes it's not. The fact that I can even experience perfect health and healing for even a few minutes tells me it's possible to experience it every minute.

In childhood, I experienced daily moments of transcendence. In these moments time stopped, light filled my being, and my body experienced deep connection and flow. I thought everyone experienced this and couldn't figure out why people were so mean and miserable. Even my childhood friends were unhappy by the time they were three. When little Mikey shot an air rifle in my friend's ear I was horrified. She ran home crying and I was sick to my stomach with empathic pain and confusion. By the time, I was four I had adult size anger seething inside me. Why was the world so painful when so much bliss

Multi-dimensional experiences followed me since birth. I am grateful I am blessed by continuous transcendent awareness. I can't imagine how earth life must feel for someone who has no knowledge, no experience of or the slightest awareness of our light body and higher being. It must be torture. It took me many years to figure out that most people around me had no idea of the worlds I visited so often.

If we have a healed state of consciousness why we aren't in perfect health and harmony all the time. It became my lifelong passion to understand the difference between our perfection and our imperfection, why we heal and why we don't. The carrot of our perfection and oneness is continuously dangling in front of me, leading from one clue to the next. I can never forget that the healed state that exists and that beneath the chaos, illness, and darkness exists a world of light, love, and beauty available to everyone.

I truly believe that life was not meant to be a flatline of one dimensional awareness. When we die doctors say we "flatline". To me we are flatlined when living a one-dimensional life. The zombie world of the walking dead is the world without awareness of our light body and higher consciousness.

The Toroidal Field

I can't have enough experience of my toroidal field. I live in my toroidal field twenty-four seven. If I am not engaged in this state of consciousness I don't feel alive and whole. I'm disconnected from the consciousness of living energies. This is my path to everyday healing consciousness.



The toroidal field is the doughnut shaped dynamic field of consciousness that is the living field of our being. When the chakra system is fluid and balance the field shifts into the toroidal dynamic and we become fully aware and present.

How to awaken the toroidal field begins with grounding first with Mother Earth, Father Sky, the sacred directions, and the elements. This awakens the living energies of the light axis which is also referred to as the Hara Line. I prefer the term “light axis” because it describes exactly what it is in English, the living light of the soul, the center of our being.

The light axis is the central channel that connects earth and heaven, our entire chakra system from root to crown, and our star being and earth being. Once the light axis is activated we can be taken into the toroidal field of consciousness. Once the toroidal consciousness is awakened we can shift into Merkabah consciousness and complete Oneness. This enables us to be aware on multiple levels and travel instantaneously to multiple dimensions. Itzhak Bentov named this state Holographic Consciousness or omnipresence in his seminal book **Stalking the Wild Pendulum**. This state is also known as “zero point energy”.

Every session I have with clients begins with grounding to Mother Earth with the hope I can take them deeply into the world of living energies. And if all is flowing, into the consciousness of their toroidal field and even their Merkabah. The greatest healing and access to their higher being is available in these states. When this occurs their own healing energies and consciousness are enervated in a way that aligns them with the greatest wisdom for the here and now. If healing is to occur for the client it will occur in this state and remain permanently in place. If it is not in the greatest wisdom for the client to be healed it will not happen permanently but will open the client to their next step in the healing journey.

This allows the healing to take place on the client’s terms and not the healers. I believe this to be a primary objective and goal of the healer which we will discuss more fully later.

The most important clue to being able to do this is to be in that state yourself before you begin the session. This takes a lot of practice and mastery. I’ve referred to this state as “grounding” but in reality, it is shorthand for the entire process I just described. Grounding is the beginning, the Merkabah and multi-dimensional consciousness is the end.

Instructions on how I conduct a session in this way are presented later in the book.

Everyday Healing Consciousness

Living energies are the key to everyday healing consciousness. When we are connected to the living energies of Mother Earth and Father Sky and the Love that surrounds us we are in a state of dynamic love, life and light. This is the toroidal consciousness fully expanded into the Merkabah consciousness, or multi-dimensional consciousness. This is also commonly referred to as “zero point energy”, omnipresence, holographic consciousness, enlightened consciousness, or kundalini activation.

As human beings, we are capable of living, moving and speaking in this state of consciousness.

My teacher, Sufi Sherdil Amin, was intensely interested in what he called spirituality in everyday life. In the late 70’s this was a novel idea. Now our media is saturated with memes that give us the impression that our lives are lived spiritually when in fact it’s a materialized version of spirituality. His love of this

expression of the human spirit touched me so deeply because it resonated with my own personal heightened experiences of consciousness that it became the sole focus of my life. What is it like to live every moment spiritually awakened at every moment? This along with my passion to understand how to access the ever-present all-pervading healing energies propels me to new and fresh expanded states of understanding daily.

The living energies inform me continuously. Living energies carry all information in a coded state that is continually evolving and ever new. There is no permanent state of enlightenment. To me enlightenment is a fluid state of ever evolving awareness.

Sharing Wisdom

I'm not sure every subtle energy practitioner starts with the baseline of love, purity, and authenticity. It's very important to me that these heart qualities form the foundation of my practice. There are no professional standards that require a heart based practice. I can't see having access to the most refined healing frequencies, deepest wisdom, and the most powerful healing energies without these ideals as my own personal standard.

As you read the following pages please remember that a mystical perspective inspires the material. My teachers have all been mystics and I too, am a mystic. Mystics tend to be a little wild, unique, creative and sometimes at odds with the cultural norms. They grow from the spirit seed of their soul and blossom into the vision their seed holds lovingly in the deep dark depths of their being.

My personal healing journey and my path to become a healer has constantly challenged my sense of the word "normal". I hope the wisdom I've gleaned from over 40 years in this profession inspires your own unique, wild and creative healer's journey in ways you can't even fathom at this moment. I pray that each moment of your journey unfolds in a living, organic process that surprises you with unanticipated twists and turns.... just to make life a little more interesting!

Training as Mystic First, Healer Second

My first and most beloved teacher, the answer to the longing of my soul, and the light of my heart was Sufi Sherdil Amin, a teacher in the mystical tradition of the great Sufis. When I was nineteen I sensed I needed a teacher. The intuitive and altered reality experiences that I had since childhood needed some type of training and context. There was no one in my family or circle of friends who could guide me so I held these experiences in the confidence of my own heart, keeping them alive and free from threat by opinion and judgement of others. I was fierce keeper of these treasured moments of ascension and journeys into altered states that revealed the true nature of spirit. Even though no one around me spoke to anything like I was experiencing I knew how valuable they were.

Sufi Amin taught me to be a mystic first and a healer second. A mystic teaches in mysterious ways. (!) The teachings are never direct but arrive through an invisible transmission of wisdom from teacher to student. It all happens on the subtle planes and it is the student's responsibility to tune into the transmission. The teacher will never let on that it has happened and in many instances, will intentionally create detours and distractions to test the student's sincerity and commitment. This is path of the mystic and it has not changed even as the world changes around us.

Once I learned that the teachings would not be given to me directly, but through transmission, it became absolutely necessary for me to find a way to tune into subtle energies. The meditation practices

perscribed by my teacher actually led to developing this ability. With practice over many years mantras and light meditations attuned me to divine subtleties.

I also devoted myself to helping my teacher whenever I could. This meant typing up manuscripts, scheduling and marketing classes and retreats, or making sure he had healthy food when he was teaching. With an open heart, I soaked up as much as I could. Through this deep silent communication he taught me to align with the greater forces that were guiding him and his teaching. Whenever I was with him I made sure to tune in to the quieter world of spirit so that he could teach me with words unspoken. I learned to hear with my heart and not my mind. Practicing with him allowed me to develop the intuitive skill of listening to spirit directly. I had to make the effort, the sacrifice and learn to love in ways that were like a speck of dust compared to the love he channeled. Once he was confident I could translate the light into pure teachings he taught me specific healing techniques that were handed down from his teacher to him. It was a relationship built on spiritual trust. He entrusted me with teachings that needed to be incubated and grown within my heart of hearts and trusted that I would respect the teachings and not abuse them by engaging in them prematurely or immaturity. I trusted that he would support the blossoming of my soul as a gardener tends to his garden; in right timing and with great wisdom and patience.

I'm not sure how many people know this way of teaching today. But because of my training I have a deep respect for the years it takes to cultivate a true and pure healing practice. I took a vow to keep the practices pure but I was also expected to find ways to make them available to those in need in a contemporary setting. The only way I knew to do this was to tune once again into the transmission that carries the teachings forward. To me it is a river of golden light that is a carrier wave of information and I am the screen upon which the information finally appears. Just like a computer screen connected to the internet, the words appear on the screen of my heart and my mind and body communicate the information to my clients and students.

Although the paradigm of guru/student seems to be from a former era, the new paradigm asks the same of the student of spirit. Tune in to the unseen guidance streaming in your heart, make the effort to become a pure channel of the teachings, and allow for the many years it might take to grow in wisdom and love. This is the preparation for becoming a great healer. We are all great healers because we are already healed. The truth is that our healing arises out of the One reality that knowingly or not, we are deeply immersed. Another may spark a healing but if it isn't within you it can't happen. The good news is that it is in everyone and that it is truly your spirit that is the great healer.

One last comment I would like to impart. If we seek success it will elude us. I have found the best predictor of success is the ability to surrender to that which is greater than ourselves. In that surrender the organic order and harmony of life is understood and allowed full expression. I do believe that we live in a benevolent universe where optimal outcomes are always present, even what we call miracles. Surrendering to that which is greater doesn't mean we aren't in control, it just means we can access a greater consciousness that has vast healing wisdom. Even when there is great success, a tumor shrinks, a broken bone is instantly healed, or a negative life situation suddenly changes to positive, the healer has accessed the greater wisdom that one day will be accessible to all.

Know the Client is Healed

One of the first guidelines of healing is to know within your heart of hearts that the client is already healed. The second is to foster and support the client's ability for self-healing.

It takes mastery to sit with someone who is telling you about all of their problems and illnesses to keep their healed being in view and in your heart.

Cultivating a Healing Heart

The Healing Heart is invisible to most. It is not a flashy display of emotion. It doesn't exude an all embracing motherly love. There are strong boundaries around the healing heart so its purity is protected. Only those who have a sense that it exists will follow their instinct to cultivate it.

The Healing Heart is a fertile ground of divine love and infinite compassion and wisdom. Anything that is taken into the healing heart is nourished with true life force and healing. The bearer of the healing heart knows the secrets it contains and knows they are the caretakers of the sacred.

Mystics are taught to hide the healing heart from the material world because it can't be bought or sold, manipulated or coerced. Healing rays radiate from the healing heart as light shines from the sun. Light bearers, the mystics and teachers who came before us, held this light of truth with deep respect and honor so it would not be lost to the darkness of our times and so it could be passed on to those whom it can be entrusted.

To become an "entrusted one", many gateways of wisdom must be passed through that include unexpected twists and turns that test the patience and faith of all on this path. You don't choose the path, it calls you, beckons you with angelic beauty and the enticing music of the spheres.

The Healing Heart exists within each human heart. Peace resides within it. Unrest is the symptom of exile from its healing mists. The healing heart is the healer and the medicine.

Today's world is on the verge of breakthroughs in true healing. Science is just on the edge of a new paradigm that will open the doors to greater happiness and well-being. When we understand that our own bodies hold the healing medicine we seek the new paradigm will have arrived. The study of the placebo effect is the key to crossing this threshold. Every medicine we need can be produced by our own body under the guidance of the healing heart.

Ancient ones knew these secrets that we are just discovering. We are coming out of the dark ages into the light. The great intelligence of the human body coupled with the infinite wisdom of spirit is quite miraculous. We have so little appreciation for the perfection of our physical body and its capacity to express the highest spiritual ideals. But when we enter the healing heart and awaken to the truth of our being we understand the gift that life on Mother Earth truly is. We've been the equivalent of a super computer but without the training in computer science to understand its capacity.

We are born into the physical dimension with hopes of having a vehicle worthy to express the greatest universal wisdom. A ceremony carries us into each life time, within the bounds of time and space, to witness in detail, the dance of spirit and matter. When completed this cycle carries us to the next, to share the wisdom only a lifetime on Mother Earth can provide.

May all who seek their healing heart be blessed with support from beings who are here and beyond. Those who are seen and unseen illuminate the path and until we pass we won't know how supported and loved we are.

Boundaries

Every category essentially deals with boundaries. It seems like it takes a lot of training and encouragement for most of us to develop healthy boundaries. It took an equal amount of training to develop the poor boundaries that we now have.

Think about how well trained you are to be the “good person”, to people please, follow rules, and earn your karma merits (sense of humor here). When something bad happens, you are the person readying “Why Bad Things Happen to Good People”! It’s wonderful to be a nice, kind person but what happens when your need to be kind and agreeable backfires on you? It doesn’t backfire because you’ve been taken advantage of, slimed and ripped off, it backfires because you have not been living from your true, creative, unique self. Instead you’ve been living from a program that was instilled from childhood.

Our boundaries, good boundaries, are a function of know our true self, what is acceptable and unacceptable to our moral compass, the living ground of being we spring from, and from deep within our heart.

The most important boundary we must remember is our energy field. We need to have enough magnetism to keep us healthy, strong, and powerful. If we drain our energy to the point where we are exhausted and weak it’s too late. Remember to be aware of what increases your energy and what drains your energy. What is acceptable and what is unacceptable? Once you value your own energy your boundaries will naturally be strong and protective.

We can compare good boundaries to the walls of a cell. The cell wall is an intelligent permeable membrane that lets in only what is helpful and releases what needs to be cleansed. Your intuitive capacity to recognize what you should let in and what should be released or barred from entering is in direct relationship to your magnetism, the amount you value your own energy field and your sense of your true self.

Practice your grounding, breathing, and energy cleansing daily and a healthy sense of “you” will arise. You will start living from the Ground of Your Being and recognize when you’ve lost your roots, your center, **and** your boundaries.

Feeling Responsible and Fixing

Feeling responsible for fixing the client is the paradox of the healer. The client is coming to you for healing so it almost seems that your obligation is to “fix” the client. This is the model of modern of western medicine so why shouldn’t you use the same model? Good question!

Feeling responsible for another encumbers both you and the client. Feeling responsible is a “heavy energy”, it has a sense of burden. It keeps the session in a lower frequency where control becomes an underlying issue that compromises the healing capacity of the session. Unfortunately, it is an unhealthy habit that permeates relationships in our culture.

Feeling responsible creates heavy energy.

If we release the feeling of responsibility, we realize that no one can fix or heal anyone.

Healing is a function of the client’s higher being and their unfolding path. You can use your energy to *help* heal, *help* engage the client’s own healing energy but ultimately the healing rests in the heart of the client.

If you use your own personal energy, exert and push energy into or towards another you may have a negative impact on yourself and the client. You may exhaust your own personal energy, the energy you need to maintain your own health and well-being. You may also indiscriminately set off a series of events in the client's body and psyche that is not in organic harmony with their unfolding and create a further healing crisis or disruptions that cause pain and suffering.

Learning to introduce universal healing energy to envelop the session and allow it space to work its magic is the art of healing.

Healing occurs at different frequencies for different people and issues. Being able to generate a field of healing frequencies so that the appropriate frequency is activated has nothing to do with feeling responsible

If the client wants you to feel responsible to fix them you must know how to not accept that expectation. It's not about "pushing back" or reacting. It's about simply knowing you are not responsible.

You are responsible for being clear, ethical, compassionate and in your power for a session. That is where the responsibility rests. If the client is not happy with the results and keeps pushing to make you responsible, then the client might need the help of another type of professional or help adjusting their expectations.

The field of mind/body/spirit medicine is just starting to emerge and there are many unrealistic expectations. People expect miracles, and I do expect a miracle every time I work, but I'm not the master of miracles as much as I wish I was. If we were in another place and time where the fluidity between the consciousness and matter was more flexible and consciousness was typically at a higher frequency then more miracles would happen, but you aren't responsible for creating miracles in an age that is just emerging from the darkness.

Protection

The most important protection you can provide for yourself is being present and embodied. If you are taking up the space you being inhabits, nothing else can. This is why I am adamantly grounded in every session. I realize the consequences of not being grounded and how invasive energies have a place to land if I am not inhabiting my being. My true being is inhabited when I am connected to Mother Earth and Father Sky. Truth and light are my true being and when I inhabit this space presence protects me.

Protection is a word that brings up a lot of feelings. Fear, anxiety, and anger to name a few. In addition, it might cause us to contract, defend, react, and become aggressive, lose resiliency and clarity. Associations of negative entities, attachments, losing control, personal harm, fear of the unknown all can arise when we bring up the term "protection" in the context of subtle energy work.

Remember the adage, *what your resist persists*. We can debate that ghosts, negative entities, entity attachment, interdimensional beings, extradimensional beings, and curses exist but the way to meet any dark, heavy energy is with clarity and grounding.

What you resist persists.

This is another big topic that takes lots of experience to gain confidence in your ability to handle the multitude of situations that arise in a session. I tend to lump these energies into a category I call

“Invasive Energies”; it’s less of a trigger for me. It includes everything we just mentioned plus the negative client traits I mentioned in the Professional handout.

Keep it simple. Work only in a “light filled” environment during your session. Your environment is your sphere of influence, that is a good way to look at the energy that you bring to the session. This is why I include Mother Earth, Father Sky, the elements, directions, and nature spirits in my sessions. They help me create the energy environment and my sphere of influence. The most important thing to remember is that *you are in this sphere or environment and not outside of it*. You can benefit from every session by receiving the healing and light in the energy environment you’ve set up for the session. That is the most optimal way of approaching protection. The light filters out many forms of negativity but if you are working from a place of fear or haven’t set up a light filled environment the door is open to negativity.

I remember the first time I encountered a negative entity with a client. I was well grounded and it still took all the courage and focus I could muster to stay centered in the light and not react in fear. I fortified my grounding which gave me an odd sense of peace. It allowed me to listen to what my inner guidance.

First, I turned over the session to the guides, realizing humbly that I personally had no power in the situation. Then the guides showed me how to invite the negative energy to return to the light through the light that was filling the environment of the session. Next I had to be patient and allow the heavy energy to be digested by Mother Earth through grounding or to Father Sky through the light axis.

I learned to be still, without threat, without trying to control or engage in a battle
when faced with invasive energies.

If this approach is not successful I look to myself and my own hidden fears. What was holding these energies back from releasing? I repeat this process until the negative energy finally leaves through the light axis that was formed between me and the client. This is why I guide the client to ground in the session. When we are both grounded, our fields form an independent axis that brings in and releases energies in the most benevolent way possible.

How you live your life from day to day affects how susceptible you are to the heavier energies. Even those you live with and surround yourself with can open portals or attract heavy energies. This gets very complex and takes a very mature understanding of energies once we mention how those around us impact us. The other side of the coin is that those close to us are susceptible to being impacted by our clients, so it’s always good to remember that energy is subtler than we realize. Qualities such as integrity, honesty, cleanliness, diet, exercise, all matters of physical and subtle self-care make us less susceptible to heavy energies. The correlations are not always self-evident or logical.

Another pitfall is that you will become obsessed with living a “perfect” life to protect yourself from these energies and that becomes a heavy energy unto itself. When you are in the healing profession stuff happens. I’ve gotten sick, injured, almost died because of some of the experiences I’ve drawn to me. At some point, you learn to live with and trust the continual growth and expansion; go with the flow, see the down times as time to learn, and let go of trying to be the perfect healer.

Being Too Empathic

Being empathic is part of being intuitive. Grounding is even more important, *absolutely essential* for the empathic healer. Grounding is a way for an empathic person to manage, organize and maintain the

integrity of their own energy field so they don't invade the client's space and keep from taking on too much of the client's energy, feelings, and thoughts.

Being overly empathic poses a series of challenges that need to be dealt with if you are to have a successful healing career.

When the client's experience overwhelms or overshadows your own and you lose your sense of self you lose perspective, literally. Your energy and the clients can become so enmeshed that you easily slip into providing insight that is more in the realm of pop psychology than intuitive. The session will become muddled with the lack of clarity and good boundaries and if you can't clear through the field of empathic feelings by aligning with your light axis and sensing your own toroidal field you will not see beyond the obvious. Your intuition will be compromised.

Those who are empathic know a lot about another person. You almost become the other person from the inside out. This gives you the ability to know what another is feeling, thinking, know what ails them and what tortures them. It makes it look like you are psychic but you aren't.

Healing and intuitive wisdom comes from tuning into the higher frequencies of being; the light.... the deep heart of the client. Often an empath is feeling exactly what the client is feeling or thinking what they are thinking. This is different from being tuned into the higher guidance regarding the client. Regurgitating what the client already knows and feels is not really that helpful.

Losing yourself empathically also creates a cord between the client and you. Heavy energies flow between you and the client and the frequency of the session gets lower and lower. It becomes difficult to separate off from the client when the session is over and you may find yourself thinking about and feeling the client often after the session. Your boundaries become blurred and you may lose yourself in the process. When I've lost perspective, I can tell because I will feel lots of anxiety, tension, and fear. I slip into my own unhealthy behaviors, thoughts, and feelings. I act them out with those close to me and am unable to be present. Life gets pretty messy and often I have to make amends once I figure out who I am again.

Returning to your core, true being is the main practice for the empath. Concentration exercises such as grounding and connecting roots into the earth, progressive relaxation, the Points of Light Meditation and the Walking Down the Spine meditation are good for developing concentration. Taking one of these exercises and really practicing it until you can do it successfully without the recording will teach you how to concentrate on your core true being.

Knowing my own grounded baseline and utilizing the light axis and toroidal field as your reference point gives me clarity, separation, and protection. It keeps me from cording the client and the client from cording me. Do you really need to be immersed in the client so deeply that you lose your own identity? Is your own identity enough or do you feel that you are "not enough" and need to cord to another to help you feel better about yourself?

The positive side of being empathic is that when you are clear your sensitivity to the subtle planes is remarkable. Your ability to channel beautiful healing energy is exquisite. Mastering and managing your energy so that your empathy is upgraded to focus on the light of the divine is the worthy challenge of the empath.

Taking Things Personally

Of course, these categories overlap, it took a while for the categories to emerge. Originally I had 126 random items. As I spent more time with the material it began to self-organize. The current organization could and probably will change once I hear your responses but that means this is a living document.

When we have good boundaries, have grown into our mature adult self, know how to deal with heavy energies, and manage our empathic sensitivities we can then begin to take things less personally!

Taking things less personally means being able to let go of feeling responsible, fixing, and taking on the burdens of your clients. It sets everyone free to access the limitless possibilities of being. It frees us from judgements, a contracted sense of self, fear and anxiety, unrealistic expectations and allows our true self to show up bright and shining.

What another person, thinks, does or says reflects them, not YOU.

Co-dependency is the word we use to describe when we are so involved with another that we take everything they do personally. When we are taking things too personally we become reactive and impatient, cloudy, anxious and confused. When working with clients it's important to let them have their space without judging how the outcome of the session reflects on you. Sensing spaciousness, feeling free of judgements, listening openly, keeping your energy seated in your own body, and feeling patient indicate that you are not taking things too personally.

Taking things too personally can indicate that you are too controlling. When you take things too personally there is no room for the other, no spaciousness or distance. It's another form of merging, of losing your boundaries and sense of true self.

Merging energies with another is a way of being insidiously invasive and self-absorbed. We merge with another to anticipate anything that might be harmful and dangerous. It's a state of fight/flight, a protective stance.

When we take life and others less personally we can allow life to unfold for ourselves and others. In our grounding with Mother Earth we find our safety and security so we don't have to find it in others.

The Passion to Heal

Always, always let your desire for total and complete healing for all beings be full and powerful. Don't hesitate to feel this powerful feeling, it is the expression of the true healer within you. Feel the power, the love and the light behind the feeling and follow the feeling to the underlying, higher wisdom. Don't ever suppress it; it is the true voice of your heart.

But don't let it guide you into connecting in a personal way with your clients. Let it be pure and full. Enjoy the wonderful feeling of passion and love. Let it motivate you to learn and become the greatest healer you can become.

When I didn't understand what to do this feeling I suppressed it. I didn't realize that I could allow it full breadth within me; that it was a true voice. I was afraid of it because of its power and immense love. I

didn't know what to do with it so I shut it down and shut down a powerful source of living energy within me and around me.

Finally, when I learned to turn over all healing to the light and higher beings my passion for healing was set free. I allowed it take up my whole being. It courses through me as waves of light and delight.

I was afraid I would hurt someone with this passion, that my limited beliefs would limit the divine healing. When my trust and faith was secure in the knowing that each person unfolds healing in their own unique way and in their own time I was no longer afraid of how my own entanglements and shadows could lead me astray. With that trust came the capacity to allow all my feelings to flow and show me how they wanted to unwind, and how they could teach me so much about healing when I acknowledged them.

Why Healers Get Sick?

If we lived in the Himalayas and lived on berries and nuts, had a pure body and practiced breathing and meditation all day and night we would be able to take in the higher frequency energies that come with expansion. With our polluted world, food supply and incredibly dissociated, disconnected way of life, adjusting to the higher frequencies can be extremely challenging. We do get lots of help from the unseen beings, there is no way we could do it without their help and guidance.

We are constantly exposing ourselves to higher and higher frequencies and we may be limited in our ability to adjust fully and smoothly because our training has been limited and our environment is not supportive. We are basically learning on the go most of the time!

We are subject to growing and changing when we are exposed to so much light and healing. It's not unusual to go through periods of not feeling well, dizzy spells, accidents and awkwardness, odd and abrupt changes in relationships, and even acute or chronic illnesses.

If we are empathic it confuses things even more. We can have thoughts and feelings that we don't recognize are the actual thoughts and feelings of our clients or those close to us. We can even pick up illnesses, mannerisms of speech and movement, and perspectives that we can't discern are actually someone else's. I'll feel as if the thoughts and feelings are mine. The sound of the words or the feelings are indistinguishable from my own. Only when I ground and align along my light axis does it become obvious to me that I'm not inhabiting my own space and body.

Sometimes getting ill is the path to expansion. You've probably noticed that when you are seriously ill there is a cleansing of the consciousness that occurs. During the illness, you don't notice it but afterwards you have new insights and might even feel transformed.

I've had serious illnesses, broken bones, traumatic relationship break ups, divorce, rejection and come very close to dying to pursue deep mystical realms. With each of these crises I grew and my attunement became more refined. It's not that I needed "bad or challenging" experiences to grow, it's how my being chose to learn. I've paid a stiff price for the intuitive abilities I have and yet I wouldn't have chosen any other path. I've always been guided and held in the loving arms of the unseen teachers and masters who light my path.

A healer can experience sublime perfection and yet still be imperfect.

The journey of the healer has many challenges. It's not an academic path, it's experiential. The learning that occurs transforms you, as the shamans say, down to your bones. You're not accumulating facts, you are becoming the embodiment of wisdom. There is no monastery to protect you while you are learning your art, you are subject to the coarseness and chaos of daily life. Healing requires refinement, mastery of self, and a deep connection to the living light. Becoming highly sensitive to the divine while remaining impervious to the unrefined energies surrounding you requires enormous mastery.

Please be kind to yourself when your life becomes unhinged due to your growth and expansion. It's your saving grace. Remember, a healer can experience sublime perfection and yet still be imperfect.

Negative or heavy energies discharging from the client can also invade the healer's field and create illness, confusion, and chaos. Most clients are not aware of how their energies invade a space or another person. Our cultures energetic hygiene is very much lacking.

Very deep grounding allows the healer to align securely in their own energy field and fill with the energies of Mother Earth and Father Sky. Clean, clear energy circulates through the healer's field cleansing any heavy energies drifting over from the client.

I find that helping the client ground, feeling the love and healing currents of Mother Earth and Father Sky, brings their energies into coherence and alignment. Clearing heavy energies through their own connection and energy field allows them to benefit from the recycling energies that arise from Mother Earth when she transmutes the heavy energies into light.

When the healer is very aware and grounded, the energies are very visible. Awareness of how the subtle energies are flowing in the session helps the healer manage and protect both themselves and the client.

When the healer's energy resonates with the client's there is the possibility of experiencing the same illness or heaviness. Even if there is the slightest resonance, a healer might feel immediately sick or emotionally distraught. I take these experiences as a sign to look within myself, that an underlying issue is finally showing up for clearing within my own being, as well as the client's.

Part Two: Professional and Energetic Guidelines

These are divided into three categories: Approach and Preparation, Sessions, and Professional and Financial Considerations.

Every intuitive healer has their own unique growth curve that cannot be avoided. No matter how much another shares the "ins and outs" of the journey, the profession of healing cannot be separated from the personal growth each healer must walk one step at a time. A true ascension process is accelerated because we are exposed to high frequency energies that are guiding us and unfolding a continual array of wisdom.

The learning curve is not smooth, the life of the healer is not predictable. Answering to the higher wisdom and guidance is different than answering to the “boss”. At this point in earth’s evolution, where intuitive healing is not given the honor and respect it deserves, great courage and love of spirit are your greatest allies.

I found that learning to ground my practice in spirit while also being grounded in the practicalities of earth was very challenging. I was and am often misunderstood. I’m judged by criteria that I don’t believe in and am expected to adhere to cultural norms that don’t align with higher healing frequencies. It is a misunderstood profession that requires an immense amount of time devoted to educating clients, friends, and family about a world very different from the one they live in.

My training as a healer did not begin with learning about healing. It began with learning to connect to spirit, the light in my heart and the love of Mother Earth and Father Sky. From there the path of healing emerged from the ground of my being and seeded, watered and nurtured by guides beyond earthly realms. I was “called” to the life of a healer, I did not seek it. I didn’t major in healing in college nor did my degree from massage school, or my training as a polarity therapist, infant massage therapist or Reiki master prepare me either.

It was the initiations in three mystical healing schools that exposed and activated the purpose of my life.

My heart was opened and energetically pierced by a Sufi teacher. The subtle energy realms opened to me through initiation in the Taoist tradition, and memories of natural principles of indigenous, earth based healing were confirmed by initiation in the Andean mystical tradition. I studied with brilliant inspiring teachers in these traditions and attained the level of master teacher in each. These were not weekend workshops but involved many years of training and testing.

The one commonality among all the traditions was the experience of “awakening consciousness”. With each awakening a series of life circumstances were sparked that led to learning the deeper aspects of the spiritual path. Guidelines were implied but no one “told” me what to do or gave me instructions. I learned to sense when I was aligned with higher truths. Initiations impart an energy, a transmission of wisdom transferred from teacher to student that have an enzymatic effect. They initiate a journey of awakening that is the student’s responsibility to follow through with, to glean and harvest the gift that was received.

Living the life of an initiate is not easy when no one around you knows or understands you are living a life aimed solely at mining the depths of your heart and soul. Mystical revelations adhere to cosmic time, not human time. We can’t control when the call to turn within hits. It could be in the grocery store or during an important meeting. Constantly trying to find ways to live in two worlds was stressful. At one point I just gave up and gave myself fully to the One reality. Refusing to be split led to a greater wholeness and joy than I ever imagined.

The healing path beckoned and I answered. First one step appeared and then the next. Each step appeared as if out of nowhere, always surprising me. Like stepping stones, I followed the path that laid out before me, one step at a time. I had no idea where each step led and at times it was terrifying.

As a child, I wanted to be a doctor like my grandfather. I also wanted to be a visual artist and a writer. I loved harmony and beauty in the poetry of nature and art and I also loved serving and helping others. At one point in college I had to choose a path...science or art? It was the late 60’s, another time of great turbulence and change, my “hippie” heart chose the path of the artist and I’ve lived on the fringe ever

since. I recognize that my childhood wish to be a doctor also came true for I'm now a doctor of mind, body and spirit.

Though my heart lived among the angels my feet never lost sight of the ground. Mother Earth always reminded me to be in right relationship with the life around me. I intuitively understood that keeping a balance between earth and heaven was the key to expressing and manifesting the healing light in my heart. Finding ways to support myself, then my growing family, somehow appeared when I lived from the sense of right relationship with myself and life. When I look back on my life as a healer that began one day 46 years ago, when Mother Earth first started speaking directly to me I have no logical explanation for how it all happened, but it did and it will for you once you are willing to walk the path that grows directly from the seed of your being.

The power of the healer is not in the personal although it is the personal, very human you, that takes the steps to become a healer. How you live each day, cultivating, and grounding your yearning to be a healer, draws you towards your goal. Yearning becomes your friend and your power. Yearning to live with an open heart until your heart burst into flames of living light teaches you perseverance and patience. Yearning to understand the mysteries of spirit until you become the light of spirit reveals the true you. This is how you discover the power source of healing. Taking this journey while also earning a living, raising a family, and loving your friends is your path to attaining the mastery of focus and concentration required by a healer.

No one can tell me that the austerities of a monk living in a monastery or a yogi living high up in a cave in the Himalayas has a more difficult path to mastery than a mystic living in our chaotic world. The austerities of a monk are a means to an end. They help in acquiring the single-minded focus necessary to penetrate the inner realms of consciousness. The same, or even more concentration and dedication is required in raising kids, driving car pools, earning a living, taking care of our elders, tending to our greater environment, and navigating complex relationships in our communities. Being busy with life while remaining true to spirit sometimes makes a monastery or a cave look very easy!

Life is my school and my clients, friends, family, and unexpected challenges are the teachers. I've finally learned to show up and be present for class.

Approach and Preparation

1. Spend time grounding and centering before each client. Don't assume that because you were grounded with your first client you are grounded with the second!

When I forgot to ground with each client I became more and more exhausted and eventually lost the higher perspective of the session. These sessions did not live up to the level of integrity and higher frequency that I had learned to appreciate and love.

2. Connect so deeply with Mother Earth and Father Sky that your Light Axis is vibrant, luminous, and flowing.

You can trust your objectivity, clarity and are free from your own projections when you are aligned with your light axis, your toroidal field is flowing and your Merkabah is activated. It gives you a reference point. You will be able to notice, feel in your body and energy flow, when you lose your grounding. Your light axis will disappear, you won't feel supported by

Mother Earth and the Light, and your ordinary mind will take over. I find the feeling of being out of alignment with my higher attunement so uncomfortable that it will jolt me back to finding center again.

3. Enter a state of universal love to see clearly.

Be in the consciousness of Love, it surrounds you and protects you while helping you maintain your own boundaries and alignment.

Become LOVE. You don't have to personally *love* your clients, that will only serve to entangle your energy with theirs. Be in a state of radiant transpersonal love with your heart shining light and wisdom, filling the atmosphere with healing energy, embracing both you and the client in its light.

Sometimes I loved my clients so much I couldn't separate off from them. This clouded my intuitive site. I would only see the positive and not see anything negative. I took the healing code of "focusing on the positive" to a dangerous extreme. They were coming to me for information on their health that they couldn't get any other way. When I was overinvolved I couldn't even see the health issues that I needed to see to help warn or direct their healing path. This was so unconscious that I didn't realize I was doing it until I did.

4. Remember to include yourself in the healing energy.

Often, we focus just on the client, their issues and their healing. We can forget that we are included in the healing energy that is present in the session. If we are connected to universal healing energy than we are also included. I always say, "does the sun shine a ray on just one person or on everyone?"

5. Being grounded doesn't mean being perfect!

This one is hard for everyone. When we are grounded and feel embraced by Mother Earth and Father Sky we know perfection, spiritual perfection. There's a gap between experiencing this connection in a healing session and living our daily life. Personally, I want every second of my life to be connected to Mother Earth and Father Sky which is why I emphasize the goal of 24/7 connection!

6. Always shift into the present. Intuitive clarity comes through being present.

It is so easy to fool ourselves into believing we are present when we are only present with our mind and not our fully connected, grounded being. The mind is the trickster and I need to check myself all the time to make sure I'm not creating a false grounding with my mind. Thinking of grounding is completely different than *being grounded!* Being open to intuitive insight is different from thinking about solutions. I know I'm in the right place if I'm free of doubt, fear, and worry. I feel spacious and outside of time, fully free and open while still grounded. This allows me to interact with both the client and spirit consciously and respectfully.

7. Don't be a super psychic healer show off!

The more you present yourself as “the one who knows all” the more clients will depend upon you instead of finding their own inner power. (see the next entry for more detail on this)

8. Don't let clients become dependent upon you, it always backfires!

NOTE ON CLIENT DEPENDENCY: Clients will become dependent and think you have all the answers and they don't. This makes you indispensable, it makes you lots of money, it boosts your ego, but the downside is that it imprisons you. How? You become dependent upon their need for you and start power tripping, fearing you'll lose your clients and income, and ultimately allow the client to lead the session instead of you. Once a client takes over a session you have lost your grounding and power. You will feel lost, confused and even “dirty”, like you are doing something that compromises your integrity, and you are. When a client takes over the session they are determining the direction and energy of the session which is not very helpful. When you are leading the session, you are listening to your higher guidance and will provide what the client “needs” but not necessarily what they want. Are they there to get an ego boost, to confirm their own projections and lower frequency emotions? No, they are with you to heal and grow, to seek the wisdom of higher guidance even when they appear to resist it. Think of a child who throws a tantrum because they are not getting what they want. It's up to the parent to be the adult and set clear boundaries and expectations so the child will feel safe and secure.

9. Have a daily purification and renewal practice you can count on, that helps you feel clear and refreshed.

I refuse to start a session without this feeling. I feel like I'm cheating my client if I don't start with a clear field that is free of expectations, projections, and personal consciousness. I am always in the “healing consciousness” state when I am in session.

10. Don't fool yourself into believing you are the only healer who can help a client. They are in front of you for the moment so you can help them take the next step on their healing journey.

At one point, early on in my healing training a renowned spiritual teacher predicted that I would become a great healer and told me this. What a trip my ego took with this information. He probably did it purposefully to excise the shadows that lurked behind my angelic spiritual façade! I actually believed I was a great healer even before I completed my full training and this led to all kinds of delusions and false starts on my path as a true healer. Now I know I am a channel of a benevolent force so great that it fully embraces both of us in the session. This is quite humbling and reminds me of who is doing the healing and guiding.

11. Have faith in the client's higher self and the timing of their unfolding. Don't push, prod or be impatient, that's a sign that you are not grounded and centered.

I was one of the most impatient people I know. I didn't realize it because I didn't understand the murky mix that overwhelming anxiety and unbridled passion could create. Anxiety is a sign of impatience from the spiritual point of view. My anxiety would inject into the healing

and throw off the organic nature of the process. It would shortchange and limit the divine light and timing by creating a push and a rush to have something happen. This was challenging for my spiritual teacher. We spent years unknotting the underlying trauma that generated the anxiety. We also spent years helping me separate my personal ego needs from the true healing process.

12. Prepare for your sessions by creating a ceremony that becomes a routine.

This may include grounding and clearing, centering in your heart, shifting into an intuitive or heightened state, activating your altar, and greeting the elements and directions all in the hopes of opening to receive inspiration.

Without it you are toast. You learn to rely on your ceremony for entering sacred space every time you do a healing session. If you don't have this down to a science the feeling of uncertainty and lack of confidence about entering sacred space each session will cause you so much stress that you will not enjoy your sessions.

13. Clear your work space daily.

I don't consider dogs or pets a distraction but someone else may. I do like my space organized and clean, it feels less chaotic and less chaos is good when you have clients coming to you in crisis and overflowing with emotions. Any and all of the following help: light a candle, smudge, have an altar, open windows, have a bowl of clean water, use crystals to clear and clean your energetic space often.

Recently I was in a doctor's office and as I sat in the room waiting for the doctor to come in I began hyperventilating, fear came over me, my chest tightened and I was ready to run for the door. This is what happens when patient after patient sits in the same chair and fear over medical procedures builds up. If you are sensitive to these energies, you will take think they are yours. If you are working with a client and the heavy energies have built up in your space it will be difficult to see the client's energy clearly through the .

14. Take care of payment and other earthly details before the session.

At the beginning of my career I was very uncomfortable with the payment procedure. I had come from a tradition where taking money for healing was frowned upon. Yet, here I was interacting with medical and mental health professionals that had set fees for service. Sometimes I would jump right into the session without collecting payment and by the time the session was complete it felt so "lower frequency" to deal with money. I learned to attend to administrative and financial details first and then commence with the session. With time and experience I have become comfortable with being paid for my time and training, as any professional would.

15. Ask the client to tell you why they made the appointment and what they hope to receive from the session.

Setting an intention organizes the session on the mental, emotional, spiritual, and physical levels. The energies, the guides, the light will use the intention to bring focus and living energy to the session. Sometimes it doesn't seem like we are working directly with the intention because other issues must be cleared before we can get to the actual intention. It's always amazing to me that if we set an intention that it will be addressed in some form or another during the session.

16. Once you have identified an intention, let it go.

The client's personal intention for the session is a good place to start, but what they say is the intention may not be the true one. Sometimes the intention gets fleshed out in the session or with some initial discussion. Be open, and help the client be open to, upgrading and refining the intention.

Sometimes it's not so obvious that what happens in a session is in direct response to the setting of the intention. As the guidance from the client's higher being is allowed to take over the session and layers of illusion are peeled away the client's true nature starts to emerge. They may find that their true intention is not what they thought at the beginning of the session. What the heart desires compared to what the mind thinks it wants can be the difference between a session that is truly life changing.

Intuitively I sense the need to refine the intention and state the new one clearly. This helps orient the session to a deeper soul level intent. I'll bring it to the attention of the client and we'll spend time sensing the deeper intention.

First Intention: *I'd like to meet my beloved soul partner.*

Upgraded intention: *I want strong, clear boundaries.*

The upgraded intention has a direct relationship to the first intention but it may not seem so obvious at first. Once the client's boundaries are strengthened they will feel safe enough to allow a more intimate relationship to enter their life whereas before they were unconsciously pushing it away.

Stronger boundaries broadcast a clear message of who you are and how you wish to be treated. Healthy boundaries will always communicate more than we realize, they set the tone for all interactions. If the client doesn't understand how the upgraded intention relates to the first intention I will explain it so they understand. The client feels heard and understands that the session truly addressed their initial intention.

17. Ask the client if there is anything important for you to know before beginning the session.

Primarily I like to know if there is any abuse or trauma in a person's history. If there is then I go slowly with the grounding. I've found that clients who have suffered sexual abuse have a hard time connecting to their body below the waist. Clients have thrown up, curled up in a fetal position, or screamed hysterically when we begin to ground if they have unresolved sexual trauma.

I like to know how much experience they have had with subtle energies and intuition. This gives me a conversational framework for the session.

I also ask if the client has anything they'd like to share with me.

18. Trust Mother Earth, Father Sky, your intuition and your connection to the light and/or guides to lead the session.

When I am with a client we have some small talk at the beginning of the session. If they are a new client I get some background information as mentioned above or with a repeat client I'll ask them to catch me up on their life. During that time, I start to energetically tune into the session and at a certain point I'll notice the light or guides starting the actual session. This is when I tell the client that we are beginning the energetic portion of the session. When the guides show up and I'm tuned in then I trust the session to unfold smoothly. It took a lot of experience and a lot of self-doubt to arrive at this type of full trust. I have learned that when the higher beings take over the session, the session is always helpful.

Sessions

1. Explain and define your expectations, your healing style, your boundaries, and time limits clearly to every client.

Most people have no idea what an intuitive healing session is. I'll often describe the session step by step including how I work with guides, light and healing energy. Even if they still have no idea it helps the client to know I have a clear process, it conveys confidence and experience.

2. Find a way to empower clients during a session.

How I share information helps the client feel empowered. This is my personal ideal and certainly is not a requirement for a successful session.

I like to help the client understand and connect to their own intuition and healing capacity. It's like the old saying of "give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime."

I set up the session as collaborative, as a journey of exploration where we both contribute. I guide a grounding so that client can tune into subtle energy and feelings that are below their normal awareness range and this helps with the feeling of inclusion and collaboration. They are reminded they can always speak up if questions arise, if they are uncomfortable or if when they receive insights.

My teacher taught me that a psychic leaves a "mark" in the energy field of a client. This happens when the psychic is invading the field of the client to pull information. He indicated that this was the lowest form of psychic communication and that it wasn't connecting with the higher frequencies of spirit but just regurgitating what was already in the client's field. With this information and a stern warning to never engage in this type of activity I

developed the style I have today, which is truly collaborative and connected to the highest frequencies possible. It is “client oriented” in that the connection is through the client’s transpersonal light and source, not their personal energy field.

3. Clearing your client first is a good idea.

Usually the first thing I notice in a session is the client’s confused and chaotic energy field. I like to do an initial clearing by helping them to relax and ground. This has many benefits. It helps them release stress and tension (heavy energy), it restores the integrity of their energy field by gathering energies back that have been misplaced in others, and allows them to shift into an intuitive mode easily. When the client is clear I can see their field or body more clearly.

Some energy workers just channel healing energy and don’t need to comment or explain much. When I’m doing a medical intuitive or spiritual guidance session I’m in a position of having to discover root issues and explain what I see to the client.

I find it so helpful to guide a grounding to help clear heavy energies and bring the energy field into harmony. This allows me to see beyond the surface to the root causes. There is so much intuitive information exposed through the process of grounding that most of what I need to understand and explain is revealed in the clearing process. Mother Earth takes over, raises the session to the higher frequencies and the light she shines reveals just what is needed. The clearing can take almost the entire session but in the process, we “peel the proverbial onion”. With the energy field clear, the client relaxed, the healing energies can be effectively received and information revealed. I give feedback, we converse and together we arrive at the insights and healing.

4. Most issues have their roots in the first three chakras.

These are the chakras that engage in life. The heart, throat, third eye and crown chakras provide the guidance and inspiration for life while the first three are meant to manifest what spirit inspires. They are the three most connected to earth, body, and action. They are also the three that hold deep shadow issues that are hidden from us when we are disconnected from body. Due to the disconnect between mind, body and spirit in our culture most of the issues clients present are related to the first three chakras. Even when they say they are open they often are in more denial than they let on, wouldn’t you be? No one wants to confront shadow issues if they can avoid it. When you are working with clients making sure they are grounded and reconnected to their body will support your healing work. Once the client is reconnected to their body the light of their own spirit can shine and fill them with the greatest healing wisdom and compassion possible.

5. It’s almost inevitable that your client’s energy will invade your body, your emotional life or your family at various times.

It requires enormous mastery to discern when this is happening and to redirect the energy. Therefore, a daily purification practice is truly necessary. Having a reference point for your clear field allows you to know when it’s not clear.

The number of times I got sick because of the heavy energies that I allowed to invade my field is on me. There were a few times I was under attack from jealous colleagues or angry

friends and family but most of the time I was unaware of my triggers, projections, rose colored glasses (naivete) or lost my grounding and found myself taking on the client's energy. Only much later, when I wasn't feeling well or felt depressed did I stop to reflect what must have happened.

Sometimes it happened BEFORE the session in my dream state the night before. Dreaming about a client unintentionally is taking on their energy. You can dream to journey about a client, that is an intentional shamanic practice, but to dream about them without intention signals a red flag to me. Or I'll have restless sleep or very little sleep the day before the session and find out the client had trouble sleeping the night before too. This also means I was not present to myself in a way that protected me.

Other times the energies invaded my home or my family. Furnaces, air conditioners, cars and other appliances can get hit with the heavy energy and break down. Finances can take a hit and family members can get ill or emotionally upset by the heavy energies you encounter in your sessions. Misunderstandings happen in relationships when your own emotional body reflects someone else's energy.

I mention these instances to give you a heads up, it's not to bring up fear. Once you begin to tread the path of the intuitive healer you should muster all the courage you can find within and never lose sight of what you have taken on. It's not a casual commitment, it's a lifelong path, 24/7.

6. If you find yourself working too hard you should pause and ask yourself "why?".

Many clients will try to get you to do their work for them. When I wasn't aware of this personality trait, (I was naïve because I believed it was my job to "heal" them), I would work and work to clear and cleanse their energy field so they would feel relieved of the burdens and misery carried in their field. It was exhausting and I would get sick every so often from using my personal energy in this way.

It affected how I looked at people. Soon everyone became "work" because my energy field got in the habit of cleansing everyone's field around me. I saw people as energy vampires who were trying to get "good energy" from me and I was the victim or I saw them as an obligation to heal. Honestly this was a huge learning time for me and quite painful and isolating. I had roots in past lives as a healer and spiritual teacher in paradigms different from the current ones that filtered my experiences and which I had to grow beyond. This was before I opened my public practice and when I was doing healing as a spiritual service.

So, if you find yourself working too hard look at your motivations, past life influences, and shadow needs.

7. Wait for right timing to comment and offer guidance.

If you must say something difficult, that the client might not like or resist, pause and wait. The last thing you want happening in a session is resistance. I wait until I hear the intuitive insight three times and then usually an opportunity appears for smoothly introducing the information. You will find your own way of sensing how to do this. You don't want to create further trauma for the client by blasting them with information they will find disturbing. This type of information may include informing them about an illness, a career move, or a

relationship issue, past lives, forgotten trauma, or anything that is not in line with what they wanted to hear.

8. Be comfortable with silence.

I learned to be comfortable with silence when I discovered it I received more insight when I allowed myself to sink deep into the silence. More information came through when the session seemed to stall and I would pause and turn towards silence. I let the client know that I will be quiet for a few minutes to tune in more deeply and then relax into a deep silence trusting that this will bring about the next unfolding in the session. Whatever I see, understand, or hear is what I present next even if it doesn't make sense to my logical mind or the flow of the session!

9. Treat confidentiality as a sacred vow.

Creating a safe environment is part of the process you can control. During my spiritual training, I was entrusted to hold certain teachings in my heart until the time was ripe to share them. I was taught to carry information in a sacred way, a healing way. I was shown how to hold the heart of another, their words, their hope for healing, in the exquisite light of my heart. Tended so delicately, so respectfully, like a rare seed that requires great attention out of respect of for its living essence, I hold whatever is spoken or unspoken in a healing way. My heart has become a living medium, sowing seeds of healing in all that I do. This was practice for learning to treat confidentiality as a vow.

I have never shared information I was told in confidentiality without permission. There are so many times I could have but didn't. Clients know they can trust me and speak freely in a session. While my sessions are not therapy sessions sometimes sensitive information is expressed and it opens the door to great healing. Sometimes a client will say just one sentence that they've never spoken out loud and it is the key to releasing their deepest fears or hopes. Therapists and medical professionals are held to a high standard of confidentiality and we should be held to those same standards too.

10. You are a representative of the perennial wisdom and all the light keepers who have come before you.

Keep your integrity intact and know that you are responsible to the higher teachings and not to what anyone else wants from you or says about you.

11. The healing connection is intimate and fragile while also powerful and transforming.

This speaks to the healing presence. We are much more sensitive than our current understanding allows. When two people come together in healing consciousness a delicate heart connection is established that links two souls in Oneness. This refined energy atmosphere is the source of great healing and comfort. Every thought, feeling, and movement is enhanced in this heightened state of awareness. Uncontrolled thoughts, feelings, sounds, light and movements may be experienced as extremely uncomfortable and coarse. It can be disorienting and disturbing. A refined aesthetic that communicates harmony and resonance contributes to the healing atmosphere and promotes deeper awareness.

Do no harm is my motto. You can't force healing. It occurs in a state of surrender and allowing. If you are not in full your grounded healing presence you may accidentally engage personal force instead of refined channeled frequencies.

There is a difference between power and force. Healing power is channeled and force arises out of a need to control and manipulate.

I can tell immediately when I have lost the delicate touch. A desire for the session to end, a rushed sense of time, frustration when I sense resistance, and an attachment to the outcome all signal when I have lost my grounding and alignment with higher healing frequencies.

12. Ask permission to enter a client's energy field.

Be very clear and respectful when you enter the client's energy field. I always ask permission, explain the reason I am entering their field and tell them exactly what I am doing when I'm in their field. This applies to when I remote view in a client's body, they can feel my subtle presence and it might feel invasive or contribute to triggering memories of other invasive events in their life.

Because the energy field is invisible to most, not even recognized my many, it is treated as if it doesn't exist. This is a source of profound wounding in our society. A huge part of our being is not heard or seen and, unconsciously or not, contributes to not feeling heard or seen on the level of the physical senses. Imagine someone sitting on top of you as if they didn't even see you, that is what it's like to enter someone's field without respect and permission.

13. When the client's higher being leads the session, I know the session will be permanently transformative.

There is a point in every session where I see angels, guides, and/or the client's higher being take over the session. I see them arrive and at that point I become an observer, narrating what I see happening. This is when I learn the most, when awe takes over. The absolute perfection of intelligence is witnessed as the higher beings perform extractions, clearings, openings in a way that no modality could ever preconceive. I can't prepare for this to happen and then hope I recognize when it is happening. Then I step away and allow the all-pervading healing wisdom of the divine to heal the client in accordance with their life path and purpose. It is completely seamless and perfect.

14. People pleasing has no place in intuitive healing.

If you tend to be a people pleaser, and I was, (emphasis on *was*) I would be so worried about how the client felt about the session, whether they got what they wanted, if they got their "money's worth", or if they "liked" me, that I lost touch with the true guidance that was coming through for them.

Coming from the late 60's, a time when the intuitive arts were not respected and practitioners were on the defensive, the *people pleaser* in me had a field day. This made

such a mess of things. My sessions were not as effective as they could have been and I ended up feeling like a failure.

For most people, it takes a lot of time and practice to keep your intuitive information stream grounded, open, and clear. The need to please others can block this stream and divert it to satisfying your personal need instead. It took me a while to understand that my own need was a heavy energy overlaying the session.

15. Understand your clients so you can be compassionate and helpful.

Watch for clients who exhibit traits that can hook, compromise, or entangle you so you can keep clear boundaries while staying heart centered. Clients who mirror your own issues can really throw you off and bring out the worst in you. Those who are:

- a. Impatient and always in a crisis or emergency
- b. Having unrealistic expectations
- c. Needy –not respecting your time, energy or payment schedule
- d. Always asking for a discount or making their financial issues yours
- e. Invasive and impatient
- f. Using a spiritual session to deal with an issue that would be better served with a therapist.
- g. Tending to blame others and are unable to take responsibility
- h. Make you want to work harder, faster, or imply you are a failure

Client traits that tend to create a “cleaner” session and are easier to deal with include those who

- a. Accept responsibility
- b. Have realistic expectations
- c. Are willing to do the work
- d. Are sensitive to your time and energy
- e. Acknowledge excuses, projections, denial, and resistance
- f. Take information and healing and move it forward on their own
- g. Listen, participate, and contemplate
- h. Be patient
- i. Be Open

16. Know your triggers.

We are human, really we are! We will attract clients who trigger our worst fears, bring up what we want to avoid, make us jealous, reduce us to victims, cross boundaries, and doubt and challenge our work. All of this will happen.

Every time I’m triggered I regroup and find my way back to myself. I gather my power and then recognize the lower frequency feelings. I “red flag” them so they become a reminder to regroup to my passion and sense of true self. I look at these moments as times to recommit and re-evaluate. Do I need to a course re-direct, was I overinvolved, missing something?

17. Try not to assume, rationalize, project. Learn to discern when your frequency has lowered and you are speaking from your personal instead of transpersonal wisdom.

Being clear when you are speaking from intuitive insight instead of your projections and own illusions is an ongoing process. As you grow and understand more about yourself you will have more clarity, but then there is more growth, and then more clarity. So you see, it's ongoing and you can only be who you are at any given moment.

Once you have your ceremony in place for attaining a higher level of consciousness trust the process. I learn something in every single session, about myself, guides and guidance, and the client!

Projections are tricky because they are a filter that is invisible to the viewer. Sometimes I feel so strongly about something that I can't see beyond my own personal history and wounds. In sessions with abused women I can get righteously angry, with women who have lost a child I am overwhelmed with grief, clients who are struggling with health and weight issues bring up my own similar sadness and frustration. Let's see, there are also abandonment, financial and betrayal issues that can trigger my projections. Almost any issue a client has I've had too! Over time and with my own healing I've learned to recognize and allow these feelings and then return to my clear alignment to share the unique guidance and healing coming through for the unique, individual client in session with me.

I check my alignment continually throughout a session. For myself, I am clear when my light axis is luminous, my attention is on the light, I have no fear, my energy is grounded, and my heart is radiant. Sometimes I get sleepy which signals that I'm shifting into a deeper dimension. I'll allow myself to slip into a higher realm and in that silence I'll come back with new insights from distant dimensions, when this happens I know clearly I am not projecting.

I also check-in with the client to see if the information and energy are resonating with them. If they don't understand what is happening or are uncomfortable with the energy I'll pause and we'll review, adjust to the energies, and continue. My sessions tend towards the roots of issues which means the process can be mysterious and unfamiliar at times---to the client and myself! In which case, it's not always easy to know how my projections are filtering the session. If the client feels I've helped in some way, then I trust and let it rest.

Returning, returning, returning...nothing is ever perfect except the perfection of the divine!

18. Watch for repeating themes in your clients, it probably is a message for you too.

I've found that if themes keep repeating in sessions with different clients it's a message I need to listen to. It may not seem obvious at first. If I'm dealing with several cancer patients the message may not be about my own health, but asking me to look at invasive energies taking over my consciousness, or illusions and projections shadowing my own clarity. I will also take the message literally and if I need to, I'll check it out medically or with a colleague to make sure I'm not overlooking anything.

19. Be a grounded listener.

Your grounded light and healing consciousness is a gift. Your full awareness on the client is a gift. Your presence has more power than you imagine when you are grounded, connected to Mother Earth and Father Sky and the guides and guidance of the session. When you are patient, open hearted, and your healing consciousness is activated anything is possible. The

best possible outcome is that your presence helps the client come up with their own insights and answers! The quality of your listening makes a remarkable difference in the session.

I was surprised by this one. I always felt I had to be an active listener, which is different from a grounded listener. Whether with clients or friends, I always had my full attention on them, nodding my head, leaning forward and into the conversation, forgetting myself and even my own needs so that I proved in my own cockamamie way that I was truly listening. I thought that this is what was good listening.

Then one day as I was grounded and listening to a client she was amazed at what she could know about herself, how she arrived at her own answers. She felt so alive and confident. It was then that I “got” that by being my luminous, grounded, state I conveyed security, stability, confidence, and clarity. I have found that providing a safe atmosphere through grounded presence allows the client to feel safe to hear and know things they would have otherwise denied or suppressed.

20. Don't be bullied by your clients.

Clients can be demanding and try to pressure you into give them more time, more information, and more of your energy and attention. They won't want to end the session and will keep talking and asking questions, they'll give you reasons why they aren't finished or they'll insist that they didn't get what they wanted and try to make it your fault that they need more time.

This can surprise you at the last minute in a session so be prepared from the beginning. State the amount of time that you have for the session. When you get to about 10 minutes before the end make a comment that the session is wrapping up and begin a review of what was accomplished. At the end of the session be prepared to separate and cut your connection energetically with the client and bring the session to a close. “Thank you”, “it's been wonderful working with you”, “I hope I have been helpful” are statements that give a clear message that the session is complete. If the client continues to speak and ask questions suggest that another session will be helpful. If they continue to whine and pull for more time you'll have to make an executive decision about what is in the best interest of everyone.

21. Take energy vacations.

Some signs that you need a break are:

Some signs that you need a break are:

- Resenting the time you spend with clients.
- Feeling exhausted and/or sick.
- Losing the capacity for compassion.
- Being annoyed with everyone.
- Bringing less presence to your life and sessions.
- Fill in the blank! _____

Stop and renew when you are burned out.

If you are tired, bored, or drained it's time for some space from work to clear and regenerate your energy. If you work for yourself no one else will tell you to take some time off. It's up to you to recognize the symptoms of burn out.

Working with clients on a subtle level is taxing and requires an enormous amount of energy thus it requires a lot of self-care. Your being is the medium through which all of the work takes place and you are never completely separate no matter the strength of your boundaries.

If you continue working beyond your capacity, you may get sloppy and careless in your sessions. You'll be open to lower frequency energies and continue draining your reserves.

22. Recognize when the session is complete.

When I first started conducting sessions I was working with medical and mental health professionals so it made sense to set up my sessions in "hour" increments. There is no rule about time frames for sessions, it all depends on your personal preference. Some people set a price and not a time frame. Others have distinct time frames for their sessions. I find it makes it easier to schedule when I schedule in hour increments.

Given that we live in a world of "time" it makes sense to deal with this in a way your clients understand it. But that doesn't mean your session will abide by an artificial agreed upon time! Energy has its own sense of time and you'll have to sense when the session is complete energetically. With a little experience, it becomes fairly clear. The energy seems to wind down and return to an "everyday" kind of feel. Or you intuitively know that all that is possible for that session has been accomplished and sense the completeness.

One consideration is how much a client can handle in a session. I can see when the client is "cooked" and can't take any more information or energy without generating resistance or a side effect. If the hour isn't over, I'll explain what I am seeing and we'll spend the time reviewing the session and recommendations for the next steps.

If the session requires more time and I don't have another client scheduled I will explain that we need more time to complete the session but that it will take us over the allotted time and ask if they are interested in continuing and what the extra fee will be. They can choose to end the session, continue it, or I may also suggest that we schedule another session, a part two, to complete the work.

Another consideration is "client pressure" to get all they can get from you. Don't go over the allotted time or let the client pressure you into giving more time than was agreed upon.

23. Every client has a life-long lesson that won't be healed or solved in one session.

We are living in a transitional world; moving into planes of higher consciousness. It is an unusual and rare moment to be in a transitional phase that comes once every 26,000 years or so. The challenges this presents are enormous. Our souls have incarnated at

this time because of the opportunity it presents to ascend rapidly and become once and for all free. This also means that we bring with us our greatest learning challenges, ones that may take an entire lifetime to shift. As healers and guides we learn to support the client's own healing path and help them walk each step with grace.

Once I understood this it took the pressure off to have all the answers. Feeling pressured to solve all the client's issues in one session, was an expectation I put on myself. I discovered that if I feel any pressure, tension, or insecurity then I am not grounded and aligned.

But in the beginning....I wanted to transmute every bit of heavy energy and leave the client feeling clear and refreshed. It took many clients and several years of failing to finally let go. I wanted more for my clients' than they wanted or hoped for because I knew what was possible. I had experienced so many miraculous healings in my lifetime that I wanted one every time I or anybody was ill.

Now I always intend for a complete and full healing for every client in every session but I may not understand or know how the client's soul path needs to unfold. I put forth my best effort, align with the highest and purest frequencies I can, sit in a loving radiant heart, and then turn the session over to the client's higher being. I've come to trust that setting up the session so that the client's higher being can guide and communicate directly, through energy and light, with the client, the most optimal outcome will occur.

Marketing and Promotion

Pray to Mother Spider for guidance in marketing. She is the original web builder. She understands right relationship, the law of attraction and effortless effort. She weaves her web out of the harmony of the spheres and ensures her survival one silken thread after another.

I am partial to Mother Spider's model because it keeps me aligned with my greater purpose and in right relationship to my heart and my surroundings. Because we live in a world that has been artificially constructed by marketing illusions it is a challenge to promote your healing services that reflect your authenticity and integrity with dignity, but it is possible.

You are an instrument, a channel, of the divine healing energies. The subtle energies that are conveyed in your session also guide your business. There is no separating light from life. Living energies carry us along the path of life that includes your own growth as a healing practitioner. Believing that the healing energies that you align with are separate from you or are meant to only influence the healing session is an illusion. I learned to open to the higher frequencies to help guide my business as well as my session.

The journey of the Intuitive Healer and the creation of their business is often a very creative path. There are few models in the world for creating a business based upon intuitive healing because there are so many unknown and unseen factors. You are creating a business and you are acting in the world as a spiritual agent. How these two paths come together to create a sustainable career is part mystery and part mastery.

It takes years of experience to hone and master intuitive healing skills. The subtle world does not reveal its secrets in a few text books. So how and when do you start your practice and when can you reasonable expect it to sustain your life style financially? Unlike a degree in marketing, medicine, or business the path is not laid out during four years of college training. You can't separate your training from your personal growth. Those who are in the arts or sports understand the connection between their own personal practice and attainment. How mind, body and spirit come together at magical times to create success. It's the practice, practice, practice that makes the difference in being able to call upon your skill reliably. The same is true for intuitive healing. The more you practice the more reliable your skills become.

[My Path to Becoming a Medical Intuitive](#)

I have a master's degree in communications. I studied marketing, public relations, and media in graduate school. In my executive positions with not-for-profit institutions I applied my marketing skills to helping the underserved and underprivileged. I could rationalize marketing to help others who were in need but when it came to marketing my own services I was faced with so many issues of self-worth that I thought it would take more than one life time to get through them!

I studied healing because I loved it, not because I ever planned to create a business. I always thought I'd have a profession that allowed me the luxury of volunteering as a healer. I studied and loved many healing modalities, went to massage school so that I would learn anatomy and physiology, and continued my esoteric studies of healing but I never thought I'd be a healing professional!

One day my college roommate called me up and asked for some help. Here is some background to set the stage. At the time, I worked as Executive Director of the Cystic Fibrosis Foundation in Cleveland, Ohio. I was divorced with two young daughters to support. This was over 30 years ago, when the new age had not arrived in the Midwest.

We are still very close. She is a wonderful therapist and magical friend. Karen called to ask for help with one of her clients. The client was not making progress in therapy and in the spirit of openness that always emanated from her, Karen called to see if a little healing energy might be helpful.

With permission from the client I sat in on the session and without touching her or invoking a healing ceremony, healing guidance streamed clearly through me. Together we helped the client move forward, beyond the blocks that bound her, towards the mental and emotional health she desired. That day marked the beginning of my medical intuitive career.

I had no idea that I was a medical intuitive, I had never even heard of the title until the great consciousness pioneer Caroline Myss published her first books and used that title to describe her own work. The models for healing before me were from ancient spiritual traditions that either involved ceremony or hands on touch. Since therapists had regulations that prevented touching the client I had to refrain from any physical contact so I improvised and thus a career was born.

Karen invited me to work with more clients and I gladly volunteered. I was curious and happy to serve. What I didn't count on was her insistence that I receive payment for my services. I had been trained in a tradition that healers were not expected to be paid, it would taint the purity of the service to be paid. Widespread, this was a common belief at the time and for a few thousand years prior. Our only reference points were the monastic mystical and religious traditions that were supported by donations.

Many emerging healers at the time struggled with how to support themselves and remain true to the paradigm of the times. When Karen insisted that I be paid I was thrown into huge turmoil. My teacher only accepted donations and at the time this was happening he had passed on so I had no one to ask. I felt I was betraying my teacher and tradition by taking payment and yet here was Karen saying that since she was charging for her services I also had to charge for mine. Karen is one of those persons in my life who creates openings for me, she's like an enzyme in my life, always activating growth.

Karen finally said, you'll charge the same amount I charge. So, I did. I struggled with the payment issue for many years until I finally gave it a rest. Intuitively I was guided how to charge for services, when to provide free service, and how to create a practice that was made up of classes, retreats, and individual sessions. The multi-tiered approach provided many affordable access points for clients and students.

I considered my work with Karen and her clients my "internship". I learned a lot from the therapists and physicians that invited me to work with their clients. I asked a lot of questions, asked permission to try new approaches when I was inspired, and turned within for guidance almost desperately because the learning curve was so steep.

Karen shared the impact of our collaborative work with many of the therapists and physicians in her circle. The requests came pouring in and within a few months I resigned from my traditional job on a Friday and started my non-traditional job on Monday. I was booked full time for a month. I can honestly tell you I never expected this to happen.

You are a healer but how do you start a healing practice?

The fact is that if you start a practice as a healer you are starting a business. If you want your business to succeed you will need figure out how to have a business that supports both your spiritual ideals and your financial bottom line. As I mentioned above it is part mystery and part mastery.

Starting an intuitive healing business is hard work but I won't reduce the process to just mundane efforts. The same light and healing that guides your healing sessions guides and grows your business. When you feel lost and confused you can turn within and receive valuable and relevant guidance.

Naïve much?

I was naïve. I actually didn't realize I was starting a business when I went into the profession of healing 30 years ago. I thought spirit would carry me and if I just trusted all would be fine. I say this with all honesty. I was that naïve. I had been in the academic and non-profit corporate world, I knew how be practical, create budgets, business goals, work with boards of trustees, volunteers, employees, and all that is involved in a business entity. I really didn't know how to create a business that was based on a different set of values; one that incorporated aligning with unseen beings who guided my healing, that involved a very high level of integrity and energetic reciprocity, and that had to answer to spirit instead the financial bottom line.

Money and spiritual healing were always kept separate so the purity or sanctity of the divine healing moment would not be tainted. It was the realm of the sacred, the religious, prayers and miracles. It was OK to pay medical professionals because they had been cast out of the sacred realms into the mundane world.

Thirty or forty years ago, no one knew what to make of "new age" healing. Energy healing was associated with churches and revivals. It was associated with heart based service and volunteers in service of the greater good.

When I started practicing, the healing arts were not viewed as a profession like they are today. The benefits of alternative modalities were not widely recognized. Today acupuncture, massage, and many other healing modalities may even qualify for third party reimbursements when prescribed by a physician. That was unheard of 30 years ago!

I was in shock when this dawned on me. A mother with two daughters to support? What I had I gotten myself into? There were no guarantees, my faith and trust were about to carry me through the peaks and valleys of being a professional healer.

No one even knew what a medical intuitive did. They had never heard the term. A medical intuitive, *what's that?* Even my father called me a "phony" and wanted me to get a secure job.

And yet I was following my intuition rather than logic. My first career was as an artist, being a healer was just another career that was on the margins of society. As an intuitive child, an artist, a meditator I was used to being marginalized my entire life so I did what I knew to do, I went for it.

Pivotal Early Visions and Initiations

When I was nineteen I had a very profound and pristine vision that showed me the path my life would take. Light beings visited me in the middle of the night and laid out a path that was surrounded in light. First I was an artist, then an architect of the soul, then a priestess, and then a realized being. This lifetime was going to fulfill the true promise of enlightenment. A firm knowing was transmitted with the vision. The details were not made clear to me, but the message was very clear.

This was also when it became apparent that a teacher or guide would enter my life, and he did and she did. I had a physical teacher in Sufi Sherdil Amin and a non-physical teacher in Mother Earth. My two teachers watched over me closely but not so closely that they did my work for me. They were beside me to help guide me or to hold on to when I faltered.

When the opportunity to choose between medicine and art emerged, I knew which to choose. When the opportunity to apply my skills and creative talent to underserved populations through non-profit management opened, I stepped up. When the opportunity to become a full time medical intuitive miraculously beckoned, I walked through that door. The decisions were not easy, but they were clear. I rose above my personal fears to follow the guidance that kept appearing. I could always see the light at the end of the tunnel, literally. When I closed my eyes a blazing light appeared and assured me to stay the path, no matter how unconventional it seemed. Like the light that led Moses through the desert, the light was my friend and my guide. No matter how bleak and confused, the light beings never abandoned me.

I believe this is true for everyone. Our higher beings, angels, spiritual guides and the masters, saints and prophets are always there to support and guide. When I am in session with a client I turn to their higher being to lead the session. I leave behind my own personal opinions and perspectives and turn the session over to the client's unseen guides. This way the session unfolds in perfect harmony with the client's life path and purpose.

The Call from Spirit

In addition to the training I received from Mother Earth, Sufi Sherdil Amin, and the Taoist and Andean masters I studied with, I also received many additional initiations directly from spirit.

Mother Earth Introduces Herself

A small forest of beautiful loving trees surrounded my childhood home. I found a home in one of the smaller trees. I could climb half way up her delicate trunk and perch in her loving arms as comfortably as sitting in our living room arm chair. She was like a mother to me. I felt safe and snug, she was as alive to me as my own mother.

We had conversations of the heart. Not always in words but in feelings and waves of sensation that transported me beyond earthly realms. The world of fairies and nature spirits welcomed me and reconnected my soul to the realm of eternal being. I felt very old and very young all at the same time. The adult world had no power over me here and I was free to experience what I knew to be true being.

Eventually the tree was cut down when they cleared the forest to make room to build new homes. I was devastated but never spoke a word about it to anyone. Who would even understand? I knew I had to bare this one silently. As you can tell she still lives in my heart today.

When I was twenty she came back to me in another, much greater form. As a child, I knew her as a tree being, as an adult she appeared to me as the full living consciousness of Mother Earth.

It was a beautiful sunny summer day and I grabbed my camera and drove to a park outside of the city. I stepped out of the car onto the stone pebbles of the parking lot and within a few steps I was on grass and dirt. I have the same reaction every time my feet touch directly on the earth. My body heaves a big sigh letting go of all that was heavy and burdensome, releasing it instinctively into the absorbent heart of Mother Earth.

This time was a little different though. A voice arose from the earth instantly reigniting memories of my loving little childhood tree. The tone, the lilt, and the love were the same. Only this time her presence was huge, much more powerful, and clear. She immediately had my full attention.

Walk gently on my body, she instructed. How you walk on my body is how you walk in your body. You are my child and my body is your body.

My feet sank into the earth, her body, and I was rooted in her heart and soul. My heartbeat was her heartbeat. My indigenous soul was reawakened in that moment. She took me on as her student, her child, her priestess, to be forever guided and held in the arms of the Great Mother.

I am still the forever child of the Great Mother. I trust her compassion and truth more than any earthly teacher no matter how great and wise. She is the foundation of the grounding practices I teach and is the source of healing in my sessions. She knows how to attract the light of Father Sky when needed, how to seed new life within her womb and all wombs, and knows her relationship to the cosmic web of life. She teaches that separation is the source of disease and union is the source of healing. As a mature healer and spiritual teacher I am her chalice, the container of her wisdom and the voice of her heart.

Near-Death Experience

Visions and initiations kept lighting the way. The near-death experience (NDE) I had at twenty-three sealed my commitment to spirit. Dying on an operating table undergoing a tonsillectomy which for anyone else might have been a routine experience was a life threatening and life changing experience.

The extraction of a wisdom tooth a few months earlier led to a toxic level of infection throughout my body. I was septic and none of the medications prescribed reduced the infection. Surgery was the only option. They performed the surgery under local anesthetic because I was too ill to survive general

anesthesia. I was too weak and when the surgeon cut into me I realized the local anesthetic hadn't worked and I couldn't tell him because my mouth was the site of their work. My body spoke for me.

Beginning at my feet I started to separate from my body. My light body lifted out of my physical body like smoke rising from a fire. Out through the back of my throat chakra and into the light I went. Pausing at the ceiling of the operating room, I looked down and they noticed that I had passed out and were taking measures to get me back. I turned away and traveled through the tunnel of light separating the physical dimension from the spiritual.

Illuminated ancestors, spiritual teachers, family members and angels lined the vortex of light, greeting me with love and recognition. Some I knew, others were unfamiliar. But I intuitively knew they were members of a community that loved and guided me. When I reached the end of the tunnel I stood before a being so immense and filled with the greatest love I'd ever experienced. I bathed in the love, soaking in as much as I could, unwilling to move any further, unwilling to do anything but be in love. This great being communicated great wisdom through the rays of love and light radiating to me. We merged into Oneness. Infinite and limitless Love, I was fulfilled and at peace.

At one point I was instructed to turn around. There was a clear sense of direction and space as I was physically separated and turned away from the living Oneness and was instructed that it was time to return to my body. I flat out refused. No part of me was willing to part from the all-pervading LOVE my soul had forever sought. I was going to stay right there in the most perfect of all places in the universe. I begged and fought with all my might to stay there, but of course had no power to resist the directive. I was sent back through the tunnel of light into a body racked with pain.

I opened my eyes and the surgeons face was hovering over mine, sweat was streaming out of every pore of his skin and his expression conveyed horror and fear. His concern for my life was felt in each drop of sweat that fell on my skin. Once I was "back" he let out a big sigh of relief and somehow completed the surgery very quickly. I have no memory of anything that happened during those last minutes in the operating room. I was in a state of shock and awe. I fell blissfully asleep and woke up hours later in horrible pain.

Medical Intuitive Initiation

My maternal grandfather died when I was ten years old. He was a physician who was well-known as a great diagnostician among the Cleveland medical community. We weren't particularly close. As I remember it he was either working or sitting in his big overstuffed living room chair listening deeply to the classical music on the radio or record player. I would say he was emotionally inaccessible although my mother assured me that when I was born he rushed into the operating room overjoyed with my birth.

One night, when I was twenty-seven, I was taken deep into the visionary state and my grandfather appeared in spirit form. He opened the top of my head as one would lift the lid of a tea kettle and poured all his medical and diagnostic knowledge into my being in a liquid stream of sparkling white light. Very vivid and clear, there was no doubt about the psychic transmission happening. He was activating the intuitive abilities that were my birthright, that came with being born as his granddaughter. I woke up the next morning with a whole new wealth of healing resources. His diagnostic skills became my medical intuitive skills.

I've always felt blessed by the mystery and when I needed practical business information it seemed to arrive when I needed it. I certainly did not have a traditional business plan but I often wished I had. More security and a well laid out plan was something I often yearned for but eventually I learned to be comfortable with living on a "need to know" basis. I chose to be open to all possibilities and leave the control to the higher beings. Every day was a lesson in surrendering to the dimensions of greater wisdom and compassion.

Creating a Holistic Business

What does a business look like when spiritual ideals are applied to its creation? It's called a Holistic Business. Some practitioners treat their healing practice purely as a traditional business. I treat my practice as a relationship with spirit first. Being in right relationship with spirit guides how I run my healing arts business.

A spiritual business is a holistic business.

When my focus is on transformation and healing, the client's, my own, humanity's or the planet, the business of my practice is part of a greater flow. The business becomes part of a holistic expression of life rather than separate. I treat my business as an art. Instead of painting, my healing practice is my art form. From deep in my heart light dawns daily as an infinite spring of inspiration and love guiding me in the here and now, to be present and filled with healing presence, creating the path in each living moment.

I apply the same spiritual holistic principles to my business as I do to personal transformation. My business is a living growing being and I am its caretaker.

The following heart centered ideals keep me in right relationship with finances, healing energies, and my own self-care and growth.

1. Live in Oneness.
2. Every being is a unique creative expression of Oneness.
3. Live as a multi-dimensional being grounded in Mother Earth and Father Sky and the Love that surrounds us all.
4. Mystery is part of life and yet guidance is always available.
5. Truth is a state of consciousness, not a fact.
6. Love is a state of consciousness, not something to give.
7. There is only the here and now.
8. Healing energy is all-pervading.
9. Healing occurs when we live from the ground of our being, the living seed of life.
10. Patience reveals purpose and direction.
11. Reciprocity is the path to balance and harmony
12. Living energies guide me to be in right relationship to all that exists.
13. Presence fills the world with Love, Harmony, and Beauty.

I trust that each person reading this will find a way to create a unique business model based upon your own individual talents and gifts. The following section details some of the very practical suggestions that will help your business succeed. Please remember that you deserve to make a living, that you deserve to

have a meaningful and valued intuitive healing practice and that you can be paid for your services commensurate with your training and experience. Most intuitive healers struggle to find their self-worth while sorting out the details of their business. That's OK, it means you are a living, growing being who is finding the way to be in right relationship with your heart and soul.

Setting up a Holistic Business

1. Money and healing have nothing to do with each other.
2. Do both energetic and 3D marketing.
3. Energetic Marketing
 - a. Daily energy clearing practice
 - b. Light list
 - c. Set intentions for practice
 - d. Keep your life clean and clear energetically
 - e. Honor Mother Earth, Father Sky, the nature spirits where my practice resides, the elements and the directions.
4. 3D Marketing
 - a. Secure a domain in your name
 - b. Create a web site
 - i. Hire a web designer unless you are very good at it.
 - ii. Customize the web program so it is easy to navigate.
 - iii. Create an account with PayPal or equivalent third party payee.
 - iv. Take credit cards.
 - v. Learn Photoshop or hire an artist.
 - vi. Learn Audacity for editing audio recordings.
 - vii. Learn to post videos on YouTube.
 - viii. Learn about google key words.
 - c. Write up the equivalent of a brochure.
 - i. Services
 - ii. Location
 - iii. Fees
 - iv. How to set up an appointment
 - v. Philosophy
 - vi. Education and training
 - d. Decide where and how you want to work, phone, computer, in person, office space, hours.
 - e. Create a budget, determine fees, and have a good accounting program.
 - f. Check with an accountant about the type of entity your business will be, LLC, sole proprietorship, corporation?
 - g. Get business insurance---for site, practice, and off site
 - h. Get equipment you need
 - i. Clear and clean your space regularly
 - j. Determine how you want to offer services to those who can't afford them.

I use to do a certain number of sessions for free for those who couldn't afford them. Individual sessions, retreats, classes, and the free audio recordings on my site offer clients different points of accommodating variable financial resources. If

a client asks for a discount and is truly in need, I carefully consider it and then decide based solely upon intuitive guidance. My heart is so open to helping others that I must be careful to do it wisely. There is a fine line between enabling and helping.

5. Get the word out on social media.
6. Get the word out through speaking appearances.
7. Teach through community adult education programs.
8. Don't be afraid to upgrade to new modalities.
9. Know that you'll have fear and insecurity but move through it.
10. Address your personal fears and anxieties as they come up.
11. Check in regularly with a teacher, mentor, or supervisor.
12. If you don't have a lot of clients one week trust that you need the space to catch up with work, your own energy clearing, or you just need some down time to relax and renew.

Don't miss these opportunities for fear of losing clients or money. Once you are attuned to "everyday healing consciousness" it guides every moment of your life. If you need space and time for something else in your life allow it to happen joyfully and without nagging doubts and fear.

13. Give yourself a year or more to get your practice going.
14. Being in the business of healing can distract from healing. Know what you can do well and get help for other stuff. The age of running a business on the run like I did is pretty much over. There are many more support services for home and small businesses now.
15. When a client pays, they are more invested in the experience.

This is a controversial statement but I'm inclined to believe it's true in these materialistic times. When you "volunteer" your services you might find, client's forgetting their appointment, dismissing what you say, resistant, and expecting you to prove yourself to them, or do all the work in the session. This is a recipe for disaster and a way for invasive energies to create chaos in your life.

Why am I calling these energies invasive? If you find yourself rescheduling an appointment over and over because they missed it or canceled at the last minute your life becomes more hectic and they have captured your attention and energy.

Or the client spends a lot of time telling you their problems when making an appointment, or as I mentioned before, holding you hostage at the session, never letting it end, then you invaded by their uncontrolled emotional needs and not able to respond to spirit and your higher guidance.

How do you avoid this? Set up the times available for appointments according to your best schedule, set your fees, set your intentions, ground and re-ground, know your motivations and do your energetic and 3D marketing. If this doesn't work, then start over. Review your own triggers, motivations and self-worth and your marketing efforts. I would tell this to anyone setting up their own client service business. Unless you set clear boundaries, I guarantee your energy will be drained and your life will be chaotic and open to all types of heavy energies.

