

## In the Beginning was Love

Creating a Multi-Dimensional Loving, Grounded, Successful Healing Practice

by Sarah Weiss, MA, LMT

### Dedication

This book is dedicated to those who have held aloft the light of truth and love on behalf of humanity and to my students who are devoted to cultivating a healing heart.

### Disclaimer

### Author's Note

I was flying back from a little pilgrimage to Mt. Shasta. Mt. Shasta is one of the holiest mountains in North America's lower forty-eight. The consciousness of the ascended masters and light beings who live in and are embodied by this glorious expression of Mother Earth are part of the high frequency spirit of guidance on the planet.

When I visit Mt. Shasta I am taken into deep communion with spirit. It's a pilgrimage of sorts because my dear teacher on the Sufi path of Universal Love, Sufi Sherdil Amin, had his ashes scattered on this sacred mountain. But that is not the primary purpose of my visit there. I was called there by a beacon of light that continues to shine directly upon me; rays of ascension energy actively calling out to all who can hear, to look directly into their hearts for spirit's light.

A dear friend and student was my host there. She's become "one with the mountain and the masters" and I love traversing the trails in the area with her. Each day is an adventure, following the energy to places where the ancient ones provide entre into multi-dimensional realities.

During my stay, she asked for help with her healing practice. This opened a channel of information that I came to title "The 167 Mistakes I Made in My Healing Practice". I shared with her the many mistakes I made along my journey to becoming a professional medical intuitive, healer and spiritual teacher. We decided that it might be helpful to write these down so others may benefit as well.

These are the notes of an intuitive healer on the path of love and healing who makes mistakes daily. I live and work on the edges of reality, beyond the hypnotic trance of the conditioned mind. I've worked full time as a medical intuitive, healer and spiritual teacher for over 30 years and have studied as a student for almost 50. Before I engaged with my first earthly teacher I was taught by the unseen beings who frequented my consciousness and befriended me from the cradle. It was confusing at times but always a wonder to share in the ecstasy of the light worlds beyond.

So many healing modalities are available today but you can find common core principles when you look beyond the surface. I've tried to illuminate some of these core healing principles while at the same time making it very clear that this is my own personal journey of becoming an intuitive healer. The mistakes are mine, not universal to all healers.

In fact, I have met very wonderful healers who don't agree with my approach at all. I've been healed by wild dervishes who defy all expectations of what a healer is. They provoked anger in me, invaded my

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space with no hesitation, and brought me to tears. Shamans have approached me, unbidden, in visionary states to perform healings that I never knew I asked for. Light beings from angelic realms have taken me on journeys of healing and transformation in my dream states and dropped me back off on earth startled and fragmented. The host of healing possibilities and beings is limitless, and yet, there is some sage advice that I can share because I've lived a very grounded life as a mystic, mother, and grandmother.

For almost 50 years I've walk the path of the intuitive healer in a world that didn't recognize or honor the subtly, beauty and power of the spiritual world. I was not born into an indigenous community that nurtured my healing ability nor my soul. I chose to be born in post-World War 2 America where materialism was on the rise and into a family that didn't recognize or nurture my delicate spiritual sensibilities. But there is more to this story that is not so visible. As I relate my experiences throughout this book, I discovered that there are no mistakes on our path and that spirit is everywhere, no matter how dense life seems.

I started out wanting to share my mistakes to help make the path smoother, easier for others. That's the healer in me, naturally reaching out to help others. But then I realized there was no way I could help anyone avoid making mistakes because this is how we learn. You need to walk every step of your own pat; make mistakes, correct, grow, and evolve, by listening to your own inner guidance, but you also need someone lending a helping hand. I offer this book as the helping hand that supports you on your magical path of healing and expansion.

There is only One Reality. All exists within the One Reality and the One Reality exists within us.

### [In the Beginning was Love](#)

All healing is divine love. Love channeled through a human being is healing. Love channeled through an animal or plant is healing as well. And love channeled through the all-pervading spirit is healing too. Love is the source of all healing and we are the embodiment of source. We are the light filled, golden radiance of healing energy and one day we will recognize this as our true being.

Until then, we live to learn about our true selves and the magical beings we are. Our consciousness knows more about healing than our minds. Our bodies know more about healing than our minds. Our hearts know more about healing than our minds. How do you explain the placebo effect if we do not have the capability to heal from within?

***When we begin and end with love, all is possible.***

How exciting is it to discover your own healing power? The exhilarating feeling of the radiant energy flowing through your heart and hands bringing harmony and healing where illness and despondency exists? For those who aspire to be healers the feeling is ecstatic and intoxicating, as it should be. It awakens the highest ideals in our hearts and teaches us to be humble before something vaster and greater than our limited everyday mind. Remembering that healing starts with love, the divine love that is the source of all, opens us to the vast wisdom and compassion that resides in the reservoir of our being.

Intuitive healing is a relatively new profession in our culture. While it has ancient roots, the path of the professional intuitive healer was sent into hiding when reductionist science spread its materialistic

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shadow across the world. Mystics, saints, and sages kept the tradition alive, sometimes at the cost of their lives. Today healing is experiencing a renaissance and the ancient teachings are being validated by modern physics, biology, and chemistry.

There are healing teachings hidden in the far corners of the world. In monasteries, churches, and temples, in remote villages and indigenous first peoples, in men and women who are camouflaged in the robes everyday life, and in nature and the cosmos. The teachings are now inviting us to awaken the secrets of the healing arts.

Everyone can do this, when and if they are interested in learning. Spiritual teachers have always warned about the hubris of the mind. There is a reason the deepest mystical teachings are secreted away and protected. They can't be understood by the reductionist mind. They are understood by the whole being, by our consciousness, which is greater than our body and mind. We are not just our body, or our mind, we are just discovering that our true being is a vast living consciousness. When we identify first with our consciousness and then our mind and body, we are living holistically. Holistic healing becomes a reality when we recognize that we are pure consciousness first.

### Everyday Healing Presence and the Ground of Being

*We live in a holographic universe therefore we know everything.*

We are in the presence of healing energies every minute of every day. I experience full healing every day. Dark clouds of heavy energy can fill me one moment and brilliant light the next.

What makes the difference between these two states of being? Answering this question became my passion and my path.

The great mystic Hazrat Inayat Khan teaches that there is a remedy for every disease within us. I read this quote when I was nineteen and I've been on a journey to realize its truth ever since.

*There is no illness which is incurable; and we commit a sin against the perfection of the divine Being when we give up hope of any person's cure, for in that perfection nothing is impossible; all is possible.*

*Hazrat Inayat Khan*

### **We Experience Healing Every Day.**

I experience healing every day and so do you. Hopefully we each have moments where the world is bright, calm, and clear. Not necessarily every moment, but in those moments when our hearts open and joy shines through, we are healed.

Every cell of my body has experiences full healing and perfection. Sometimes it is permanent and sometimes it's not. The fact that I can experience perfect health and well-being for even a few minutes tells me it's possible to experience it every minute.

In childhood, I experienced daily moments of transcendence. During 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 neighbor 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

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time, I was four I had adult size anger seething inside me. Why was the world so painful when so much bliss exists?

Multi-dimensional experiences followed me from birth. I am grateful and blessed by almost continual transcendent awareness. I can't imagine how earth life must feel for someone who has no knowledge, no experience 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 reference point for the worlds I visited daily.

*If we are in a healed state of consciousness why aren't we in perfect health and harmony all the time?*

This question continues to intrigue me daily. 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 dangles seductively in front of me, leading from one clue to the next. I can never forget that the healed state exists and that beneath the chaos, illness, and darkness is 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 and Everyday Healing Consciousness

I live in the world of living energy. I follow the energy and not the human stories and dramas. Energy reveals truth, it can't lie. Living in the world of energy feels so much more real than surface interactions.

When I am engaged in this state of consciousness I feel whole and complete. I feel disconnected and dissociated, separated from my source, when I'm living a one-dimensional life. I need vibrant living energies springing infinitely from within to feel fully alive. My experience of the toroidal field within and around my being is my path to everyday healing consciousness.

### What is the Toroidal Field?

The toroidal field is a doughnut shaped dynamic field that includes the negative and positive poles as well as the energy that flows through them. It is essentially the living electro-magnetic field of life and consciousness.

*The earth itself vibrates as a resonance of 7.83Hz and better known as the "Schumann Resonance". When we are in toroidal consciousness we vibrate at 7.83 Hz and come into harmony with all that exists on earth and in the heavens.*

When the chakra system is fluid and balanced, when positive and negative, masculine and feminine are equal, the human biofield slips seamlessly into the toroidal dynamic and we become fully aware and present, in harmony with the cosmic universal flow of life. Polar opposites are harmonized and two become One.

### Grounding

Grounding my energy with the energy of Mother Earth is the single most important transformational energy practice I do.

Linking my energy through my feet and tail bone to the energy and love of Mother Earth connects me to deep relaxation, safety, and wisdom. It grounds me LOVE. The love of the Mother is infinite and all-embracing. Mother Earth is connected to the Universal Mother. She is my living feminine consciousness

and I recognize her as that. My own feminine consciousness is nothing, it's barely visible beyond the conditioned reality of my mind unless I'm enfolded in the greater Feminine. I trust her consciousness to guide mine, to penetrate and correct, to align and inform, teach, and enlighten, just as any Mother would her children. I am the child of Mother Earth and she is my first teacher.

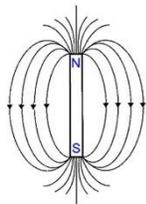
Through her generous outpouring of love, she teaches me about my Universal Father, the great light of being who impregnates all life and causes growth and expansion. She rises through me as a sparkling light, through my roots, my core, and my crown, fountaining up to receive the Universal Masculine into her/my being. We receive the activating current that enters my crown, core, and tail bone to merge in the greatest love embrace with Mother Earth. Through them I am reborn as my true being.

As my true being I enter the sacred realms of healing. I am the healed and the healer. My being becomes the original source of life and healing. It is at this point that I am a true healer, not before.

Science describes this sacred living love as the Torus, the form that embodies the flow of free cosmic energy.

### Free Cosmic Energy

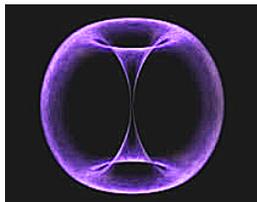
The toroidal field is a circuit of infinite free energy.



Electrical engineers are very familiar with the torus as frequency converters. One frequency goes in one end and a different one comes out the other side. A simple magnet shows the toroidal flow and how the two polarities of positive and negative harmonize to generate electricity and power. The same happens in our bodies. We are human magnets. We are alive because of the flow of positive and negative charges, it's what powers our entire physiology.

Toroidal energy fields exist around everything. People. Trees. Earth. Planets. The Sun. The Solar System. The Galaxy. The Universe. The Source.

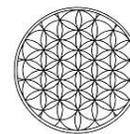
It is the oldest structure in existence and without it nothing could exist. The toroidal shape is like a donut but rather than having an empty central "hole", the torus folds in upon itself and all points along its surface converge together into a zero-dimensional point at the center called the Vertex.



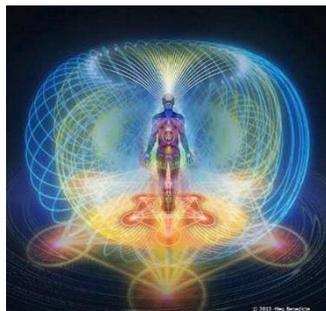
The torus might be the most perfect expression of consciousness. It is in a state of constant reciprocal flow thus re-informing itself and growing because of a continuous flow of new information. The torus renews itself in infinite reciprocity.

### The Golden Mean

When the torus folds back into itself it spirals in a way that embodies the golden mean ratio. The golden mean ratio expresses love, harmony and beauty in physical form. Nature is filled with examples of the beauty and secrets of this sacred number. The spiral of the sunflower, conch shell, pinecone, the branches on a tree and the musical scale.



Sacred geometry, architecture, and even sacred language is based on the golden mean ratio. The golden mean is the source of creation in geometric embodied form. The symbol of the Flower of Life which holds this secret in its overlapping circles has been found at sacred sites throughout the globe. Please refer to The Flower of Life books by Drunvalo Melchizadek for a deeper explanation.



### The Toroidal Field and Karma

This theme of reciprocal flow and reciprocity is so fundamental that we even see it in the tenets of religion and spirituality. From the Ten Commandments: Do unto others as you would do unto yourself, to the Hindu teaching on Karma, “what goes around comes around”. The law of reciprocity is the one law that exists in every spiritual and religious tradition. Ultimately the torus teaches us that polarities can harmonize and generate new life instead of creating conflict and destruction.

### Activating the Toroidal Field

One of the simple methods for awakening the toroidal field begins with grounding with Mother Earth. By opening sacred space and sinking our energetic roots into the earth we begin synchronizing our magnetic field with the toroidal flow of nature. This is our negative pole, the lower half of the body. While our thoughts, feelings and actions can take us out of right relationship with nature, Mother Earth is never out of alignment. She is always in a perfect toroidal flow.

Sinking our roots deeply through the energetic chakras in the middle of the sole of each foot we begin to release our tensions and false impressions of self. When we are cleared enough we feel a flow of light and magnetism arising from Mother Earth and running up through our entire body, clearing all that is illusion and not true self. When this flow reaches the crown chakra it fountains out around us leaving an empty space right in the middle where Father Sky enters and brings with him the energies of the cosmos, the positive pole.

When we align with Mother Earth, Father Sky, the sacred directions, and the elements we enter sacred space which awakens the living energies of the light axis, also referred to as the Hara Line. I prefer the term “light axis” because it describes both its function and structure. It is 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”.

The toroidal field and Merkabah consciousness is the same as the Seed of Life and the Flower of Life that Drunvalo Melchizedek brought to the world's awareness. The analogy of the seed and flower reflects the "living energies" of these dynamic states.

The seed holds, in a latent state, the life and purpose of the flower. The flower is the activated expression of the seed for all to see. Toroidal consciousness takes us into the seed of our being. All our chakras are in flow and all the latent information in our seed consciousness is activated as awareness. From the Kundalini in the root chakra to the divinity in the crown chakra, the full expression of our being is now able to come forward and we realize the truth and purpose of our life. Once we access this state of consciousness the next shift is to become the light of being in Merkabah consciousness where all states and dimensions are available to us.

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. I ground and I guide the client to ground their energy so we are both "plugged in". This insures that we use universal life energy instead of personal energy.

### Why is this important?

It is important because universal life energy is vastly more intelligent and in harmony with nature than we are in our mind-centered existence. When the mind and body are not grounded, we are subject to loss of energy resulting in fatigue and illness. Ungrounded electricity is erratic, unreliable, and subject to great inefficiency. The ungrounded human body is subject to the same principles. Our minds wander, our bodies become depleted and our emotions run amok. Any effort made in a non-grounded state ends up in a loss of energy that is very difficult to recoup basically contributing to confusion and chaos on all levels. Who needs more chaos and confusion in the world!

Grounding literally plugs our energy field back into the earth to be recharged by an infinite source. The greatest healing and access to our higher being is available in this state. Healing energies and consciousness are enervated in a way that aligns 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.

Starting from a state of grounding with Mother Earth and Father Sky allows the healing to take place on the client's terms and not the healers. When the client is aligned along their own axis everything they need for healing or to gain insight into situations becomes clear. It also insures that the client's healing takes place in alignment with the purpose of their life and it insures that the healer can't impose a personal objective or projection on the client. It protects both parties from sinking to a lower frequency in the healing session.

When the healer is in this grounded and expanded state they are protected and clear. Their truest being is present to the session and the ability to intuitively understand a client's situation is enhanced.

*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.

When I am in the toroidal consciousness the living energies inform me continuously. Living energies carry all information in a coded state that is continually evolving and refreshing. If an upgrade is needed it's right there in the moment helping me understand from a greater or deeper perspective. If I need to see or know something I will deepen my state of consciousness until it is revealed. The fluid toroidal state will guide me. It is also a source of universal physical energy, the battery for our body, that streams from the magnetic field of the earth. So when I'm grounded I am filling, not depleting, when working with clients.

### 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 Sherdil 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 necessary for me to find a way to tune into subtle energies. The meditation practices prescribed by my teacher 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 immaturely. 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. We become co-creators, collaborators in the great dance of life. Even when there is remarkable 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 proficiency to sit with someone who is telling you about all their problems and illnesses to know they are completely healed in your heart of hearts. It's easy to lose your concentration and be pulled into their own limited beliefs.

At the very beginning of a session I always pray silently for a complete and perfect healing. While I am sitting with a client I turn the healing over to their higher being who is in a perfectly healed state and I relate to the higher being instead of the personality. This helps me stay centered and in the living energies of light that always flow between the higher being and the client's body and identity. When I see with the eyes of my heart and my own higher being I am confident that all is in perfect flow and the most beneficial outcome is in process.

My purpose in healing is two-fold. I attune to a clear and pure vibration. I enter a heightened state and engage in ceremony, opening sacred space. The environment of sacred space allows beneficial outcomes for both the client, myself, and if I'm leading a group, it includes all the participants.

### 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 chose 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 it's 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 reading "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. You 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 your being inhabits, nothing else can. Therefore 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 you 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 I 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 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.

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. Therefore 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

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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.

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.

For further explanation:

Energetic Hygiene

Flowing energy field

Knowing you are safe and OK

Diet and Health

Vibrant Not exhausted

### 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. **BOUNDARIES, WOUNDEDNESS, WAY OF PROTECTING YOURSELF, PUTTING OUT FEELERS TO PROTECTS YOURSELF, ETC**

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

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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. (see Dr. Judith Orloff's book: The Empath's Survival Guide)

### 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.

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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.

### Personal Agenda

Do you care more about the outcome than the client? Check to see if you have a personal agenda that is guiding the session. Does your ego need a notch on your belt, have you honestly cleared to the best of your ability to allow the higher guidance to come through? Do you want to use the session to distract from your own uncomfortable life issues? Do you need money? It's easy to have shadow agendas secretly guide the session. This is like "needing to fix", but it takes that desire to a deeper level.

### 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, understanding 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.

Here is a list of further possible reasons why healers get sick.

1. Illness is a means of processing unconscious/subconscious issues and bringing them to light.
2. The healer's magnetism is weak
3. Illness will stop you dead in your tracks so that you are forced to take the time to listen to guidance if you have been too busy.
4. Experiencing illness will teach the lesson of empathy and humility as well as help you understand the healing process from the inside out.
5. Being ill may be the only time a healer feels deserving of down time, which points to a need for better self-care and honoring one's needs.
6. The stress of a being a healer may cause illness. Feeling too responsible, too invested, fear of ridicule, and being dismissed, or the fear of failure as perceived in your own or the client's eyes.
7. Illness may be caused by attacks rising from jealousy and anger or a variety of other shadow qualities. The new age world is rife with competition, status seeking, and poverty consciousness.
8. Any form of feeling like a victim leaves the healer vulnerable.
9. Spending too much time out-of-body and straining the subtle nervous system.
10. Cosmic reasons we don't understand can be the cause of illness and accidents.

### Living Authentically

How you live your life has everything to do with your healing practice.

*Living authentically is about bringing our thoughts, feelings and actions into resonance with our soul.*

I believe we as healers should be in a state of grounded free flowing vital energy and connected to our higher being while we are in session. If we live a life that generates heavy energy that clouds our perception, our ability to be clear channels, our ability to follow deeper guidance, we are compromising the session.

For me "living authentically" is not about being perfect. Nor is it about being in a heightened transpersonal state all of the time. You can have fun, enjoy life, lovingly accept yourself, and yet there is an added dimension that is lost on the less refined. It has something to do with learning to listen to the beyond, to balance intuition with reason, to honor all of life and not just the parts that are convenient. Achieving perfection is not the goal but acknowledging that life is not just a materialistic effort; there is meaning and inner presence to value.

How do we listen to our hearts if we haven't learned to cultivate our heart awareness in daily life? How do we honor and trust our intuition if we haven't proved its value in our daily lives? How do we learn patience and presence if we don't practice it in our daily lives? How will we learn to "do no harm" in a session if we don't practice it daily? How will we hear Mother Earth or Father Sky if we aren't in daily communication? If we haven't learned to be patient in life how will we patiently flow through a session following inner guidance?

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## An Authentic Practice

*Written in your bones* is a phrase that is used to describe mastery and authenticity. When something is written in your bones you know it so well that it is part of your being, it's become second nature.

When you know something this deeply, when it is *written in your bones*, there is an extra silent ingredient that radiates from your being. That ingredient is *power*. Your words, your presence, your very being exudes power and transmits healing, wisdom and light in every moment. You become a blessing, a power center of light and healing in the world. Transformation and expansion occurs in the presence of someone with power. On the spiritual path, there are many teachers but not that many with the power of the teachings *written in their bones*.

*You do not need to be saint or master to become this powerful, you need to master your art so deeply that it is written in your bones, then your power will radiate to the world.*

In my intuitive healing practice and in my life, I have honored this highly valued ethic close to 100%. I'll tell you why I can make this statement.

Sufi Sherdil Amin was the embodiment of truth and integrity. Because of this he was terrifying to be around when he was emanating his full power. I would feel in extreme detail the lack of truth and authenticity in my being when I was around him. He was not judging me, in fact he was also the embodiment of love and compassion. To feel both his love and his power I had to step up beyond victimhood, beyond self-pity and self-loathing to take in the gift of his being. So totally did I open to the transmission of his being that the measure of his integrity was internalized in my own being.

He taught us to never break a promise, to honor our word, speak the truth no matter what, always finish what we started, work, and support ourselves in the world, all along with being immersed in the teachings of the spiritual path.

What was the result of these practices? Our inner and outer being came into resonance, into harmony and deep peace. Our conscience was clear and our spirituality could not be bought, sold, or compromised by the seductive ways of the world.

So, I have a finely tuned truth meter within my heart thanks to what was passed on to me by a loving teacher. Until I learned that he was not judgmental I was very uncomfortable around him. But once I rose above my own insecurities I experienced the deepest purest love humans can feel. It was a transpersonal love, not personal, which is a very important point to make.

On a last note, if I mention something that is not *written in my bones* I let my audience or client know that I'm still learning about this subject. I know the power is not behind my words and will not pretend that it is.

## Elders

### Ancestors

Our ancestors, both biological and spiritual, have an impact on our here and now. Our lineage spans beyond time and space to include who has come before us and who comes after us. The river of life flows through us very specifically through our ancestral heritage.

Many traditions acknowledge and honor ancestors by erecting an ancestral altar. It is often tended to with an array of flowers, crystals, written notes, incense, water, herbs, photos, and candles. Studying the

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differing ways of honoring our ancestors always provides surprises and is often not what we as westerners expect.

Often there is a superstitious element to the ancestral altar that we want to avoid. Trying to protect yourself from negative influences in the lineage falls in the superstitious category. Understanding the lineage of ancestors and their influence on us goes much deeper than just protection.

If we lived in our country of origin instead of the melting pot of the world we might have a deeper connection to our biological ancestors. We would have known that our great, great, grandmother was the village midwife or herbalist and her knowledge would have been handed down to us through the generations. Instead you might find you have an affinity or attraction to herbal healing and not know that you come by it honestly because we have been cut off from our heritage. Your training and feeling of being included in a wisdom tradition that was part of the family lineage was aborted by the migrations to America that started in the 1600's. Ultimately the wisdom returns but our generation has had to work hard to unearth it, digging it up from the deep unconscious realms and returning it to its rightful place in our lives.

Sometimes we have lineage issues that create problems for us. There are many ways to clear these influences. From shamanic ceremonies to exorcisms, the tradition determines the process. I have learned several different strategies for clearing ancestral influences that are not in the scope of this book. But I can recommend an approach to the topic.

I approach ancestral communication from a heightened state of awareness. I don't allow my personal mind to influence the interaction with fear and anxiety. When I am in a heightened state the light beings help us navigate the relationship in love and wisdom. I find that if I approach it as a banishment I get into a polar dynamic of good and bad that carries lots of judgement and fear. Instead the light directs us into the most optimal resolution and blessing. Even when ancestors appear to be haunting us or interfering with our lives in negative ways I avoid the "banishment" model.

I look at the influence as a miasma, a constellation of heavy energy that is not personal. Instead of taking it personally I see it as an energy form that does not resonate with my higher self. A miasma is defined as something that pollutes. It is an energy that you would consider negative. Once I am in a heightened state of consciousness and aligned with the greater love and wisdom I invite the miasma to find its own rightful place in the light. This is only one suggestion; the situation might call for something else and you should call upon trained practitioners to help with more complex situations.

#### **Ancestral Transmission of Wisdom: 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 but he did have a special feeling for me as his first grandchild. My mother assured me that when I was born he rushed into the operating room overjoyed with my birth. Most of the time he was busy working or sitting, eyes closed, in his big overstuffed living room chair deeply immersed in the classical music on the radio or record player.

Grandpa Albert was known as the best diagnostician in the area. When a case stumped one of his colleagues they were sent to Dr. Albert Loveman. Within a minute, Grandpa Albert pinpointed the diagnosis. I don't believe he thought of himself as intuitive, just very gifted. I'll never actually know. Today he would be called a medical intuitive.

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My cousin Hope, the granddaughter of his sister, is also an intuitive healer. She and I were close growing up and remain sisters in spirit to this day. Our ancestry brought us together and our commitment to the healing path keeps our heart connection alive. Our daughters also carry on the healing tradition in our lineage. As teachers, counselors, and artists, our daughters (5 total, 3 of hers and 2 of mine) integrate their intuitive insight and healing radiance consciously and seamlessly into their respective professions.

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 became an energy doctor, the future version of our family's healing legacy.

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## Part Two: Professional and Energetic Guidelines

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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

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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 expert 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 was 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.

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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. Enter sacred space for the session.

If I forget to enter sacred space I am limited to my personal impressions. Opening sacred space allows the higher being, the angelic and light realms of both the client and practitioner to engage in the session. This is where intuition becomes transpersonal instead of personal. When I forget to do this, the session feels dead and arduous. It's not inspiring or light hearted. I may say things that are not helpful and filter through my projections and triggers. I can't believe that I can still sometimes forget to do this. It's as if I'm distracted before the session and I can't get my bearings. This has become a red flag for me. I realize I must be influenced by the upcoming client's confusion and anxiety or another unseen

influence. Sometimes the second client's energy leaks into the first client of the day. When I relax and become present through grounding with the client, I'll finally remember to open and enter sacred space. Preferably this is done prior to the session!

**2. 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.

**3. 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.

**4. 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 over-involved I couldn't even see the health issues that I needed to see to help inform their healing path. This was so unconscious that I didn't realize I was doing it until I did.

**5. 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, then we are also included. I always say, "Does the sun shine on just one person or on everyone?".

**6. 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!

**7. 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.

**8. 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)

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

Clients can 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.

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

I start every session in a clear, light filled, higher frequency state. 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. I can honestly say that this is true 100% of the time.

**11. 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. Try not to over-inflate or under-inflate your relationship to the client and the healing experience. I find that being humble, grateful and acknowledging the higher frequency guidance helps me stay in right relationship to the healing energies. It is always the client's higher self that is engaged in the healing, not you. To me, healers are facilitators. We are midwives for the birth of a new, true being after each healing session.

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.

**12. 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.

**13. 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.

**14. Clear your space energetically.**

I like my space physically 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. It's also equally important to clear your space of heavy energies almost daily.

Any and all of the following help: light a candle, smudge, have an altar, open windows, have a bowl of clean water, ask your crystals and helping spirits to also help. If you are a Reiki practitioner, use the symbols you were taught to clear a room. There are many ways to clear a space, use any that feel aligned with you but do attend to it.

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. Heavy energies are darker, chaotic, and create confusion that pervades the space and everyone in it.

**15. 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 "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.

**16. 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, it will be addressed in some form or another during the session.

**17. 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 too, 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. It is then that their true intention for the session becomes clear. It may be totally different than the intention they had upon arrival but paradoxically, setting an initial intention leads to the deeper intention.

Or if the initial intention seems a little confused I'll help the client find their intention for the session by asking a few questions and engaging in a short conversation. This helps orient the session to the deeper soul level where a more profound healing may occur.

**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, we engage in further conversation, sensing the subtle energy of the intention, and or spending quiet time to contemplate the new insight. Ultimately you want the client to feel heard and understand that the session truly addressed their initial intention.

Just to let you know, this doesn't always work. I've had clients leave a session and feel like they didn't get what they came for and dismiss it as a waste of time and money. More often than not they do understand the upgraded intention. Or, I'll hear from them years later and they'll say, "you know, you were right on"! This usually happens when they want to schedule another session!

#### **18. 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.

#### **19. 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. Healing is unlimited.**

Healing is not earned or limited by anything a person does, says or believes in. It's not limited by past lives, future lives, or current life. It's abundant, all-pervading, fully available, and free.

### **2. 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.

### **3. 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 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.

### **4. Energy clearing and balancing of the root chakra reveals root issues.**

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 it 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 discovery mode. I'm searching for root issues and sharing the information with 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.

#### **5. Many 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.

See what happens when the client grounds and brings the first three chakras into flow and balance. A lot of information is revealed at this point. Just like a building must sit straight and square on a foundation so the upper floors are aligned, so does our life and psyche depend upon the first three chakras to align our life. The first, second and third chakras are the three most connected to earth, body, and action. They are also the three that hold deep shadow issues that are hidden when mind and body are dissociated.

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. Illness, relationship issues, accidents, reproductive issues, even issues with upper body parts are sourced in the first three chakras. Unless the issues were created by past life conditions, attachments and entities, miasmas, or spiritual trauma, the root of most issues will be found in the first, second or third chakra. By grounding with Mother Earth, the first chakra reconnects to the love of Mother Earth and Father Sky, the living cosmic energies, and the seed of their being. The seed provides the codes to unwind the issues and balance the energies. The love creates a safe womb for deep clearing and balancing.

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.

#### **6. You can speak directly with the client's body.**

Those who work with their hands directly on or around the client's body receive direct communication from the body. This is the most trustworthy information you will get. The body doesn't lie.

If you work at a distance you will need to find a way to connect directly with the client's body to hear the healing messages it is trying to convey. This may involve some forms of extra sensory perception such as clairvoyant vision, hearing, or your intuition.

I find that if I state aloud to the client: *"I am going to speak directly to your body now, please don't try to listen with your mind, listen with your felt sense, your body sense,"* the client will shift from the mind to their body sense and allow the communication to happen. The experience is very different than listening with the mind. Often the client will feel the words go directly into their body and feel a shift. If they don't feel anything ask them to trust your process and see what effects there are after the session.

## **7. The name of your guide(s) is not that important.**

This is a sensitive subject in the world of healing and spiritual guidance. The name of your guide(s) is not as important as the guidance provided.

Guidance is a form of knowing that is beyond time and space, beyond the rational logical thought process.

Guides are the beings who deliver the messages or content. Often just their presence IS the message. In other words, their presence conveys more than words, they convey a transformational presence that changes how we think, act and believe.

Many healers feel pressure to have a name for the guides who are present in their healing sessions. The spirit of guidance is an unlimited stream of wisdom available to everyone everywhere. Where intuitive guidance comes from is revealed to each person who receives the guidance. Yet, much of how we know reliable intuitive information still remains unknown.

For all we know we may be attributing the intuitive information or healing frequencies that arise from the Oneness of our own being to an outside source that we name Christ, Mary, Metatron, or the Pleiadeans. No doubt, you are tapping into a vast resource of wisdom and higher frequency energy when you are working with your clients and the name of their guide is less important than the guidance and healing you provide.

At the beginning of my career I felt bad that I couldn't provide the names of guides to clients. People were throwing around the names of guides as a status symbol of their elevated spiritual status. **Mother Mary, Jesus, Moses, or Metatron is my guide so I must be very special, was the implication.** This was distasteful to me because I honor and respect the vast spirit of guidance that connects all of life. It made me cringe to hear these great beings reduced to status symbols.

A few times I have been able to provide the name of a guide because I am clearly told their name. I work with the higher being of the client and the information that is provided in a session comes from the client's higher being. Sometimes a guide, archangel, a relative who has passed over, or another type of higher dimension teacher appears and is instrumental in

the healing and guidance but I hesitate to name them unless it is very clear to me who they are. But most of the time I see “guidance” in the form of light, hear messages, and intuitively know information from what I call “the spirit of guidance”.

**8. Never blame the client for creating their illness or situation.**

Blame is not healing; love and understanding are. Shaming in the new age world has taken on enormous proportions. The concept of “you are the creator of your reality” has been misinterpreted and co-opted in a less than evolved way. Our ability to create our own reality is real, yes, but it doesn’t mean we don’t have issues. Creating our own reality is not just another form of controlling our lives. It’s a much deeper concept that reaches into an understanding of cosmic consciousness. Many people have very strong minds and can bend reality to their mental images and desires, but this is not the highest spiritual interpretation of the teaching.

A higher perspective would have us be co-creators or participants in creating reality. Not “my” reality or “your” reality, but reality itself. It’s really a cosmological subject. The materialists among us have grabbed onto this for materialistic or personal gain without the maturity to understand what they are doing.

As someone who has been overweight, seriously ill, or injured at various times in my life I have come under the shaming and blaming of my colleagues in the healing community. It’s a horrible feeling to be judged so severely, with so little understanding and compassion.

Clients can also judge harshly and take out their issues on you. (see Appendix ). A client called to make an appointment and could hear over the phone that I had a cold. She abruptly told me that healer’s should not get sick and that I must not be a very good healer and hung up.

I find that when I am in my deepest, most connected state with Mother Earth and Father Sky, the roots of issues go way beyond a person creating their own problems. Shaming and blaming create more heavy energy and don’t contribute to health and well-being. Shame and blame are so common in our culture that we think it’s “normal”. We live with an expectation of shame and blame and are continuously bracing, waiting for the next instance. How insane is it to go to a healer and receive the same treatment that may have taken you there!

**9. Curing and Healing are different.**

Curing removes all symptoms and restores health. Healing may or may not restore health, it inspires growth and well-being, heart centered living, and peace and acceptance. You can certainly help someone heal, if they are open. But can you promise to cure?

I start every session with a prayer for total healing and curing. My being aches for both to occur. Then I am open to what unfolds.

**10. 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 had lost my grounding and found myself taking on the client's energy. Only much later, when I wasn't feeling well or 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.

#### **11. If you find yourself working too hard, pause and ask yourself "why?"**

Many clients will try to get you to do their work for them. When I wasn't aware I had 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 felt an obligation to heal them just because I could. 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.

#### **12. 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.

### **13. Get over your need for approval and recognition.**

The need for approval and recognition is natural for anyone, no matter what profession they are in. But, it's even harder to get recognition and approval in a profession that deals with the invisible.

Of course I was insecure, entering a profession that was readily ridiculed and discredited in the early 1970's. I thought that if I got a license in therapeutic massage, it would give some validity to my work, but massage was considered an iffy profession as well. It was associated more with the sex trade than with the medical profession, as it is today.

I often felt at a loss for a community and for some kind of recognition that my work was real. My healing work was subtle and sometimes a client didn't see a result until later, beyond the session, or when they had confirmation from a medical professional. I recorded the sessions so we could go back and match the results with feedback from medical tests.

Having a need for approval led me to overextend, work too hard, undercharge, and try to fit in. I spent many years hiding and trying to appear normal so I wouldn't be labeled as crazy or "woo-woo". I made the effort to look like a normal suburban mother, volunteering for the PTO, baking brownies for the fund raisers, and dressing in the latest fashions from the local mall. Inside I felt like a light filled goddess with wings and with angels surrounding me.

This was not the first time I experienced being on the "fringe" of society. I chose the path of an artist, another fringe profession that often needed defending from materialistic thinkers. At some point I gave up defending and learned acceptance. Hiding didn't work, I was labeled, I was ostracized, and rarely was I recognized.

The more I let go of the need for approval the more comfortable I felt and the more acceptance I experienced. Approval came from self-love and self-acceptance. It was an inside job and I'm grateful I went through the years of anguish to learn the lesson.

### **14. Be comfortable with silence.**

I learned to be comfortable with silence when I discovered that 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 would be quiet for a few minutes to tune in more deeply and then relaxed into a deep silence, trusting that this would 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!

### **15. 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.

**16. 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.

**17. 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 your full 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 that I have lost my grounding and alignment with higher healing frequencies.

**18. 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 also when I remote view into 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 by 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.

### **19. Insight, Inspiration and Gut Feelings**

#### **20. 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 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.

#### **21. 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 to please was a heavy energy overlaying the session.

#### **22. 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:*

1. Impatient and always in a crisis or emergency
2. Having unrealistic expectations
3. Needy –not respecting your time, energy, or payment schedule

4. Always asking for a discount or making their financial issues yours
5. Invasive and impatient
6. Using a spiritual session to deal with an issue that would be better served with a therapist.
7. Tending to blame others and are unable to take responsibility
8. 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. Can be patient
- i. Can be open

### **23. 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 re-direct my energy, check my grounding, was I overinvolved, missing something?

### **24. 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!

## **25. 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.

## **26. Beware of Authority, Mother, Father issues.**

This is one of the most difficult entries of all for me. I have powerful mother/grandmother energy and I seem to broadcast this frequency in all directions! I love mother/grandmother energy, I love loving, but it turns sour when clients unconsciously project their authority, mother and father issues towards me.

I'm assuming this is an issue for a lot of healers because we don't have a lot of formal training programs that bridge the gap between being a therapist and a healer. Healers and therapists seem to exist on a continuum with the minister, teacher, doctor, and boss roles in our society. The intimacy of a healing session can trigger any issues related to these roles and a healer can be blindsided by them.

Unless you are trained as a therapist or have received some type of therapeutic training in dealing with authority, mother and father issues in your clients, you'll need to be aware of these projections when they crop up.

I've made so many mistakes in this area because of my unbridled desire to fix and heal, to be all things to everyone. When clients unconsciously see me as the mother and I am unable to provide the all-encompassing love of a mother, they get angry when I put up boundaries and guide them towards leaning into self-responsibility. If they are in "victim" mode," I become that person they blame. If they have unresolved anger, it's aimed at me.

For years, I suffered the indignities of the unconscious emotional ammo headed my way, believing that was the saintly thing to do. As sensitive as I am, I could feel the heavy, sharply-pointed emotional energies invade my body, my home, and my relationships. I worked in my dreams, light meditations, with Mother Earth and Father Sky, in every free moment I had, clearing the heavy energies of these confusing relationships. I believed I could transform the energies, that I could bring light to the situation. I would work the situation until we worked through the issues. It was exhausting.

In the end, it was “my thing”, “not the clients”!

I finally realized that I needed to draw a line for myself, to value my unique style of intuitive therapy and recognize my own limitations. Instead of getting into long email chains or phone calls trying to smooth things out, I now go within and return to the place of knowing that these are projections, they are not personal, nor are they mine to deal with. My own personal clarity sets the tone for the underlying energetic clarity from which I can then speak kindly, clearly, and firmly.

When I’m teaching, the authority role seems to get triggered in many students. They want to compete with me, teach the class, buddy up to me to appear as a colleague and not a student. Outside of class they claim the teachings as their own, pre-maturely promise outcomes they are not ready to provide, perceive corrections as insults or demeaning statements, and basically are unable to take responsibility for their authority issues.

Projected authority issues reflect inner authority and confidence issues. Instead of creating conflict, I approach the situation by guiding the student in taking back their power and standing in their own unique being. Overcoming the resistance to taking back power is then in the hands of the client, not mine. They still may resist my authority as the teacher they chose to learn from and in that case, I make it clear that I won’t tolerate the disturbance in the class.

## **27. Be a grounded listener.**

Your grounded light and healing consciousness is a gift. Giving your full awareness to 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.

## **28. 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.

## **29. Some clients are afraid of transparency.**

Knowing someone can read your mind, see into your body or sense your energy makes most people uneasy. They are used to hiding, keeping secrets, masking emotions, and telling little lies and big lies. There seems to be an unspoken agreement in our culture that this is OK.

When your clients learn that you can pick up the silent unspoken thoughts, feelings, and memories, they may feel too vulnerable and become defensive in ways you can't even imagine. They may never come back for another appointment. They may tell others they had a terrible experience. They may get angry and demand their money back. They may curl up in a ball on the chair because they feel triggered or reminded of other invasive past experiences such as sexual or physical abuse. Or they may get sick and leave worse than when they walked in.

When we learn the benefits of being transparent with our self, we can appreciate the delicacy with which to approach another's sensitivity to it. I thought that if someone came to me to explore underlying causes of symptoms they would be open to whatever we discovered. But this wasn't the case. Therefore, I go layer by layer, slowly, gauging the client's ability to absorb and integrate the information and energy in every session.

### **Discovering Transparency, the Hard Way**

I remember the first time I sat in front of my teacher, an enlightened meditation master. He could read every thought and feeling. Not only that, he could see my entire past life history, my current life history and even some of my future. Nothing was hidden from the eyes of his heart. He was not probing, it was just evident to him. As a spiritual counselor, his spiritual vision encompassed all of me, the shadow as well as the light. This is the role of a spiritual teacher, to hold a clear mirror in which you see the truth of your being. What you see is what you project. When you get to the point where all you see is love, then the teacher's job is done.

I couldn't imagine that he was coming from a place of deep love and compassion. I didn't have anything to compare the experience to except when I felt exposed by someone who betrayed my confidence. I had not reached that level of honesty and transparency with myself so being around him made me feel very uncomfortable. My conscience was not clear, because I was not being as honest with myself and my feelings as was necessary for a student on the spiritual path. It was a feeling of vulnerability and extreme exposure and it was frightening.

But I didn't flee. The scent of truth wafting from my teacher tantalized me. My desire to know overpowered my fear. I followed that scent like a bloodhound hunting for the kill. I wanted to know truth with every cell in my being. I sat defiantly in front of him, angry that he had something I wanted. I knew he couldn't just give it to me, I had to earn it. He helped me find it for myself, but it came at a big cost. I had to give up my ignorance, attachments, illusions and lies.

I learned that seeking truth is an illusion, that when on the spiritual path, you become truth. This includes recapitulating your entire life until you reach a level of compassion and forgiveness for yourself and others that clears the shame and blame, heals the deepest, darkest feelings and leaves you with nothing to hide. When you reach this state of realization, you have no shadows to dim your radiance, no obstacles to seeing truth wherever you look.

### **30. Some clients are afraid of psychic invasion.**

One day in 1975, due to unforeseen circumstances, I found myself hitchhiking in Big Sur, California. I was on a dirt road surrounded by artichoke farms and very few cars came by. Thankfully it was a pleasant sunny day and no matter how challenging the circumstances that put me in this situation were, I had to move forward.

A big white van came down the dusty road and stopped. I opened the door to speak to the man driving and saw the entire van filled with lettuce. He was taking a load of lettuce back to a food coop in San Francisco. He invited me to get in and I did. Oddly enough I trusted him and figured the lettuce between the seats was good protection.

We had a very pleasant conversation. It turned out we had a lot in common. We were both photographers and we each had studied with the great photographer, Ansel Adams. After a

while we just sat silently while he drove along the highway. At some point, I noticed a voice in my head. It was asking if I would like to stop for lunch. Without hesitation, I silently answered “yes”. He continued to speak to me as if he was inside my mind, without uttering a word aloud. It was amazing and I didn’t even wonder why this was even possible. We stopped at a beautiful restaurant just off the highway and he treated me to a healing view of the ocean and a great lunch.

It was at lunch that I learned more about this fascinating gentleman. He was a member of the Stanford Research Institute and one of the trainers for the remote viewing program sponsored by the US military. I had never heard of remote viewing but I had enough spiritual background to understand it and be intrigued.

I will call this person “Jim”, which is not his real name. Jim had developed his mental telepathy powers to the point of remote viewing anywhere and anyone in the world. Slipping into the mind of a person sitting right next to him was nothing. His clarity and mastery was so astounding that even my mind became clear enough to hear his thoughts.

Now this is not an ordinary experience. Speaking through ESP to another person for hours is not normal or usual. But it did teach me a few things:

1. Nothing is outside of a good remote viewer’s psychic reach. Files, thoughts, secret plans, military installations, or lost people. If a remote viewer wants to listen in on secret military plans, they can. If they want to influence someone’s thoughts, they can.
2. Non-ordinary perception is something we all are capable of learning and probably should learn. It would teach us all transparency and the value of honesty, truth and the absolute reality of Oneness.
3. It would also teach us to support each other and appreciate the value of collaboration instead of competition.
4. I now knew I had the capacity to communicate non-locally and it led to my developing my skills as a medical intuitive. A medical intuitive is basically a remote viewer of the body.
5. I was very lucky that Jim was an honorable man. He could have manipulated my mind to get complete control of what I was thinking if he wanted to. This gave me a deep appreciation of the ethics that need to be developed if and when this becomes a common way of communicating. Invading someone’s mind is a BIG DEAL and we should respect the boundaries

Near the end of the ride, Jim took me to SRI and showed me around. Then he took me and dropped me off at my home and wished me well.

### **31. Take energy vacations.**

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 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. It requires a lot of compassionate self-care. Your being is the medium through which all 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.

### **32. 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 in one 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 artificially 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.

My guides have gotten familiar with the way I like to work and they show up on time and end the session on time. It's amazing to see how clear and cooperative they are about my select time frames. Most of the time they bring the session to a close at the scheduled ending time and are always there when it's time to start!

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 guides indicate that the session needs to go a little longer I will inform the client and get their consent for extending the session and paying for the overtime. 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.

### **33. 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 when I set 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.

### **34. It takes many years to learn the nuances of the world healing and subtle energies.**

Go easy and go slow. Take in all the lessons that present themselves with each session.

Each client is a mirror and a teacher in some way. Aim first for being grounded and clear. The rest will follow.

Yes, you are holding someone’s being in the delicate, intimate radiant light of your heart, they are trusting you to be kind, wise and healing, and yet, you are human, we all are. We can’t escape the fact that we are human and we are all learning, the client as well as you. Make friends with Mother Earth, listen to Father Sky, honor all living beings.

The healer’s path can be strenuous and effortless at the same time. Sculpting the clear channel out of the denseness of ignorance takes sustained effort and commitment. Allowing the higher frequencies to mold us into pure vital life and love requires the deepest surrender and love of humanity. Facing the unknown fearlessly or in fear takes

courage and faith. Patience is your friend; Mother Earth is your most devoted teacher and Father Sky is protecting you every moment. You are blessed to walk the path of the healer, gratitude is your saving grace.

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## Marketing and Promotion

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Pray to Grandmother Spider for guidance in marketing. She is the original mystical native web builder. Since so much of today's marketing is done via social media and the "web" it is important to understand how to align your marketing efforts with your high frequency healing energies.

Grandmother Spider 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 Grandmother 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 healing services that reflect your authenticity, integrity and 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. They know that the more they practice and train, the

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better they get. They can't blame it on anyone else, the responsibility lies within. The more you practice the more you hone your art.

### **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 help 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 lifetime 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. She had many reasons for suggesting this. She felt that I contributed as much in a session that she did as a therapist. She valued

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what I did and so should I. She also didn't want me to charge less than a therapist so that clients who needed therapy would not turn to intuitive healing as a substitute for therapy because it was "cheaper".

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.

### [In Tune with the Sun, Moon, and Seasons](#)

When I sit down to plan my schedule for the year, I print out a Moon Phase Calendar and a Mercury Retrograde Calendar for the year. My goal is to be aware and in harmony with the cycles of nature but to also listen to my intuition. It's a partnership that involves inner communication and guidance. Learning to be flexible and not rigid is important because sometimes we are in a cycle that may be more cosmic or unknowns may come into play. There may be stronger astrological influences in your chart that override the lunar phases.

The general rule of thumb I learned from my teacher Sherdil Amin was to begin an outward expression such as beginning a business, marketing, influencing, etc on the crescent moon. These are days 4, 5, & 6 of the rising moon phase. The full moon is a time for meditating on the inner worlds, and the waning phase is for more permanent ventures such as moving into a new home.

I happen to love Mercury retrograde. I see it as a chance to catch up with anything I've missed or overlooked in the past three months and to get organized. If I have communication or tech glitches, I don't panic, I look at it as revealing what has been hidden from my awareness such as a loose wire or broken hose and give thanks that it was revealed. I wish the entire world would pay attention to Mercury Retrograde, use it as a time to pause, review and catch mistakes, and then move on with confidence instead of ramming through life without pausing.

Many traditions have different recommendations for staying in tune with the natural cycles, please follow the one that speaks to your soul.

### [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 challenging 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 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 to 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 separate 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 of the financial bottom line.

Money and spiritual healing were always kept separate so that 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. I was naturally oriented towards fringe professions. But my first career was as an artist and teaching art at the university level. Being a healer was 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 private 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 bear 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 bring me back. I saw them tilting the table so the blood would rush to my head, yelling codes to get help, and the sweat forming on the doctor's brow. I turned away from the noise and commotion 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, 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

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operating room. I was in a state of shock and awe. I fell blissfully asleep and woke up hours later in horrible pain.

### My Business Plan was on a “Need to Know Basis”

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 is how I run my healing arts business. [\(add more here\)](#)

*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. Healing energy is all-pervading.
8. Patience reveals purpose and direction.
9. Reciprocity is the path to balance and harmony.
10. Living energies guide me to be in right relationship to all that exists.

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.

Traditional spiritual teachings tell us that to accept payment for healing and spiritual service degrades the practitioner and the service. Therefore, the term "offering", "donation" or "membership" is often associated with religious institutions. Money is viewed as *impure* and not to be associated with the purity of the divine. Service from the heart, with no expectation of payment, is considered the highest form of action. My spiritual tradition subscribed to this belief and my teacher never charged for his guidance, teaching or healing.

When I was thrust into the medical intuitive profession, accepting payment for my services created extreme stress. I loathed myself for accepting money and yet I had two daughters to support. Each night I begged for guidance on how to be in the world but not of it, how to support my children and still be accessible to those who could not afford to pay.

I struggled with this for years. My teacher had passed on, the world was changing. It was the early nineties and the energy healing profession was still in its infancy. It was not an easy time. I was called many names, *phony*, *trickster*, *huckster*. Friends and family dismissed my work openly, criticizing without hesitation, mocking, and belittling me. I was rejected and considered "weird" and "woo-woo" in the community. My self-esteem and faith were challenged. Thankfully I am not someone who gives up. The light of this path kept calling and I kept answering.

My medical intuitive practice was recognized by therapists and doctors who truly wanted their clients to get better, no matter what. They overcame their uncertainty and negative attitudes about "psychics" and sent their clients to me for help.

It was one of the therapists that sat me down and straightened me out about payment for services.

She made three points:

- 1) You are being paid for the skills your skills and the time it took to be trained. You are not charging for healing, you can't guarantee healing or guidance, you can only guarantee that you will show up as a professional would.
- 2) She also said, "If you want medical professionals to refer their patients to you, you'll need to charge as much as they do. If you do it for free they won't send people to you because they'll be afraid they'll lose their patients to you."
- 3) Lastly, she advised me to act "professionally" to lend dignity and credibility to work that might be outside of the client's credibility range. You will be helping others bring this work into the world. It is professional to charge for services rendered.

I listened to her and to my intuition and came up with fees that reflected my professional skills. I also created criteria for sliding scale fees and tithing for those who could not afford all or part of the fee. As the years went on I was intuitively guided about increasing my fees. Often clients

would write a check for more than the fee and if this happened several times in a row I knew it was time to increase it. Other times I would have dreams or certain numbers kept repeating in relationship to my fees.

This has been a journey of learning self-respect and respect for the world of spirit and money. I had to clean up my act around money and scarcity consciousness. I had to learn to receive, to appreciate reciprocity, to feel worthy.

If I found myself devaluing my work, which also reflected the work of spirit, I cleared and re-centered. I had to value and respect the world that was unseen by others but that was very real to me. So many have benefited from the healings, guidance and teachings channeled through me that I no longer doubt its substance and significance.

A new paradigm for healing and consciousness is emerging and I feel like I'm navigating a continually moving ground beneath my feet. Science and spirit have now met and support each other in the quantum and holographic world. Consciousness around money and finances is changing quickly too. I think in terms of "optimal outcomes" for all involved in any transaction, personal or professional. This allows me to shift with the changing times and build resiliency into my practice.

## **2. Do both energetic and 3D marketing.**

- a. Energetic marketing is about frequency and living energies. Your practice will reflect the frequency you bring to it. When you are a healer you deal with high frequency living energies, these are the energies that restore our balance and bring our body, heart and soul into right relationship, and also open us to healing. You know what this frequency feels like and it's probably the reason you love healing so much. You feel vital, light and inspired. It's up to you to bring these inspired living energies to the administrative and financial aspects of your business too. It doesn't make sense to be in so inspired and alive in one part of your business and vibrating off old scarcity programs in other aspects. If you aren't up to this then you should get a business, marketing, and administrative support staff to help you run your business.

If you are the sole proprietor of your business, then you are the one who sets the frequency. My experience has been that when I am running clear, living light energy through me then that energy radiates out into the world and returns to me as guidance, creativity, inspiration, and opportunity. My practice unfolds before me and has a sense of benevolence and reciprocity that people can feel. They can feel the integrity. I'm not trying to "hook" or "manipulate" them, I'm genuinely sending out a signal that attracts clients that will benefit from my services and that will fulfill my purpose as too. It's a win-win. It's an intuitive way to run a business. You won't learn this in Marketing 101, but this way insures that your business is founded on spiritual principles that maintain your integrity and conscience. It's an emerging business paradigm.

It forces you to look deeper, examine your values, keep a field of living energy vibrating around and through you, and ultimately generates your unique expression as healer. Every aspect of your business radiates healing while still being profitable.

I just spent time consulting with a client who is setting up her first healing practice. She was very despondent that her practice wasn't growing as fast as she hoped. She spent time and money setting up her office and purchasing equipment but was angry that she wasn't making money yet. *Once I explained to her that money wasn't the bottom line but that frequency was, her heart opened and she got it!*

*Frequency is the bottom line, not money.*

Spend time meditating and feeling out the energetic frequency you want to radiate throughout your practice. Feel it deeply and do whatever you need to do to remind yourself of the frequency when you aren't feeling it. Vision boards, altars, crystals, journaling, all help to remind you of the living, healing, light you want to bring to your practice. Create an altar or set your intention for your practice on the new moon cycle so you have the power of moon supporting you.

From a shamanic perspective, ceremony with the spirit of the land where your office resides is an important aspect of energetic marketing. Attending to the relationship you have with the land, the nature spirits, the directions, and the elements enfolds your practice within the greater cosmic Oneness. You'd be surprised how much support you receive from nature when you develop a reciprocal and honoring living relationship.

The nature spirits and Mother Earth are my teachers now. They guide my sessions, bring in the light and frequencies that are needed in each session and keep me grounded and out of the way! If I need to change or adjust something I receive the inspiration I need.

### **3. Energetic Marketing**

- a. Remember your practice is based in Love.
- b. Daily energy clearing practice
- c. Light list
- d. Set intentions for practice
- e. Keep your life clean and clear energetically
- f. Honor Mother Earth, Father Sky, the nature spirits where my practice resides, the elements and the directions.

### **4. 3-D 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 or another audio editing program if you intend to edit any audio recordings.
  - vii. Learn to post videos on YouTube.
  - viii. Learn about Google key words.
- c. Write up the equivalent of a brochure or an actual brochure.**

- i. Services
  - ii. Location
  - iii. Fees
  - iv. How to set up an appointment
  - v. Philosophy
  - vi. Education and training
  - vii. Bio
- d. Decide where and how you want to work, phone, computer, in person, office space, hours.**
- e. Check with an accountant about the type of entity your business will be, LLC, sole proprietorship, corporation?**
- f. Get business insurance---for on-site, practice, and off-site**

Insurance Coverage I have two types of insurance: one to cover my actual sessions and one for my home and teaching outside of the home.

[Here is a link to the American Holistic Massage Association](#) where you can get insurance coverage for an energy based healing practice. Yoga teachers, Reiki, all of the energy modalities in addition to massage therapy can get coverage through this organization. If you are in practice, having insurance coverage is something you should consider. I also have coverage through my homeowner's insurance for anyone coming to my house, for when I travel to teach and for other sites outside the home when I teach or practice.

- g. Be fiscally responsible: plan and budget for your dreams and goals**

Create a budget for the equipment you need: massage tables, lights, computers, crystals, rent, chairs, desks, phones, file cabinets, yoga mats, water dispenser, and any other tools you need to maintain your practice. Don't be surprised by the budget, be fiscally responsible. You are in business now and need to plan your income and expenditures in a way that supports your life style.

- h. Clear and clean your space regularly**

- i. Setting Fees**

Your fee reflects many factors.

- 1) **Experience**—Do you consider yourself a beginner, intermediate, or advanced practitioner?
- 2) **Self-Worth**—How do you value yourself? Are you able to charge fairly for what you offer without feeling guilty, afraid of losing or having no clients, or limited by scarcity core feelings?
- 3) **Education**—Have you invested in professional education and committed to attaining a professional level in your mode of healing?
- 4) **Intuitive Guidance**—What does your intuition guide you to charge?
- 5) **Environment**—How are comparable practitioners charging in your area?
- 6) **Budget**—Having a budget that covers your actual cost of doing business is very important. Healers tend to overlook actual costs that may not face to face client time, but real time invested in maintaining the business.

Consider that your fees will change over time, that you will be guided to raise your fees as you feel more comfortable and knowledgeable with all of these factors.

Also consider that the way you interface with clients may not be on a week-to-week basis. Your sessions may be spaced out monthly, weekly, or yearly or on an “as needed” basis. Some healers offer packages that provide a reduction in the fee for purchasing a certain amount of sessions ahead of time.

**j. Determine how or if you want to offer services to those who can't afford them.**

I used to do a certain number of sessions for free for those who couldn't afford them or I offered a payment schedule where they could pay in installments that we determined together.

My sessions are very deep and transformational when the client is very invested in the session and is willing to pay the set fee. I've seen a pattern when I succumb to a client's scarcity program and either reduce my fee or give them extra time. Often the client feels like I didn't do what they wanted or needed, they bad mouthed me to other people, refused to pay what we agreed upon because they felt the session didn't fix them immediately. For many reasons, based upon experience, I've learned to stay firm in my set fee and only after strong intuitive guidance, adjust a fee or time frame per the request of the client.

Individual sessions, retreats, classes, and the free audio recordings on my web site offer clients different points for 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. Utilize social media.**

If you need more exposure, if you have information to share, use social media to help you get it out there. I'm not really qualified to speak a lot about using social media because my practice grew at a time when it didn't exist. But if you are social media savvy or want to hire someone to market you through social media, then by all means try it!

**6. Get the word out through speaking appearances.**

People still like to go to lectures, meet people in person, mingling with like minded people. If you are a good public speaker take to the stage! Find places you can give free lectures, libraries are good for this. You can't charge for speaking at a library, but you can hold free events and hand out old-fashioned brochures, explain what you do and take questions. If you are not great at public speaking you can get trained by professionals. This goes a long way to improving your presentation techniques in both professional and personal situations.

**7. Teach through community adult education programs.**

This is a great way to share your information and educate. I spent many years teaching in these programs and met wonderful people, many of whom later became clients or

continued taking classes. Forty years later I still have relationships generated by these classes.

**8. Don't be afraid to upgrade to new modalities.**

I know so many massage therapists who get to a point where the work is too taxing on their bodies or they want to change the way they work and go into energy healing. This applies to mental health and medical professionals too. Don't be afraid to shift and grow. It's the way of the natural world to keep growing and changing.

There are two main reasons people are afraid of upgrading to an energy-based practice.

1. Fear of losing money in the process.
2. Fear of being labeled woo-hoo or unprofessional.

Depending on your licensing requirement and how those limit your scope of practice, you may want to have a mentor or coach support you through the shift.

**9. Know that You'll Experience Fear and Insecurity**

Address your personal fears and anxieties as they come up and then keep going. If you are an independent practitioner or run a healing business there will be ups and downs that will trigger fears about your financial, personal and professional competency.

**10. Check in regularly with a teacher, mentor, or supervisor.**

**11. 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.

**12. Give yourself a year or more to get your practice going.**

Make sure you plan on gradually growing your business, just like any other business. You'll need capital for all the things a business needs: accounting, advertising, computer support, web support, art design, phones, office, rent, etc.

**13. 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.

**14. 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 not conducive to a positive outcome 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.

If 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 are 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.

I find that my guides adjust to my schedule. Once I set a time for a session all of the information and healing energy needed is provided. It doesn't matter what your scheduling style is as long as you set it up in harmony with your own energy.

## Final Words

### **15. You Are Not in Competition with Other Healers!**

Being competitive with your colleagues is not becoming to a high frequency healer.

When I started out in the field there was so much competition among the healers and psychics in my area. Its as if we brought all of our scarcity consciousness into the profession and repeated all of the same negative traits that are expressed in any competitive professional culture.

For me it all boils down to having no idea what I was doing nor having anyone to guide me. I wanted to feel collaborative but as soon as a group of my colleagues would get together, the games would begin. In addition to competing for clients and claiming to be the best or most powerful, there was a popularity contest going on too. Who looked more like a beatific healer? Who floated around looking the most other worldly, tossing spiritual aphorisms around like casting feed to chickens? The world was different then, spiritual awareness was on the horizon, not like today where even car commercials espouse spiritual values.

I am embarrassed now to say that I felt jealous, insecure, and out of place in the "spiritual world of the 60's, 70's and 80's. I engaged in gossip and even defamation even though my conscience knew better. I certainly didn't walk the talk until I realized how hurtful and inauthentic I could be.

I suffered deeply when the judgements, criticisms and attacks were aimed at me. I look back at how hard I and my colleagues worked to create sustainable healing practices. We must have had so much help from the unseen beings because the heavy

atmosphere in which this all took place was extremely challenging. We were pioneers and I wish we could have banded together to help each other and form a supportive community.

I actually judged another practitioner because they didn't spotlessly clean the heavy energies from the massage table and left psychic residue that I had to deal with when I used the table next. I felt like I was coming from a higher, more pure space than anyone else! I know others felt the same way I did. There was a lot of ignorance in the dense early days when the healing profession was just emerging.

Today's atmosphere is different but the same insecurities and ignorance can be seen. The healing profession has more respectability today. Science is verifying a lot of the anecdotal claims about successful energy healing. But now that the profession has emerged and is validated and supported somewhat by science, the business practices and ethics have not come that far from years past.

Competition is still an issue but it's larger and more visible, even more accepted. Social media plays a large part in the spreading of spiritual competitiveness and the spiritual marketplace is populated with marketing plans generated by sophisticated business professionals. Success is judged by the number of followers on Facebook, or the thousands you have on your mailing list. My inbox is filled with spiritual topics being mass marketed with free podcasts, books, and information to hook you into their system. Essential point: financial greed has taken over the healing profession. The competitiveness has gotten less personal and more complex.

What I know now is that every generous thought I have for another practitioner, every loving wish for their success is optimal for everyone, including myself. A healer cannot afford judgmental, negative thoughts and feelings to invade the heart and mind. It's too much work to clear and brings on unnecessary suffering and confusion!

## **16. Don't Panic, Get Curious!**

Re-ground and put one foot in front of another. Shift from panic to being curious. Ask. What do I do next? Do I go into a deep meditation asking for guidance, try a new marketing effort, examine my attitude, seek outside expertise? Do the very next step you can do for moving your business along. If you let the toxicity of the world get to you, you'll collapse under the pressure and possibly give up. If being a professional healer is your dream, your life purpose, then keep going.

## **17. Take a Leap!**

Do something different to break up stagnant energies, something out of the ordinary for you. A leap is something to do when you feel like you've come to the end of a cycle or don't know what to do next or when there is a pause in your life.

Life is not linear, as I've mentioned before, but it is co-creative and what you want matters. If a situation is not shifting, you feel like you are hanging on by your fingernails ready to fall into the abyss, shift gears and take a leap into the unknown. This will change the energy and open possibilities that you haven't imagined yet.

### **18. Be Open to Miracles and Sudden Transformation**

Yes, miracles do happen. Clients are healed in one session, you are recognized for the beautiful work you are doing, opportunities for expanding your practice suddenly appear, inspiring visions open your mind and heart to new directions.

When you are living day-by-day growing your healing practice and a big boost comes in any form, I consider it a miracle or an encouraging message. The subtle energy healing profession is still gaining traction in our society and not everyone is meant to be an international celebrity like Caroline Myss or Deepak Chopra. (BTW, they are wonderful healers who have advanced the field of healing and holistic health exponentially with their lifetime of untiring work.) Growing a substantial local healing practice is a wonderful goal. You will be able to support yourself and fulfill your purpose. So, when these little miracles appear out of the blue and give you a boost in confidence, financial support, or visibility, be truly grateful.

### **19. Be Creative!**

### **20. Ask the Universe for What You Really Want**

Not a desperate, whiny question, a good question that gets to the point. Don't try to mask it in spiritual terms or "shoulds". Be honest, ask for what you really want to know. Be courageous in your questions, you can even be demanding in a respectful way. Passionate and profound usually get a response from the universe or your own heart.

### **21. Let the Healing Light Shine on You**

The last words I share with you come from deep within my heart. My wish for you to become the most beautiful channel of healing grace includes wishing you powerful and grace-filled healing for yourself.

It is easy for a healer to forget or forgo quiet time in self-healing. Beyond the clearing and attuning to higher frequencies for your sessions, be sure to take the time to bask in the same divine healing light of that you share with your clients.

- *You are valued for your dedication to the spiritual path and highest spiritual ideals.*
- *You are worthy of the highest and most potent healing energies.*
- *You are perfect just as you are and when you realize this, abundant healing energies will flow through and around you.*

You are the embodied light of the universe and are perfectly healed in every moment.

Blessings, blessings, blessings

Q & A : [Actual Questions from Students](#)

5/20/17

## **How do I draw in clients who are ready, willing, and financially able to proceed with their healing?**

—Becky McLoughlin

Clearing your own issues around money and finances are fundamental to succeeding financially as a healer. Understanding your relationship to money, your own self-worthiness, and the inclusion of the healer in the healing paradigm brings a clarity to your practice.

We live in a time when the underbelly of finances is being revealed to the world. This provides the opening to expand our awareness and release the old conditioning and control programs that have enslaved us.

As I mentioned above, healing and money are separate. One has absolutely nothing to do with the other. If we make money the bottom line in our healing practice, we run the risk of separating from our true self and entering the world of competition and greed. There is a big difference running a practice that is based on positive self-worth, confidence, and higher guidance. This does not mean that professional healers need to live in poverty, we can live in abundance. We should be paid for our time and training and we should earn enough to be comfortable and supported.

—Once we discover abundance consciousness our thinking about money changes as well as our entire value system.

—Once we connect to our greater consciousness around money we are guided to live in balance and right relationship with life.

Defining the type of healing you want to do is important. It sets the frequency for how you want to work and who you will attract as clients. Don't be a generalist who does whatever anyone wants. This might have a desperation frequency to it, you'll have to decide. Most healers have a way they like to work but might be afraid to commit to it because they are afraid no one will like it!

Commit to what you currently know is your most optimal way of working...on the phone, in person, hands on, hands off, Reiki, Cranial Sacral, Medical Intuition, a combination of healing techniques or a unique healing modality you have developed over years of practice. If you don't, you'll end up getting lost in trying to please clients, doing what they want you to do instead of what your guidance leads you to do.

Listening to your heart, listening to your inner guidance, feeling comfortable with a style that suits your personality and doesn't drain your energy, is crucial to sustaining your practice. It might take a little longer to get your practice up and running or you might learn from trial and error what you really like to do. Allow yourself some flexibility and time to figure this out. With experience and patience, you'll fine tune your practice and attract just the right clients who feel comfortable paying your fee and receiving your type of healing.

The last point I'll make here is: How much do you pay when you go to a healer? How much are you willing to pay?

## **Q: What is the best way to guide a client through their stories to their truths. Keeping the momentum up so we don't get stuck in the story?**

—Becky McLoughlin

I love this question because it points to such an important aspect of healing. We get stuck in our stories, sometimes to the point of boredom. What we tell ourselves in our mind has everything to do with the pathways that open to healing. Also, what we don't verbalize, what sits in our physical body, in our

muscles, cells, and tissues as well as in our emotional body as vague sensations of anger, frustration, and confusion may stall our healing efforts too.

While so many factors contribute to our moments of awakening, such as astrological influences, soul purpose and direction, and mental and emotional conditioning that hypnotizes us with limiting beliefs, the stories we tell ourselves are just the top of the iceberg. The external story is the doorway to the deeper story. It should be treated like a dream, with hidden messages and passages to insight and revelation.

I find that once we have decoded and opened a few of our own stories we are able to work with others more successfully. We are less apt to project, make shallow interpretations, and impatiently try to solve or fix the client. By unraveling and detaching from our own stories, we are in a good position to help another.

We know clearly that psychological therapy is not the healer's domain, but the relationship between body, heart, soul and healing is. Our intuition becomes so fine-tuned that wanting to unwind the "issues from the tissues" rises to the forefront. The therapies we learn guide us in opening up the story for use in healing. Cranial Sacral Therapy, Polarity Therapy, Massage Therapy, Light Journeys, Shamanic training, and the many other modalities provide therapeutic guidelines that comply with the ethics of the professional healer.

Given all of this, I have found some common principles help guide this process.

1. The healer needs to know what their "neutral" state is. Are they in a grounded and clear state where they won't get triggered, won't over identify, and won't project their own "stuff" on the client as they are relaying their story. It's too easy to give pop psychology answers when deeper wisdom is called for.
2. Don't try to explain the story to the client, guide then in revealing the message in it. Dream interpretation follows the same principles. This is a very client centered approach and I find that when you are grounded and clear it is a very natural approach. (Headline, title) Opening the story for inquiry, not judgement or interpretation, setting a curious tone, giving cues such as asking the client to tune into their somatic responses such as breath and tension to give feedback on the story.
3. Listening in a quiet grounded state, running high frequency light energy while the client is opening the story lends a lot of support.

Jane Easley

Relative to the questions, I would like to explore protection strategies. Working with groups and in sometimes toxic environments, how to best shield myself from absorbing anything that's not mine.

Likewise, I would like to better understand how not to share my own energy with the group, while still maintaining the positive "class feel" that defines and differentiates me.

Scott Friel

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1. When organizing a group meditation and encouraging people to come, how do we filter out those who would be detrimental to the group as a whole? Or am I just being overly controlling?
2. When recruiting volunteers who don't have experience working with subtle energy practitioners, what are some effective ways to illicit a clear intent for the healing sessions?

Sean McLoughlin

- 1) I am curious why I get chest pains when I run groups sometimes? I get them in the same place every time and I am having trouble working through it.
- 2) I have been working for agencies and colleges lately (relying on institutions) and am wondering how to lay the groundwork for the courage necessary to start my own practice?

Caroline Williams

How do I allow a healing practice to emerge beyond just waiting and meditating? How do I recognize it and also not get ahead of myself?

How do I hold a big enough space for it when it seems so foreign and intimidating to my mind at this point? I feel a small current of energy for this right now. It feels like letting go and being "whooshed" somewhere new. I trust it and it feels joyous when I'm in a deep connected state but my mind has not yet come online - I think because I have no basis for this possibility in my physical experience.

I feel like the answer to this all is to wait for it to emerge and be patient with that and trust my higher being. But is there anything else that I can do to align with the energy of this flowering (this is the best word I can think of)? Something practical to bring it into the physical world?

Cindy Rakow

1. How do I set my fees to reflect my level of expertise and recognize when it is time to change them?
2. How can I more clearly identify how I am self suppressing and blocking the flow through my practice?

Kim Miller

I've recently had 2 practice sessions with people where mid-session I was compelled to stand up. Once standing it felt like I became a large bird with gigantic wings spreading from behind stretching my chest forward and the sun of suns beaming out from my heart's center. Is this some sort of shamanic journeying? Or is something else happening like I lost control of the session? In either case, what came over me? How do I work best with this experience moving forward? Both sessions felt beautiful, powerful and full of light. As a practitioner, I'm obviously concerned if I've done something wrong and am looking to better understand what's happening in these sessions.

Renee Jennings

1. How can I discern if what I'm experiencing is my own energy or my clients?
2. There are times, when working with clients and I am in a very grounded state, that I have 'knowings' about them -- this could range from a strong awareness that my client is estranged from her daughter (this is what came to me in session and, at the conclusion of the session, my client shared that she

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recently had a miscarriage) to a strong sense that their pancreas is taxed/fatigued (at the end of this session my client said she'd been bingeing on sugar). These awarenesses seem to build from a kinesthetic sense to a more clearly articulated situation that I can hear in my 'mind.' I know there's much more going on than I'm aware of in this process and that there are surely more 'upgrades' ..... I would like guidance on how to work with myself and my clients when I have these awarenesses.

Mary Ann Chambers

Am I sabotaging my healing practice?

Cindy Rakow

I would appreciate addressing fees this week.

Michelle Bozeman

How do I honor the path that has brought me here to this moment and still move into what is mine to bring in. How do you bring the didactic information that include useful tools into the "session" in a way that is balanced?

Becky McLoughlin

How do I support others' transformations as I am transforming? How do I empathize with others and stay sovereign to my own experiences and strengths?

Renee Jennings

Navigating the transition from 'therapist' to more of a 'healer/teacher, including: (1) letting go of being 'popular' and having a 'following' and (2) structuring fees (as I'm going completely private pay in May) and dealing with fears of financial loss.

Kim Miller

What's the protocol for when a client starts 'getting into your business' by making a suggestion that clearly shows they have crossed a line during the session? (Sarah, this relates to the practice session we recently discussed.) Boundaries have been a big teaching in plain sight this month!

Jane Easley

When I am expanded I feel an openness that almost feels like a vulnerability. Perhaps I am confusing the feelings, but my tendency (and most probably mistake) is to teach from a more guarded/less open posture. Is there a way to differentiate this felt vulnerability from the power and protection of being fully expanded and in my bubble?

Sean McLoughlin

When I work with families and individuals around their fears, compulsions, and traumas I am always aware of the dead ancestors and their influence/presence. How much of what we are seeing with our client's compulsion/obsession/conflicts is caused by ancestral energies that have not been worked out? What is the best way to propitiate the ancestors so this work can be completed?

Kim Miller

3. As Earth-keepers and budding leaders, what types of ceremony will we typically encounter when leading groups? Many we've experienced in class already. Is there a universal order to how/when we learn to facilitate these ceremonies? How do we begin to honor and engage in our ceremonial role while still learning to recognize which ceremony is presenting itself?

Scott Friel

**1. "But it needs more time in the oven..."**

At about the 35 minute mark of a grounding I was leading with a group of about 12 beginners, I could feel the flow of the group come to a halt like a boat getting stuck on a sandbar. I could sense perhaps one or two participants were still 'with it', but overall it felt like we maxed-out as a group either due to resistance or simply fatigue. As a group leader, how do you find 'satisfaction' in what feels like a half-baked dessert?

**2. "Is this a distracting sideshow or part of the performance?"**

Towards the end of a group meditation yesterday, after I could feel the group centered on its axis and the connection to Father Sky flowing, I became aware of the 'clay people' (beings trapped in clay looking for a release). (Sarah referenced these beings in tonight's Living Love 2 class). I wasn't scared or doubtful that I was 'seeing' what I was seeing, but I also didn't quite grasp how it fit in with what I was doing with the group. Like were they a part of the ceremony or a distraction? What exactly was I supposed to do with this input?

## Appendix A

The Sufi Message by Hazrat Inayat Khan Volume IV - Mental Purification and Healing

Part I: HEALTH

The idea of calling certain diseases incurable is the great mistake that man makes today. It is really that he has not got the remedy for curing those diseases, and so he calls them incurable. But by calling a certain disease incurable he makes that patient hopeless, not only regarding the help of man, but also regarding the help that he can get from above; Therefore it cannot be a right idea to make a living being

believe that there is no cure for him. If the source and goal are perfect, then the attainment of perfection is possible; and as health is a perfection, it can be attained. All the strength is in the spirit. Everyone has strength to the extent that he is close to the spirit, but everyone has a spark of that spirit in himself; and everyone should know that he has a responsibility for his own health as a healer to himself, and that he has a part to play for himself that is not only a physician's responsibility or a healer's. But at the same time he must be ready first to play his part as a physician, as a healer, himself; first to see what is his condition, what is lacking, what is the matter with him, how to heal. If he cannot do it well enough he may ask another to help him, but he must be the first to desire it.

Is healing by hypnotism a desirable method? Now surgeons make use of ether in order to perform operations. Although it is harmful to the patient, yet at the same time it is necessary; and so if this way is used to make a person better, if it is necessary, it may be allowed. Every person, however should be able to care for himself by prayer, by meditation, by silence, and to cherish that belief in perfect health and root out the belief in illness.

Curing by magnetism is another thing. It is another form of prescription. There is a prescription given by a physician, a certain medicine is given to act or to react against a certain condition. So the power which is the life-energy is given in a certain form in order to give the patient what he lacks. It is not exactly an objective remedy, but it is external just the same.

There is no illness which is incurable; and we commit a sin against the perfection of the divine Being when we give up hope of any person's cure, for in that perfection nothing is impossible; all is possible. We see it with our limited reason, and make the divine perfection small, as small as we are; but in reality the vastness, the greatness of the almighty power is beyond our comprehension, and limiting it would be nothing but an error. What generally happens in the case of what is called incurable disease is that the impression made upon the patient of knowing and feeling that his disease cannot be cured becomes the root of his illness, and so the illness becomes rooted in the belief of the patient. Then no remedy, no help can root it out. The best treatment that a healer, a physician, can give to a patient is to give him first the belief that he can be cured, then medicine or healing treatment, whatever method he may adopt to cure him.

We hear accounts of the physicians of ancient times, of the mystics and thinkers, that they used to find out a person's illness just by looking at him. This came by intuition; and if the people in past ages were proficient in it, it does not mean that the soul has lost this quality. Even today, if one develops that quality one can find out at the first glance all that is wrong with a person in body, mind, and spirit – all. For his outward expression tells of the inner condition; any disorder in the spirit, mind, or body is clearly manifested outwardly; and it is only a matter of developing that faculty in order to read it and to find it out. When this faculty is developed a little further it makes one know also what is the reason behind every illness that a person has, whether mental or physical; and when this faculty is developed still further, one can also find out what would be the best way, the best remedy to cure this person. Avicenna, the great mystic of Persia, was a physician and a healer at the same time. The mystic is a healer by nature, but the attainment of the outer knowledge enables him to use his faculty best in the work of healing.

What must one do in order to develop this faculty, to find out if one has this faculty in oneself? As a mechanism wants winding every day, or a musical instrument wants tuning, so every person, whatever be his life and occupation, wants tuning every day. And what is this tuning? This tuning is the harmonizing of every action of the mechanism of the body, the harmonizing of the pulsation, of the

beating of the head and heart, of the circulation of the blood; and this can be done by the proper method of repose. When once this is done, then the next step is to harmonize the condition of the mind. The mind which is constantly wandering, which is not under the control of the will, which cannot be made to respond in a moment, which is restless, this mind should be harmonized; it can be harmonized first with the will. When there is harmony between the will and the mind, then the body and mind, thus controlled and harmonized, become one harmonious mechanism working automatically. Merely bringing the mind and body into order allows one's every faculty to show itself in its fullness, to manifest. A person begins to observe life more keenly, to comprehend life more fully; and so perception becomes keener and the faculty of knowing develops.

No doubt the more a person evolves, the more he gains insight into the lives of things and beings. The first thing is to understand the condition of one's own body, the physical health, the mental condition; and when one can understand one's own condition better, then to begin to see the condition of another person. Then intuition is born and becomes active. As a man develops intuitively he begins to see the pains and sufferings of people; and if this sympathy grows and becomes vaster, his sight becomes more keen and he begins to observe the reason behind the complaint; and if he goes still further in the path of intuition, he begins also to see what remedy would be the best one for the person who suffers.

Furthermore, there are some signs a seer sees, outward signs, which explain the fundamental principles of health. Every person represents the sun, his heart, his spirit, his body, all of him; and there is, as in the case of the sun, the sunrise and the sunset. There is a tendency of the body, which draws it towards the earth, which shows the sunset, because the soul is drawing itself towards the goal. And there is another tendency, which is like the sunrise, and that is that the body is naturally inclined to raise itself. It seems that the earth is not drawing the body, it is something above which draws it. That the sign of the sunrise. And it does not depend upon the age, it depends upon the condition of the harmony that is established between the spirit and the body. For a mystic it is quite usual to know if a person is going to die in three years' time, and easier still to know if a person is to die in a year. Apart from the inner spirit, even the tendency, the inclination of the body gives every sign.

## **APPENDIX B**

I collaborated with therapists Janel Volk Hubbard and Kathleen Pichola during advanced Light Journey Training to come up with this document on psychological defenses. The definition and terms are borrowed from the guidelines therapists receive in their training. Many of the concepts that apply to therapists apply to healers.

### **Psychological Defenses**

- A. **Transference** occurs when a client is seeing you as someone who has played a critical role in their life, usually a primary care giver, i.e. their mother, sister, elementary school teacher. If the therapist is aware that this is happening, it can be used to work through the issue with the

client. If the therapists if unaware, the original dynamic is recreated, repeated and the client keeps cycling through the same feelings over and over.

**B. Counter Transference** is where the therapist sees the clients as someone who has played a critical role in their life i.e. brother, father, grandmother, ex-spouse. If the therapist is aware of this dynamic, they can keep feelings in check. If not, the therapist will lose objectivity and the session ceases to be therapeutic.

**C. Projection** is when the client is having feelings that they do not or are not ready to experience and as a result they are projected onto others as if they are the others feelings.

Think of projection like a movie projector throwing images onto a blank screen. People can project any-thing with which they are uncomfortable onto someone who provides a blank screen. People want to project internal experiences that are too uncomfortable for them to feel. If the therapist is aware of projection they can help the client own what is being projected out.

If the therapist is unaware of projection they may react as if the client's projections are real. This can get very messy.

Therapists can project onto a client. An example: You may see your client frown. You suggest to them that they are sad, mad or afraid. Your guesses are more likely coming from your own feelings than the client. Better to describe what you see and allow the client to put words on it.

*"I noticed the corners of your moth turning downward.*

*"Yea, I was just thinking of my dad. He makes me do mad."*

**D. Projective Identification** is related to projection. The client is having very difficult feelings and because they are so overwhelming they don't mention them. But, all of a sudden, you as the therapist are feeling some strong feelings. This is projective identification during the therapist picks up the energy of the client's feelings. It is important to now this can happen. The helpful thing to do is discuss it with the client, hoping to help them own their feelings. It requires acute self-awareness on the part of the therapist.

*"I'm feeling angry all of a sudden, and I don't have any reason to feel angry. I'm wondering what you are feeling right now."*

**E. Intellectualizing** is a defense in which the client thinks instead of feels. Beware when a client has a high need for explanations or seems to stay in their head. This can protect from feelings and prevent growth.

**F. Religiosity** is when people use spirituality/religions as a distraction from the inner personal work they need to do. This would be a person who wants to do all upper chakra work without touching the lower chakra work. If you notice this, point it out to the person.

*"I notice that you are very invested in your spiritual work. I also notice that you seem to avoid*

*addressing emotional and body issues. What thoughts do you have about that?"*

- G. **Acting Out** happens when clients act out their feelings instead of expressing them in a healthy way. Some forms of acting out include:
- a. *Being late to sessions*
  - b. *Not wanting to pay for a session*
  - c. *Not wanting to end on time*
  - d. *Bringing gifts to the therapist*

Point it out, name it in the session. Ask the client if they are having any feelings toward you. It is important that you have the inner strength/boundaries to be able to listen objectively to a client's feelings towards you and address the issue if that's appropriate.

- H. **Financial Needs** that become a consideration for holding onto or not accepting a client need to be acknowledged by the therapist.
- I. **Addictive Behaviors Triggered** as a possible way to manage distress picked up from a client are important for a therapist to acknowledge.

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## **God-communication is the best communication that true spiritualism can teach us.**

*Bowl of Saki, May 11, by Hazrat Inayat Khan*

### **Commentary by Pir-o-Murshid Inayat Khan:**

The most profound inspiration comes always from the divine mind, and to God alone the credit is due. Even if an inspiration comes through the mind of a person living on earth or through a soul who has passed on to the other side, it still has come from God, for all knowledge and wisdom belong to God.

It is a fault on the part of mankind to attribute inspiration to some limited being who is nothing but a shadow covering God. When a person believes that an old Egyptian comes from the other side to inspire him or that an American Indian comes to lead him on his way, he builds a wall between himself and God. Instead of receiving directly from the source that is perfect and all sufficient, he is picturing his limited idea, making it a screen between himself and God.

Is not God enough for our souls, and is He not sufficient to inspire us and to illuminate our wills and guide our souls? Is he any less of a friend here or in the spirit life? He is the great well-wisher. In Him mercy is complete. He is the Soul of all souls. When we devote ourselves to the thought of Him, all illumination and revelation are ours. God-communication is the best communication that true spiritualism can teach us.

Thus the ultimate purpose, for which the soul is seeking every moment of our life, is our spiritual purpose. And you may ask how to attain to that purpose. The answer is that what you are seeking for is within yourself. Instead of looking outside, you must look within. The way to proceed to accomplish this is for some moments to suspend all your senses such as sight, hearing, smell, touch, in order to put a screen before the outside life. And by concentration and by developing that meditative quality you will sooner or later get in touch with the inner Self which is more communicative, which speaks more loudly than all the noises of this world. And this gives joy, creates peace, and produces in you a self-sufficient spirit, a spirit of independence, of true liberty. The moment you get in touch with your Self you are in communion with God. It is in this way, if God-communication is sought rightly, that spirituality is attained.

[from http://wahiduddin.net/mv2/VI/V1\\_4.htm](http://wahiduddin.net/mv2/VI/V1_4.htm)