

## ABOUT HEALERS

**From the book, COMPLETE HEALING by Mary Anne, ©Annie Press**

*“Children are not a distraction from more important work. They are THE MOST important work.” — C.S. Lewis*

More and more, society is starting to open their minds on what a Healer is, thank God! Up to this point, there seemed to be a more popular reaction of fearing and avoiding anything that sounded voodoo hoodoo, be it from “religious beliefs” or “not falling for that” or a variety of other excuses that didn’t amount to anything. People dig their heels in and act as though someone else’s beliefs are inflicting harm; some even get nasty about it. If a person is so sure of their own beliefs, why would they fear something someone else is saying? Their belief must be so paper-thin that it feels threatened. They are afraid they will have to look at themselves and their excuses. Many people just fear the unknown and taking responsibility for themselves! People tend to avoid things outside their comfort zone, especially if everybody else isn’t doing it! It’s too bad, because we miss out on the best things life has to offer when we limit our experiences so much. We miss life!

The fact is, I am a Healer. You are a Healer. If you were not, you would have no interest in this book at all, but something told you to pick it up and read it! Anyone that takes any kind of action or has any kind of intention to make anything better is, in fact, a Healer. Every single living thing has an impact on the world, so every single thing you do (or don’t do) either helps (heals) or harms (destroys) life in some way, which in turn impacts the entire world, accordingly. Yes, you are indeed that important, and there’s absolutely no way to get out of it. You were created for a genuine and critical reason and only you fill the space you live in; when you leave this world, no one can take your place. When you leave this world, no one can make the exact impact that you can. Whether you believe that now or not, it is the absolute truth, and I pray that you allow that truth in you to be heard, sooner versus later (perhaps when it’s too late to have much time left here).

I think you’ll agree that so much needs healing today! We are in the midst of a tremendous healing time for the entire world. Do you see the radical changes happening everywhere? Some that look like tragedies at first, but if you watch the outcome over time and really look for the healing details, you will see them! Do you notice that more and more people are brave enough to discuss energy and meditation and alternative healing methods? It’s so cool that we are FINALLY seeing health insurance in the United States covering more things like chiropractic, acupuncture, and even massage! More and more people are having the courage to step up and

help their fellow man. More and more awareness of helping the environment is occurring, and more and more healthy food and beauty and household products are available. Even the powers that have kept the public from seeing all the proof of all the harmful things in products and even medical treatments are losing their hold, and so many are having the courage to start thinking for themselves and taking responsibility for their lives and their health! It's flipping awesome to see!

With any human being, there are good, bad, and ugly, from friends that give you advice, to doctors and alternative medicine practitioners or healers, to websites. Stay with your wisdom, discernment, and intuition throughout! Doctors and everybody else are truly only human, and they are not responsible for your life—you always are the only one responsible. While traditional doctors try with one hand tied behind their back by the healthcare system, they can only give you limited advice on their limited knowledge (no one can know it all!) and limited, expensive, for-profit methods and prescriptions, as they are allowed. They are trained specifically to treat immediate SYMPTOMS, not the whole body!

It's up to you to make sure your whole body is safe and healthy—not theirs. Moreover, only you know how you feel, physically and intuitively—only you can read your body. They can't control what you put in or on your body, so they can't control how their treatment will affect you. Be responsible for yourself, respect yourself enough to do the research, ask questions, and don't settle until you are comfortable with someone treating you! You are STUCK in the one body you have!

So, don't deprive yourself of all the other healing experts there are, out there! There are more than you can imagine offering other proven treatments for all parts of you—not just the physical body, which is maybe one tenth of you, if that! Some are proven, ancient methods. Some are brand new technologies, but many have a priority to the whole body—holistic, and bringing you back into balance within all parts of you.

Now, just because someone is offering a service, it doesn't mean they are good at it. Again, there's good, bad, and ugly. Again, there's some with a priority on money, so again, use your own judgement. Get references from trusted friends but always remember, you are as unique as a snowflake, so what works for your best friend may not work for you. Take responsibility for yourself. Remember, everyone else is human too, and if they are not continually working on being their light and love, and healing themselves, it is challenging for them to offer you a place of light and love and healing too.

I try to pay attention to those that I feel I am destined to connect with. As I trust this, I find I learn so much and I meet so many wonderful and kind human beings. This, in a world that has technology brain and rage and rudeness as common, everyday things! It's a reprieve and it

renews my faith in the survival of mankind. I do believe it is the only thing that will allow our world to survive. It's easy to see who's in it for the genuine good of the world and who may be jumping on board for the attention, money, or power, so please, do your own thinking and use what you feel is beneficial, but leave what just isn't for you behind. Do this out of the feelings in your heart, not out of fear or judgement. You just never know. That wacky, wild, unique individual may just become your best friend once you see what's in their heart!

Just like anyone else in the world, remember they are human and on a human journey for their own healing. Use your own divine instincts. Just because someone offers healing services or methods, it doesn't mean it's what your soul needs at the time, whether it's a medical doctor or anyone else! As always, move towards those people and things that warm your heart and soul, or especially excites you with an inner knowing that you are ready for whatever is coming! Often, you will find that you are supposed to work with them once or twice, but now it's time to move on. Often, you will learn what you need to from each other and then move on to other things. That's okay, and it's for both of your highest good. Trust your inner guidance!

So, once you open your mind and heart to it, you will start to see it—maybe even expect it, but don't try too hard. Just allow it to come and work with it as it does, again, discarding or putting aside whatever doesn't feel right for you at the time! Next, realize that any struggle in your life is trying to guide you toward greater learning, greater use of your soul's intelligence. Pay attention! Love your inner knowing! Follow the leads with utter faith, which will usually mean that you don't know where it's taking you, but go on that adventure! Trust your heart and you will be pleasantly surprised. It's like a huge EASY BUTTON for life, if you just use it!

Don't turn away connections to other people. A little acknowledgement, kindness, and interaction can work miracles! Without knowing it, all parties involved benefit in some way, so trust people that you come across and know it is no mistake. Life, the Universe, God, Unseen Beings, and so much more is constantly working to help you, if you just allow it and follow it! Even if you don't understand, just go with what feels good to your heart and let it take you to new places. This will include professional healers of all kinds, no doubt! Don't be stubborn like me and waste years trying to find fixes for physical health issues solely through the traditional medical system . . . you have to know that your mind, body, and soul are much more complex than that, don't you? I guess I knew it, but I wasn't listening. Severe health issues forced me to finally look at it, but I don't advise you to learn the hard way, as I sometimes do! Be open to it now, so you don't have to waste all that time, energy, and money trying to force healing from a field that could not heal what my soul needed! Thank God, I finally suffered enough to start looking beyond the physical world.

Just with the thought of knowing there had to be more, I suddenly starting trusting those voices and messages and signs, telling me, "YOU CAN HEAL THIS! YOU ALREADY KNOW HOW!" Faster

than I could keep up with, answers and assistance came from everywhere! I came to get really good at learning how to follow my truth and the most important thing at the time. I had to get clear on why I wanted to heal. I had to start trusting the guidance. Of course, I didn't always go down the easiest path, but as I learned, I was better prepared next time, and just like anything, I improved with practice! Practice mostly, in just listening to what my soul (and all the unseen assistants we have) was saying!

I am not special. We are all equal, remember? That means equally capable of listening to our souls and allowing the gifts and knowledge and specific experiences to help us on our journey. Even the most intuitive and effective healers out there are all YOUR EQUALS, so never put anyone on a pedestal and never ignore your soul's knowing and go against it, just because someone tells you to! For me, I am able to heal most things just by staying as true to my true self as I can through loving and respecting myself and knowing the divine has healed it. For tougher things, DNA Healing, aka Emotional Release did the job, with Introspective Hypnosis which made me talk to my higher self only, finish the clean-up. I can't express the tremendous peace I feel after these types of sessions! There truly are endless ways to heal!

Ask Healers for their help, appreciate them, and give them a fair energy exchange for what you are receiving (money, usually) to show your gratitude and value of yourself. But if something they tell you, or tell you to do goes against your heart's knowing, it is your responsibility to stay true to yourself, and you don't have to explain or share that with anyone, ever! You can always say, "Thank you, I'll think about it." If you pay attention, you can tell if you feel a connection or even just a feeling that there is something there for you. You may interact with someone and still not know what it is, but often times, it will make sense later. Trust and be patient!

As you consider going to a healer or any kind (this includes your medical doctors), love yourself enough to choose only those that you feel have integrity and a true selfless desire to heal, and are able to advise you for whatever is for your highest good! Be wary of those that try to make you feel as though they are superior to you, as if all the power is coming from them. Healers that are truly connected to their soul and to God, will never take credit for your healing. They will tell you they are merely helping you to heal yourself. Pay attention and learn, knowing that you too, are capable of learning many healing techniques, if you feel compelled to do so. We are equal in capabilities; we all just have our own unique things!

Again, remember that only YOU know yourself better than anyone, so if their suggestions do not sit right with you, do not do it, or give it more thought before doing it! Look at all options, all angles, all possibilities! There is always so many other ways, even if that one healer doesn't offer it. So what? You have the freedom to go do whatever you want, always! Again, sometimes things go well for you for a while, but then the effectiveness or trust wears thin. That's your sign to keep looking at other options and ideas, and maybe discontinue seeing that

person, at least for the time being. Listen to yourself and all your guidance, above all else! Again, you have to love yourself—all parts of yourself—a great deal to be at peace. Peace is where you can hear your soul the loudest!

I could go on for days because I'm truly excited for the world that you have come this far in listening to Divine Guidance, but I'll wrap up this chapter with a few key points:

1. If you choose to NOT harm anything, you are choosing to help the world and so, YOU ARE A HEALER.
2. No one, but no one, is anything but EQUAL TO YOU, no matter what.
3. No matter what, you are your own most powerful healer, though we have others so that they may assist us at times (including medical doctors)!
4. Ignoring or fearing any part of you is self-destructive; every little part of your being feels the love or the hate you have for yourself. Having faith enough to love every single piece of you and your experiences automatically heals every part of you!
5. Explore all possibilities you are guided to, from your heart and soul. There is so much of you that will pleasantly surprise you and bring overwhelming joy and peace to your life!
6. Know there is unlimited assistance from pure light and love, cheering you on as soon as you allow that love for yourself to open up. Listen to your gift of intuition. Remember always, "I'm possible" not impossible!

I need you to really pay attention to this chapter for a couple of reasons. First of all, if you seek out a healer of any kind (including medical doctors), please respect them as an equal human being that has talents and short-comings, just like the rest of us. They are NOT responsible for you. You are responsible for you! So while you can ask for their help, pray that divine teams assist you and them in finding the highest good. Do not view yourself as a helpless victim that someone with the right powers has to fix! You know better! You have everything you need to "fix it" if you trust in who you work with and how! And if it doesn't feel right, move on to something else out of respect for the both of you! You get to decide, remember?

Now wherever you're stuck in acknowledging all your bodies and your value, your belittling yourself will throw out lots of blocks, so watch for them. Watch out for the common cop-out, "I can't afford it." Really? Taking care of yourself is NOT a priority, then? What does that say to your emotional body, other than, "I don't love you, you're not worth the \$50." (Meanwhile, you're spending \$50 on unhealthy food or drink or toxic products or crappy cable shows or something else that is harming your health!)

Truly, you have no excuses of money in this area because there are lots of free talks and even group healing sessions out there. There are so many free books at the library and videos on the

internet. Look around, and you'll probably find some local things that are very inexpensive, so really? You're not worth it? Maybe you need to start with self-worth, self-compassion and love. I know it's not always easy to have that self-compassion, so at times you can't do it for yourself, consider how you need to do it for the rest of the world.

The second reason you need to pay attention here, is that if you read the book this far, you are a healer yourself, even outside of you always being the most effective healer of yourself. Healers come in all shapes and sizes, and even people doing factory work that barely talk to anyone all day long can certainly be healers in many ways! You don't have to put your hands on someone, or even meet them to help people and the world heal in some way! So, let that thought float in your being and follow your bliss . . . you just never know! No matter the person or situation, just looking someone in the eyes to let them know you see them and care about them as a fellow human being does more than you know. If someone starts communicating with you, try to listen when it is not harming you in any way. Just listening heals all involved. It tells them that you know they are equally important in this world and they are heard! Very often, no answers are needed and nothing more needs to be done; they just need some acknowledgement of their worth! Just listen without enabling negative behavior, politely excusing yourself when you feel it is time so that you do not create a pity party. It's amazing what healing power this contains! Just take the time and don't be in such a hurry. Listening to that person may just be what is most important to you, at the moment, for your highest good!

Shifting thoughts here a little, I've noticed some things that hold a lot of very gifted and aware healers back, even when they teach that very same thing to others! Something within them (their misconceptions of themselves) just can't seem to keep it within their own view. No matter who they are and what they are doing, we need to cut ourselves and others some slack! We are human for that very reason. So we trip over our humanness so that we have to use our divine side, and vice-versa! It makes no difference what our talents and abilities are, or what position of power someone is in. We are all still human and still have to deal with the human side of ourselves. We are all equal in this, so be kind!

Here are some common things that trip up even the most talented and experienced healers out there:

1. The "Vow of Poverty!" Oh, for goodness sake! We know the Universe is UNLIMITED, yet we somehow fool ourselves into thinking that if we have more, others will have less? That's just not how it works! Everyone gains, everyone wins when goods or services are exchanged in sincere and fair appreciation, and when the recipient is committed to their worth and is willing to prove it! This means a person pays something for a healing service because they are committed to knowing healing themselves is worth it. At the same time, the healer takes something from the person because they feel they are

worthy to receive it, and with it, they can continue to help more and more people! (Including themselves!) It is a simple energy exchange that helps both sides prove they know they are deserving love and light! More money for the highest good allows that healer to provide more back to the world, so we all need to get off this belief that money is evil or that it doesn't belong in healing! It's all what you use it for! If it's greed and power feelings that you're worried will take over, well get to work on healing that and get moving forward! The world needs healers! At this point, I KNOW abundance is our birthright, in every way we use it for our highest good. If I can continue to be my true essence and my loving real self, through anything, including making lots of money, it helps with everyday conveniences so that I can focus on my writing and my work. The \$1 million I know I can raise for charity by following my dreams will help an awful lot of people in a very useful way, sometimes even saving lives! Why on earth would I want to take a vow of poverty when I can help the world so much more with lots of money? What is for my highest good is also automatically good for all! ALWAYS!

2. Everyday stress. Everyday life. People hurt them and wrong them too! They are not sheltered from the hard life experiences! If they are caught up in the emotions of something they're dealing with, it may be difficult for them to not have it impact you. It takes quite a seasoned expert to keep their energy from interfering with their interaction with you. Just do your best to identify what may not actually belong to your truth, especially if they seem stressed or "off." As always, you need to pay attention to what feels like truth to you, based on your heart and soul and love for yourself, and only go with that. A healer of integrity will always clear and hold space for anyone they are working with, or cancel your appointment when they are unable to, rather than entangle their heavy energy with yours.
3. Fear of their own ego, that power or money will change them or detour them from their soul's mission, and so they sabotage abundance or intuition, possibly not even realizing they are blocking it. They are human and sometimes lose their focus on the highest good.
4. Lack of self-care and releasing their own stuck energies start to catch up with them. They think they must suffer and earn the right to be intuitive or to have divine gifts. Undeserving feelings of themselves make them fearful of negative entities. They worry about a "Dark Night of the Soul," and sometimes bring exactly that on, through their focus on it!
5. They think they have to be alone because a significant other won't understand and they'll have to choose. Goodness, if this was the case, we wouldn't be in human form and have the gift of human relationships in front of us, now would we? Yes, we have to first accept and love ourselves for exactly who we are, to the point that we don't hide who we are from people we are intimate with. It doesn't mean they have to know

everything you know, or believe everything you do, just love you for who you are. To love yourself, you cannot stay in an abusive or disrespectful relationship, of course! If that happens, it doesn't mean your divine side caused the problems, it means that person just isn't capable or willing to accept who they are, so they cannot possibly love someone else for who they are! It's very basic stuff, so there's no need to blame your healing gifts for it!

6. Impatiently running their energy into you or from you to them, instead of working with you and God/Source for this. This comes in many forms, from a bit of arrogance over the gifts they have, to judging a client without really reading them first, because they assume they are just like other clients they have seen. They recklessly suggest a resolution or even push the energy out of the person without really engaging the client. The healer's ego is jumping ahead of the divine guidance they should be using. In my experience, this doesn't keep the problem away too long, or I end up wasting money on remedies or supplements that didn't work at all for me, not to mention that I still need help healing the issue.
7. Apathy as a way to detach themselves from the energy. If one knows we are all equal love and light, we at least value each other for that. If someone is in a position to assist another, they should feel a genuine care and at least a little love for you (like in a stressed medical doctor's office or hospital, especially)! Do they listen to you and are you comfortable with them and feel safe? Almost always, you can ask for someone else if you just do not feel they have your best interests and highest good in mind! Do this out of love for yourself, not to harm the other!
8. Competition or arrogance when they should freely want to answer questions regarding the techniques they are using and teach you how to help yourself more. Do you feel like they are giving you the guidance they are hearing or sensing for you, or just telling you what they want to for their own profit? Are they modest, or do they like attention as if only they have the power? Do they emphasize that you are doing the healing and they are only assisting you?
9. Holding appointments when they should be healing themselves. Again, we're all human and it's difficult to stay in your own energy at times. Healers need to spend a lot of time on self-care or they will struggle in helping you! Notice if they seem content and like they are coming from a place of wanting the highest good. Or are they spending your whole session complaining about their crap? That's a good sign they are just not in a good place to help you at that time, but learn whatever you can about yourself from the experience. There is always a gift of learning more about yourself in there, somewhere, even if it's just to nudge you to trust your instincts and look elsewhere.
10. Refusing to explore or acknowledge healing needed in other parts of the being that they prefer not to treat; in the very least, they should draw the patient's attention to it and

not just ignore it. It is up to us to take care of addressing the rest, even if the healer does not mention it. Along these same lines, if the healer treats emotions, but not the energy, or the energy but not the emotions, you may want to find someone that covers everything for you. You may find that healing may occur, but just doesn't last when you only treat one part of yourself and miss the other parts that need attention too.

As you think about getting help from anyone, trust the instincts in your soul, which may be difficult to see through the harsh self-damaging image you may have of yourself after all this time. Realize that your fears and misconceptions will tell you not to go back because it does not want to address the areas that need healing; it will give you a million excuses. Listen to the longing in your heart. If you think talking to this person could help, then go do it! If at any time you realize you and a healer are no longer in sync though, remember that you are not obligated to them, and they are not obligated to you. Just like any human, even healers can burn out or go over the edge! If at any time, your soul says it's not working anymore, move on, but stay committed to your healing! Good, bad, or ugly, take all the learning! It is leading you to your next step!

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