

WHAT IT MEANS TO BE A HEALER

by Chelsea Wright, LMT

The core material of a human being houses an unlimited capacity for creative expressions of human excellence. Within the human soul are the ingredients of an artist, a visionary, a mother, a musician, an architect, a healer, a pioneer, a dancer, and a chef, to name a few. There are countless temporal roles expressing the multi-faceted brilliance of our core material as human beings. And while the spirit of a human being is infinite, the expression is finite. In other words, we can only be so many things at once. We can only make one given facial expression at a time. Self-preservation is a key requirement in the survival of a human being. This makes the “healer” role one meant to be on call and available as a frequent expression of self-maintenance. Healing belongs to everybody in the way that smiling belongs to everybody.

The role and archetype of healer already exists within each and every human being from birth. Our innate capacity to heal is self-governed. The idea of the act of healing as an event that occurs solely by way of one human applying themselves to another, this is a falsity. Even if a nurse stitches up your wound for you, it is the physical body who is manufacturing a new layer of skin.

So what does it mean to be a healer to someone outside of ourselves, if all healing comes from within?

Let us begin by exploring what a healer is not. A healer is not a hero there for saving anyone. A healer is not a person enjoying a superior platform of health and well-being in which they dispense their own perfect healthiness from the overflow. A healer is not there to take your pain away. I repeat: a healer is not there to take your pain away. They are there to facilitate, to make it easier for you, to hold your hand and remind you that you are not alone.

Truly, what the word “healer” means to me is, “more humane.” It isn’t that *some* people are born fully stocked with extra TLC to give more than others. It’s that some people have already discovered their stash. A healer is a person who has been moved to a position in which they keep their healing capacity on front burner. Oftentimes this occurs by finding themselves in a life situation in which they have no other choice but to bite down on a piece of wood, steady their hand in the face of pain, and stitch up their own gaping wound. It's a capacity living within each human that is brought forward as the fates require. That isn’t to say that every legitimate healer has a journey of surmounted hardship behind them. The path to reclaiming this intrinsic capacity within ourselves can be laid out through reminders, lessons, reflections back, and life experiences that return us to our compassionate nature.

Sometimes healers have made the rugged climb up the mountain and are able to give clear directions about the terrain and what they encountered on their own path. In this way, “healer” can at times embody both teacher and guide; a guide back to self, back to internal direction. To offer a true healing is to respect the natural intrinsic direction of each being’s knowingness and unique path. The spirit within each person holds their greatest potential for perfect health.

Fixing people has nothing to do with healing, it's actually an act of mental domination and judgment. If you perceive a person as needing to be fixed by you, if they become your project, then you are slandering their divinity. Their wound, their choices, their lifestyle, what they have created is unacceptable to you. It is un-loveable to you. It needs to be changed or improved. This is a pretty normal reaction, after all, most of us aren't operating on a platform of unconditional acceptance unless we concentrate really hard. Plus, the client often believes they need fixing too.

So how do we bring ourselves to the fine balance point of facilitating change without fixing? When the client is silently asking, "What's wrong with me?" we answer with, "There's nothing wrong with you." Disease and imbalance are part of the healing process. When we keep in mind that there is nothing wrong with where the client is right now, we are remembering that their divine self has a plan. Our job is to support their natural intrinsic direction towards health. Even in the case of providing a healing to the terminally ill, their spirit's choice to live through the life experience of the illness must be respected as one phase in a greater healing cycle. In this way, the closest parallel to healer is actually the job of a waiter/waitress. We bring a plate piled high with attention, awareness, and compassion, and we expedite the removal of the finished plates. When we listen to the wisdom of their body and spirit, we are taking their order. When we try to fix a person, we are bringing them something off the menu that we selected for them ourselves.

If all healing comes from within, and our job as healers is to simply support that, what is the pure form of our active expression? We know that healing takes place on a platform of unconditional acceptance, but, where do we move from there? Support *seems* to be passive. The ground supports our weight—that *seems* fairly uneventful. However, maintaining balance is an active process. We as healers are holding space, creating room, in a way that creates support on a transverse plane. We create a safe zone where all the insults and indignities of social conditioning are held at bay, with all our attention on their divinity. We are making space for them to expand full size. Try pulling back energetically and making a silent invitation for your client to step into their power. See what it moves in you.

The impulse to fix someone springs from resistance and judgement. However, there exists within each human a very natural response to disharmony: you see a glass of water tipping over, you quickly reach out to set it upright. It is important that each healer trust their instincts in this category, trust the response of their own natural direction. Impulses being routed and filtered through unconditional acceptance lead to right action. To gain access to this platform of unconditional acceptance and taking orders directly from the client's body and spirit, we simply need to remember our divinity and theirs.

This can be achieved by a compassionate heart-centered approach. If your own heart is hurting and you have trouble dropping down into it, you can cheat with 15 minutes of alternate-nostril breathing to engage communication with your right-brain. The balance between the left and right hemispheres of the brain is the balance point of facilitating change without fixing. Here, discernment is operating in concert with compassion and unity consciousness.

The client came to you because they want to improve their health, and they are looking to you for help and guidance. Is it not so, that our clients have forgotten how to smile at themselves? That they have lost touch with their expression of self-maintenance innate to every human being, the unconditional love for ourselves that is within our very nature? Is it not so that as teachers and guides we serve our clients' best interests by guiding them not towards dependency, but towards their own inner healer and sage?

Is it possible to actually "give" someone a healing? Yes. If someone has a thorn in their back they can't reach, and you pluck it out for them (upon their request), then you have just removed the obstacles and interferences to their natural design. Their body will take it from there. Their body is the one who is knitting the flesh back together, not you. So a healer's main job is simply to remove the interference.

You might like the idea of "giving" someone a surge of love or positive energy as a "healing," but actually your belief that they are lacking this support and they need it directly from you creates a worse detriment. Each human being is plugged into the unlimited life force that sustains and heals their bodies, and if they aren't accessing this healing power it's because they forgot it was there, or didn't believe they deserved it. These are obstacles in need of clearing.

Lack of self-worth is a type of anti-matter frequency that blocks the flow of unconditional love, which is the life force energy that heals and sustains all life on this planet. Lack of self-worth, or the false sense of being unworthy of unconditional love, is a non-human chemical that can simply be released as the lie that it is. The truth is each human being is precious beyond measure, and every human being already holds this truth within their core material.

The obstacles to a human being's innate healing capacity are judgment, stuck mental positions, and toxic emotional energy. While you cannot change your client's minds for them, or make them let go of stagnant emotions, you can witness and reflect back to them a higher truth. You can remind them of where the truth resides within, simply by investing your attention there.

The reason why you *can* claim, with a high degree of accuracy, to "give" someone a healing is this: it is indeed healing to direct your attention at the client with the intention to support the path determined by the client's true self. Attention is like money. It is the currency of our life force energy. Whatever you spend your attention on is what grows. To invest your attention into the client's true self (the aspect of them that is unbroken) is to feed the area that will benefit them.

Investing your attention into supporting the body during hands on energy work, this gives the body a turbo boost. This is like playing the Super Mario Brothers video game, picking up a special item, growing double size and jumping a level. The healing would have already happened, but it goes much faster with the turbo boost.

What's this about the archetype of the "wounded healer" I keep hearing of? *As if* there existed a healer on this planet that wasn't still wounded. The irony is created by the expectation that anyone who is a

“healer” has progressed to such an advanced state of health that all their wounds have been completely resolved. We are all in process here and even the healthiest, most advanced healer on the planet will tell you there is no finish line.

Healers arrive in many varying stages on their journey of personal growth. There is no corollary between how far a person has made it up that mountain of self-discovery and how powerful a healing they can offer. Unconditional love is the divine rightful heritage of every human being. A dog or a child can offer a healing at the same frequency level as a medicine man who has been practicing for 50 years. It is innate, and it belongs to everybody.

The thing about healing is, it’s actually very simple. You get over yourself long enough to support someone else. You lend your effort and energy and attention to focus on someone else’s goal. You don’t have to be perfect, right, and done. Anyone can enter that balance point of compassion and touch someone with unconditional love—children do this all the time and are natural healers. Hold space, clear the obstacles, provide energy (in the form of attention, staying present) to give them a frequency boost up.

The most powerful act we can do as healers is to remind *ourselves* that our clients are divine, to place our attention upon their true self, the version of their being that is whole and unbroken and in full integrity. Our clients have most likely judged themselves, which has slandered their own divinity and made them forget they are worthy of the 24-hour access to unlimited healing power provided to them unconditionally by the life force that built their bodies.

This is why a child has the power to deflect ego and thus offer a true healing. A child operates from a place of naturalness and authenticity, unconditional love, and perceiving the adults as god-like. To view your client with the pure love of a child, and the pure respect of one divine being to another, this is a true support and catalyst.