

# **Our Intention Creates Our Reality**

No matter what form healing takes, intention is at its base. Our intention is unbelievably powerful, and much more important than any specific energy healing techniques we use. Setting an intention to heal, to support the client's (whether it's you or another person) highest good, to remain non-attached to outcome, this is the foundation of all healing work. Once you set the intention, God and all of the Light Beings can begin to work through you to affect the healing.

Ask the client what her or his specific intentions for the healing session are. In every session I state the intention out loud in the opening prayer, so that Spirit may work through me to affect the healing and work with that specific intention. Our intention creates our reality.

## **The Power to Heal**

The power to heal is very real and has been observed by many cultures over thousands of years. Today, it is an exciting field of study allowing people to expand their awareness, to access the powerful invisible life force, and to serve as an energy healer. An energy healer or healing practitioner reminds us that we are not powerless victims, but are fully able to create the lives we want to live.

## **What It Takes to Become an Energy Healer**

Very different experiences can drive people to learn more about energy healing and decide to become an energy healer. Profound words, keen awareness or a personal healing experience can all contribute.

There can also be differences in one's goals. Some people, for instance, can be interested in becoming an energy healer as a benefit to their family and friends, while others may want to be a professional energy healer.

An energy healer has the ability to see the person as a whole greater than the sum of their parts and beyond their physical body. How an energy healer approaches their job can vary. Most, however, can see the blocks that are causing the problems in the lives of their clients. The blocks can be physical, emotional, mental or spiritual. Through a combination of talking, awareness-building and the use of actual healing techniques, the energy healer heals. It is through our true desire and compassion to be of service to another human being, to assist them on their path, that we are given the power to heal. Remember, the healing comes from Source energy, through us and the person receiving the healing assimilates that energy and heals themselves. They have to be active participants in their healing journey and take full responsibility. We are not here to "fix" others, or put band-aids on the wounds. A person's healing is ultimately up to them.