**SRMT AND LIFE EMPOWERMENT PROGRAM – HEALER’S CONTEMPLATION**

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HEALER’S CONTEMPLATION

Put the Earth and spirit first and your intuition will naturally develop. Taking good care of yourself and your Earth body is primary - as is listening to your body wisdom, your heart and soul whisperings, and being aware/conscious of how you direct your energy on a daily basis.

You may ask yourself:

1. What works in my life and what doesn’t?
2. What feelings do I have a hard time allowing myself to feel?
3. Within which circumstances do I cut off from who I really am?

As shamanic, as well as Reiki practitioners, our goal is to open as conduits of energy, and to remember that at its source everything and everyone is already whole. It is when people don’t experience, or aren’t able to express that wholeness, that they may seek out the help of an energy practitioner.

Remember that indigenous shamans don’t call themselves “shamans”, and it’s not so much what we’re called, or what our business card says, but what our vibrational signature, and our true heart is – in other words, what people feel in our presence. How well we care for ourselves, how much of our own work we’ve done, what our relationship with the spiritual realms, the Earth and our inner wisdom is – all of this will determine how we relate with those we work with, and what they feel and experience as they relate with us.

As Shamanic Reiki healers, we act as guides – offering an expanded point of reference for people who may be caught in claustrophobic or imbalanced places. In this process we will discover as much as our clients!

We hold a sacred and confidential space for our clients and acknowledge and support their relationship to their own inner healer. We know that our techniques are only as effective as our ability to be present, and we focus on wellness and wholeness instead of illness and imbalance. As active listeners we reflect what the client says back to them and we don’t jump to conclusions. Although we may share insights, we know our client will be guided to know and move through what is best for them and in the best timing for them. We facilitate their ability to discover this and to connect with their inner guidance.

We don’t have all the answers! We are inquisitive, curious, caring, and open, and trust that spirit and the Earth will provide the perfect experience according to the amount and quality of energy the person can handle and integrate – as it is they who invite spirit and the Earth to facilitate healing for them at this time.

As healing facilitators striving to be more conscious in order to hold the most expansive space for another, it’s helpful to look at your own life with fresh eyes. To help you do this, consider responding to the following invitation before the close of the EARTH Spiral. Date your questions, and then put them away until the end of your master teacher training. You can also invite on-going clients to ask their own five questions then review them after a few months:

Pose five questions that are most important to you in your life in this moment. Don’t put much thought into it. Quiet your mind, connect with your breath, and ask your heart:

1.

2.

3.

4.

5.