



# Self Discovery

by Margaret Nies

If you have started thinking about where you are at in your life, you have started on the journey of self-discovery!

Self-discovery is a journey that continues our entire lives. Each of us is in charge of our own journey. Our quest takes us to new and different places, at different periods in our life, as we grow and change. Each new discovery builds on the previous, building a wealth of wisdom and understanding that serves not only us, but also those around us.

Learning is intertwined with the path of self-discovery. Learning provides opportunities for the discovery of new skills, creativity, and to acquire knowledge. More than that, it offers you an opportunity for renewal, excitement and the fulfillment of curiosity. Learning lets you explore new ideas, concepts and ways of being.

We all have new things we want to experience in our lives, things we want to try, things we still want to know about. The key is to begin. Take that first step, now. Don't put it off until "some-day when . . ." It takes courage and persistence to begin. But once you take that first step, an amazing world begins to open. The universe becomes attuned to your thoughts and desires.

As you learn and get absorbed in a new endeavor, you are giving yourself the chance to experience an energetic flow that

moves from the Divine to your inner core and back out into the world. The benefits of the learning process appear in all aspects of your life. Relationships with others grow and improve. Most significant is the change in how you will feel about yourself.

As an educational program, Healing Touch, offers one path of self-discovery. Healing Touch encourages learning to listen to one's inner guidance or intuition and taking time to become self-aware. It provides a structure for an adventure into the world of energy medicine. It opens doors to possibilities for healing, physically, mentally, emotionally and spiritually, for both the individual and for others in their world.

So often we hear students new to Healing Touch say that they have been "searching for something." Their quest for self-discovery is urging them to seek "something" new and fulfilling and Healing Touch strikes a cord within them. Healing Touch Instructors and mentors have often witnessed transformational change in students as they progress in their path of self-discovery. This self-discovery ripples outward into the world and we are all blessed!