



Essential Energy

The Role of Healer

Think about how many life roles you play. The diversity struck me during my last birthday, the evening of which I spent eating dinner at my mom's nursing home. When a piece of apple pie with a candle atop was delivered, about 75 people, including staff and residents, felt compelled to sing "Happy Birthday" to me.

I did not quite know what to do, and so, I simply basked in the unexpected. I did not really know these people even though I show up at the center quite regularly. Finally, one of the residents explained their affection.

"You are your mother's daughter. That means that we are happy you are here."

It is not unusual to be defined by what others believe us to be rather than by exactly who we are. To the residents, I am the good daughter who arrives with enough smiles to make sure everyone gets one. To my youngest son's baseball friends, I am "The Baseball Mom," the most consistent presence on the bleachers, albeit the only one using battery-heated socks, mittens and shirts. (You cannot blame me for my attire. Fargo, the home of my son's college, is one of the most consistently cold cities on the planet.) In my neighborhood, I am the woman with the two big dogs. And to my clients, I am their healer, just as to your clients, you are their healer.

Being someone's healer is a great honor. The role entrusts us with the mightiest of tasks, which is to assist a client in becoming more whole. A complicated role it surely is.

We dry tears and assure hope. We dispense encouraging words, many conjoined with painful truths. We release and direct energies and shine a light unto the darkness. We are healers.

The descriptive word "healer," however, does not explain one of the most vital factors that affect the task, which is how clients perceive the job. Quite often, we are considered would-be miracle workers — maybe even avatars. Some clients might judge us all-knowing — similar to an animate crystal ball. Then again, our ability to gauge and shift energy can make us seem threatening. Our interactions with the invisible lie outside the normal parameters of safety. That can cause people to feel uncomfortable.

Want an example? Most likely, you have run into a client in public. I think that type of contact underscores my point.

For instance, I once bumped into a female client at the local mall. She looked at every fellow shopper but me, although I was directly in front of her. You know the drill. Most commonly we experience that sort of blank stare when we are trying to get the attention of a waiter who pretends they do not notice us. To spare my client her distress, I ignored her and moved away as soon as possible. The next session, she admitted that she had become frightened upon seeing me in public.

"After all," she said. "I am not sure what people would think if I they knew I saw a healer."

I have another client who sneaks into my office looking like she is recovering from plastic surgery, her face hidden by a large hat and sunglasses. She does not want anyone to know she uses an energy worker, much less someone who employs the word "intuitive" in her work bio.

"My family would think I believe in the supernatural," she admitted.

Then again, there are the clients who delight in claiming the fact they have a healer. Imagine my surprise when I was sitting at my youngest son's eighth grade graduation, in a Catholic church no less, when a woman screamed at me from the other side of the room.

"There is my PSYCHIC! See her?"

I practically died on the spot. I do not even use the term “psychic” in my marketing; besides, I just wanted to take pictures of my son at his graduation.

We cannot control how our clients perceive us — only what we know ourselves to be. Before, during and after showing up for work, we are an individuated human being. Sure, I am simultaneously my mother’s daughter, my son’s baseball coach, my dogs’ companion, my clients’ healer and a lot of other things. But I am also me and I will be able to show up in the best way for others if I remember that.

Baseline, no matter what, we need to remain aware of our unique aptitudes, personality and ways of being. Of course, as healers, we all share a special responsibility. We are human representative of a greater force. Then again, should we not be that no matter what cloak we are wearing? €



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