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Reflections on becoming a healer: Are you being called to healing work? **Rhys Thomas, Founder Rhys Thomas Institute™**

Is your life pointing you in some way to healing and living a more passionate and healthy lifestyle whereby you can then inspire others to do the same? Are you noticing that you are paying attention differently to the people around you? Noticing when they are not well. Noticing when they are tired or stressed. Are you recognizing something in yourself that needs to honor, tend to and cherish others? Are you dancing with the concepts of compassion, surrender and joy? Are you wondering about your purpose? There is no greater purpose than to awaken the healer within.

Every healer is called, though what that looks like will be different for each person. Figuring out who you are is the first step to becoming an energy practitioner, and usually by far the most difficult. Take the time to figure out what area your talents thrive in, and how to use that in a way that interests you. There is no shortage of people who need help or ways to help them. The key is figuring out a way that works for you personally.

There will be challenges in this process. You will learn, and you will grow. Every challenge that you overcome will make you stronger, even as they may seem impossible in the moment. Remember, in no step of this process are you alone. There is a community of healers available, and being part of that community does not mean that all of the support is turned outwards.

There will be people who have gone through some of the same challenges you are now. Remember that their advice may not work perfectly for you, but usually there are pieces you can use. Everyone is different, every path is different, but learning from the mistakes of those who have come before you is important, so that you can go forward and make new ones.

As you change your relationships will change as well. This is not just relationships to individuals, but also to the world around you. This will be difficult. Do

not ignore the difficulty. Unfortunately there is no way to make it easier. As you stretch into who you are becoming things that once fit will no longer, and things that did not fit will start to fit. It is important to consider if this change is worthwhile to you. If it is not, there is no point in trying to force it. Remember that change is often neither good or bad but instead always has aspects of both.

In the midst of this, there are highlights. Moments and days where you get to know that you personally made a positive impact on someone's life. Sometimes these impacts are physical. Sometimes they are mental, or emotional. However you have chosen to heal the world and the people around you, remember the individual. Populations matter, but the individual in front of you does too, and they are often forgotten. More than anything, remember your duty to them and to yourself.

Bio:

Rhys Thomas is an author, speaker, trainer, and coach in the personal growth and energy mastery field. He is the founder of the Rhys Thomas Institute and the creator of the Rhys Method®, a powerful system self-discovery, transformation, and healing. By mastering this art of energy into a science of personal empowerment business and health for the last forty years, Rhys stands as a model for what he teaches. Throughout his career as a tennis professional, coach, business owner, author, husband, father, public speaker, martial artist, and healer, he discovered that people who change the world have aspects in common. They are not planning and thinking about who they should be, they are living and being called to their highest mission from a fearlessness to grow and be more each day. He is the author of the International Best Selling book, [“Discover Your Purpose: How To Use The 5 Life Purpose Profiles To Unlock Your Hidden Potential And Live The Life You Were Meant To Live”](#) and his "Rhys Method" is taught exclusively at the [Rhys Thomas Institute](#), through the Rhys Thomas Coaching Programs, and through his products and on-line programs.

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