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## COMMENTARY

### What do you look for when you select an Energy Practitioner?

#### How do you tell if they are a good Healer?

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Students come to me regularly with the question of what constitutes a good healer and how do I select one for myself? The answer is that it is a mix. The basics are the same if you are looking for a physician, nutritionist, alternative practitioner of some type or energy practitioner. If you are looking for any practitioner you will want someone with good skills, good ethics, a solid level of professionalism and skill in the area where you as a client need support. And I wish it was as simple as just those items when you select an energy practitioner. In energy healing it is a more complex situation.

First, the person who is working on the client has to be able to work in a compatible frequency range. Then, that frequency range has to be compatible to do the repair/healing work on the particular issue. You must have a practitioner who can do both. Moreover, this is both a doing and a being. The practitioner must embody both aspects no matter the style of the work which they use.

Second, the practitioner has to have the ability to use the correct range of techniques with the correct level of skill, discipline and power. When you are speaking about energy practitioners, many are very compassionate. And when a client gets off the table, they feel better. Overall warm and fuzzy feelings may not be enough to create change. Often people need small increments of specific change to make progress and maintain the change moving toward their healing goal. If a practitioner is good at bold strokes and is able to only perceive a process is needed without being able to apply the appropriate correction to the process and in the way it can be best received by a client, there will only be limited improvement.

Third, the practitioner must have enough skills in the area of challenge to recognize where the work needs to be done, and then drop their preconceived notions and to do the work in

front of them. Think of it this way, if your physician was a very good physician, and they were in internal medicine and you needed emergency surgery, while they may have had the training in medical school, they may not be current in surgical skills. So if we translate this to energy practitioners, selecting a shaman vs. a full spectrum practitioner vs. a qigong practitioner vs. a spiritual practitioner can make a major difference in the success of the client's healing journey. These are all different styles and kinds of work. While the practitioner may have amazing skills in one area, they may not have had a broad enough base of training to do the work in another.

Fourth, does the practitioner have the ability to “switch gears”? If the practitioner has worked on three cases of pancreatic cancer and then what you as a client need is work on a torn tendon in the foot, you will need the practitioner to work in a different range of frequencies. You will need the work to be done in a different type of tissue. You will need a practitioner able to work with a different type of cellular consciousness. And did the practitioner allow themselves enough time between clients to make the shift to what the client needs? One should always check how much time and space the practitioner creates for themselves between clients. Many will need 45 minutes to an hour. It is always a better choice when selecting a practitioner, to have someone who practices good self-care skills and sufficient transition time is a self-care skill.

Fifth, much of healing work is about accepting things that are not the norm. A good practitioner must have the ability to both listen to their senses, make sure they are perceiving accurately, implement an appropriate and ethical healing action and stay grounded. Too often as practitioners begin to open up their skills, they come to the work to help them feel valuable about themselves. The work is about being in service and support to the client and not to the practitioner's ego.

Sixth, does the practitioner listen? Listening and being able to hear and understand the information which the client is sharing is a critical skill. In the world today, a physician does not have time to listen. They have to see too many patients in a single day. So, the ability a energy practitioner brings to the process to listen combined with the luxury of time to listen, can create healing all by itself.

Seventh, I do not care what kind of an energy practitioner you are. There are gifted people in every style of work. However, I do care if you have taken the time to have an anatomy and physiology class. It is disrespectful to the person on the table if you have not. It does not have to be a dissection class. It can be online. It can be at a community college or a packaged course. It can be Eastern or Western. A professional practitioner makes a commitment to being a life-long learner and continually building their skills. Anatomy and Physiology are part of that process.

Eighth, a practitioner must have good ethics and good boundaries past what you would normally expect from another type of professional. Lots of sessions turn up information on people that is from the past and is sensitive. The careful care of that information is necessary.

While these are not all of the factors that go into a good healing relationship, these are good solid components that are elements in the healing relationship that needs to be created between energy practitioner and client. If you are seeking out a practitioner, consider carefully.

Are they meeting your needs as a client in these areas. Trust is built over time for most people. Can you trust this person? Are they professional in their management of their time and their business. All these are factors which come together. Consider all these elements as you move into a professional relationship with an energy practitioner.

Bio:

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