

Finding the Healer Within

By Amy G. Martin APRN

Do you sometimes think that the power to heal is only given to a certain elite group of people? The truth is this: anyone could be a healer; it just takes desire and focused intent. You don't have to be a Nurse or a Doctor, a Therapist or a Medicine Man, all it takes is the recognition of the intuitive gifts within you, and a caring and loving heart. If you care about people, if you desire to lighten the burdens of those around you, if you are willing to move outside of yourself, you can have an impact on the well being of those with whom you share your energy.

Being in the position of receiving energy from others every day, think about how your experience differs in an encounter with someone, "just doing their job", in comparison to another person who puts themselves fully into their role, whether it's a grocery store clerk or your Doctor? We all know how it feels to be seen and known, versus simply being glanced at. Now, thinking about being on the giving end, if you are able to look at someone and instinctively know they are having a rough day, or wake up thinking of a loved one who is far away and just have a gut feeling something isn't right, then you have within you the first spark of a healer.

We all have a tremendous amount of power in our very presence. Have you ever thought about the power of your hands? From the gentle soothing touch on a crying baby, to the encouraging pat on the back to a friend or family member, your hands have the ability to send a visceral message..."I care about you, I would like to help or comfort you, I want to share my strength with you, I would like to understand you." Who we are flows through our hands, as well as our eyes and voices. The question is, are you ready to step outside yourself and touch the world? That is what a healer does, moves from their self oriented life, toward a life of service to others.

You don't necessarily have to make a career of it, but just recognizing the qualities of the healer within you, will attract certain people or situations to you, and you will be drawn to someone who can benefit from your presence. Sharing yourself in this way only strengthens and multiplies this gift.

Now some may say there is too much need in the world, there would be no end to the giving, and of course it's true, but you, as one person can choose the person, time and place, set your limits to be sure you don't become drained, and take time to nourish yourself in every way. Do I always remember this? No, not always, but it becomes very clear, very quickly, when I need to re-center myself and refill my own tank.

As one who has been in healing for over thirty years now, I can say that there is no greater calling. If it's for you, you know it; it fills you up like nothing else, and if you wonder, then it's worth trying your hand at it, whether it be in a small setting like your home, or as an occupation. One thing is for sure, there will definitely be job security, as it seems there is always the need for a gentle touch in this world.

Amy Martin is a Doctor of RoHun Transpersonal Psychotherapy and a Nurse Practitioner. RoHun Therapy is an alternative to traditional psychotherapy. Her private practice, "Healing Therapies", is located at 8 West Main St, Suite 1-3 Niantic, Ct. Call for a consultation. (860)691-0743, or go to www.Time4Healing.com for more information.