

What you NEED to know BEFORE hiring a Healer



A special report
by Tim Emerson
of Kwan Yin Healing
(kwanyinhealing.com)

"I've read your booklet, Tim, and I love it. You've got a compelling writing voice, and I love what you cover--a very grounded, matter-of-fact way of talking about some really woo-woo stuff. It's clear and strong, and the stories are great. I love the two checklists for deciding between self-healing and healing and in evaluating prospective practitioners. Fantastic! Really, really strong."

~Mark Silver, Heart of Business (heartofbusiness.com)

Praise for “What you NEED to know BEFORE hiring a Healer”

“Tim Emerson has done it again. His rational approach to the seemingly “irrational” helps you see clearly what is energy healing and what it is not. In “What you need to know before hiring a Healer,” you will get a peek into the mystery of why miracles sometimes happen with energy healing, and why they sometimes do not. You will see why you are responsible for your own healing, and why at the same time you deserve to be guided by an expert through the terrain of the unknown when it comes to unearthing your own greatest well-being. As a holistic nurse, I am deeply aligned with the idea that healing occurs at multiple levels, and is not only a physical process. You will love the simple and profoundly helpful tips included in this guide to help you get on the right track, right away.”

~Marina Ormes RN, HN-BC, Evolutionary Astrologer (astrologyheals.com)

“Thank you, Tim, for your free report -- such a gift! Very informative as I consider an issue I have with an injury, which is partially an expression of an emotional/spiritual issue, and informative and grounding to me as an energy healer who is on hiatus from professional practice, but intends to return to practice. Your articulation of the Four Pillars and why or why not working with a particular healer might be right for an individual is thorough. They inspire me as a practitioner to think to myself, Ah! These are great guidelines for helping me ensure I offer programs that are truly effective,” and me as an individual with an injury due to overuse to say to myself, “Hmm, am I truly willing to change?” Among several suggestions you have in the report, I am definitely focusing on releasing energy/tension/pain when it creeps up -- and that awareness in itself is a healing jewel. Gracias!”

~Jane Valencia, Bardic storyteller, author/artist, and healer (foresthalls.org)

“There’s something incredibly powerful about reading an article and feeling like it was written especially for you. This is exactly what happened to me when I read Tim’s gift, “What you need to know before hiring a healer.” The idea that resonates with me the most is while energy healing may feel “magical” at times, it is actually very grounded in reality and common sense. This is not only alluring (to my left brain thinking), but creates a very real sense of hope and confidence in my knowing there is always a path to healing. The integration of the Four Pillars makes so much sense... why haven’t I heard of this before? Also, the thought that what I think needs healing could just be the tip of the iceberg -- is something I have considered before, but now I know is probably very true for me. I’m really looking forward to learning more about Kwan Yin Healing and incorporating it into my life!”

~Pam Saxon (saxondesign.com)

“Tim has a comprehensive view of healing. His perspective is thorough, practical, honest, and helpful. Simply reading this guidebook made me feel more relaxed and empowered in my health. I feel more grounded and ready to engage in the rest of my day, knowing what I need to do to feel good.”

~Lev Natan, The Medicine Tree Center for Nature-based Healing & Evolutionary Leadership (themedicinetree.com)

“Hey Tim, I really enjoyed your booklet. It was such a relief to read about energy healing, explained in every-day language. It was easy to read and full of practical tips. So much generosity and respect for those considering working with a healer!”

~Lure Wishes (lurewishes.com)

Table of Contents

Preface: Why I created this booklet	3
Introduction: What's really true?	4
Part I: The three key reasons healing fails (and what to do to achieve consistent results instead)	7
Part II: Why three of the most popular approaches fall short (and how to find the shortfalls)	12
Part III: What you can do right now to address better health and happiness (how to do self-healing)	16
Part IV: Pitfalls of Self-Healing (why you might need help implementing holistic approaches)	21
Checkpoints: Self-healing or Healer? Which is best for you and your situation?	25
Part V: When you might decide to hire a healer (and what to consider when you do)	27
Checkpoints: What to Look for when Considering a Healer	32
Part VI: Getting what you came for (and making sure that you do)	34
P.S. -- How your friends can sign up (or what to do if your friend sent you this)	37
About the Author and Kwan Yin Healing (just in case you wanted to know)	40

Preface: Why I created this booklet

It's a noisy world out there in the energy healing arena. "Try cranio-sacral! You need chi gung! Get some Reiki! No, quantum healing! Psychic Surgery! Clear your karma! My healer channels angels! My angel channels healers . . ." And so forth. Oy. Now what?

You don't need pitches and promises -- you need a platform for decision making.

One size does not fit all. What you need depends on what's going on. And when fit and needs are mismatched, even popular approaches fall short. Why? And what can you do?

What you need to know, just like looking into any other product or service, is what goes into effective healing results -- what are the components, and how can you tell? Is this something you can heal yourself? How? Or do you need a healer, and if so, which one?

A quick and easy guide to evaluating energy healing choices and approaches

You don't need pages and pages of web material for this approach or for that technique---you need a simple, straight-forward, booklet – like this one.

Something you can read quickly and easily.
 Something you can use to evaluate any energy healing approach (and frankly, any other healing too). Something that will actually help you make a decision, not just further cloud the issue.

And that's exactly what you're about to read.
 Should you hire a Healer? What do you need to know before you proceed? What can you do yourself? How can you get the results you're seeking? What works, what doesn't, why, and how to proceed.

Enjoy! I hope you find it helpful.

Tim Emerson
 Kwan Yin Healing
<http://kwanyinhealing.com>



Introduction: What's really true?

Kwan Yin Healing shares the message that better health and happiness are possible now. Not someday—now. I work with spiritually-conscious adults desiring healthy and fulfilled lives who, despite all they're already doing, struggle for real world results in achieving better health and happiness. They've read the New Age books, attended the spiritual self-help seminars, practice yoga and T'ai Chi, meditate, eat the right granola, visualize the life they want, work hard, think positive thoughts... but yet these approaches aren't working for them, despite their best efforts. I help them live pain-free, healthy lives filled with the fulfillment and passion they've been seeking.

Are better health and happiness are possible . . . now?

That mission statement—better health and happiness are possible now—is a big claim. And as such, there's a believability issue.

It's ok to acknowledge that. In fact, that's an excellent point – evaluating seemingly outrageous claims is prudent behavior. And that's what we're going to do in this report.



Lots of people make big claims. While marketing at its best lets people see what's behind the curtain, Madison Avenue has more often focused on over the top promises no one believes anyway. Sweeping platitudes replace relevant content, and technical jargon makes what content there is indecipherable. So we dismiss that information as hype. And that's without even getting into believability in the woo-woo world of energy healing and other alternative healing practices!

Yet I've witnessed healing I wouldn't have believed before.

Even as I approached it skeptically, I've seen healing I wouldn't have believed previously. Neck vertebrae displaced in a year-old auto accident moved back into position by itself. Degenerative disc disease healed and the back pain gone. Chronic fatigue reversed. Wounds closed and mobility restored. Torn knee cartilage healed, the knee pain-free and functional again in just days. Flu case healed overnight. And then there are the insights, the surprising coincidences, the euphoria, life realizations, revelations, and visions and tactile experiences of feeling touched by others not physically visible in the room.

So what do we do with this? I didn't know at first. On the one hand, seemingly mysterious results, and on the other, a world with its share of both charlatans and well-meaning but overly enthusiastic adherents of one practice or another.

So I started investigating.

Do these approaches work? And if so, which ones? How well? Can any one given approach help everyone with everything, as some of them advertise? Will they work for you or your friend or your family member – or not? And how would you be able to tell?

Further, is energy healing even the proper modality for you or your loved one's condition or situation? A lot of variables go into whether a given approach is warranted or even relevant, case by case.

For example, years ago I healed my poor eyesight not with energy healing but with Dr. Bates' *Better Eyesight Without Glasses* Method – but that's because my case featured eye muscle strain, not glaucoma or some other disease. Another time, I reversed a year of increasing knee pain not by energy healing, but with six weeks of physical therapy, since in my case, a muscle imbalance was causing the painful scraping, and that could readily be corrected with the proper exercises.

Thus, we need to identify the real issue.

That may not be as easy as one might think. One client, with a serious case of cervical cancer, found renewed energy, hope, and peace after months of dark depression and exhaustion, and was enthusiastically grateful for it. Another client, bed-ridden with diabetes and various complications, unable to get up by herself or even turn, today celebrates that when she's sitting in her chair knitting and the yarn falls behind the chair, she can reach back and retrieve it herself without calling her brother to get it. What really needs healing isn't necessarily what's on the surface. That's both the beauty and the complication of holistic approaches.

But the real unspoken concern people generally have when they consider energy healing or similar practices is this—

“Am I going to waste a lot of money and look like a fool?”

It's a good question . . . and not one limited to energy healing. In hiring upper management, for example, or assigning oversight of a computer department – how can you know whether these people know their stuff when you're hiring them to do something you don't know yourself? Let alone trying to determine how well they do it. Or how about the every day decisions people make hiring mechanics, plumbers, electricians, and so forth. Are they good, thorough, fairly priced? Is their advice sound or self-serving?

Most of us have no way to know really, other than the referrals of friends and colleagues. And certainly it doesn't help you make an evaluation to hear that a practitioner assures you based on claims of psychic ability (real or not -- there's no way to tell).

Then there's what *kind* of energy healing to pursue.

Reiki? Chi Gong? Reconnective Healing? Quantum Touch? Acupuncture? Craniosacral? EFT? Pranic Healing? Theta? Arggh! The list just keeps growing!

And if you ask, you typically get a lengthy lecture on the history and the processes, but still no way to tell which is the best fit for your situation. Especially when everyone is telling you that their way is always the best, when clearly, everyone isn't better than everyone else.

What gets results, what doesn't, and how do we go about getting these results?

So that's I'm offering here – what gets results, what doesn't, and more importantly, why or why not, along with practical steps to follow to proceed. Here's what you need to know, regardless of who you might work with or what modality you choose.

Let's get into it, starting with why healing sometimes falls short.



Part I: The three key reasons healing fails (and what to do to achieve consistent results instead)



The key point people want when they seek out healing is – the healing. But although sometimes results are astounding other times they are . . . missing. How can this be?

Well, the typical explanation is some version of “maybe you just weren’t ready” for the healing in some way or another. OK, I can see that...but it begs the question. Why isn’t someone ready? What’s required to get someone ready? In short, we’re still left with the question, “How can I get healing?”

Fortunately, the question is not as mystical as it may seem. When healing fails, it’s for one of three key reasons—and here’s what to do about it to get results.

Reason 1: One or more parts of the “Healing Equation” is missing.

There are Four Pillars of Healing—Clarity, Connection, Coherence, and Change. You need all four to get consistent results. Just as a table with a missing leg won’t work well, neither will approaches missing any of these Four Pillars.

Let’s start with the second one—we’ll come back to Clarity in a moment.

Connection is the one most typically associated with energy work. Whatever the particular modality, the energy of the client is connected to supplemental energy of some sort, whether newly generated or already existing but not being used efficiently.

And that can work, simply because sometimes the other elements are present sufficiently to accommodate healing. We are a continuum from physical through emotional, mental, spiritual, and highest self to the divine – without break or separation – and we certainly want that pipeline clear and functioning. But for effective results, we need the other elements as well. Cars don't run just because they have gas in them (unless the route is downhill).

Coherence is how all the various parts of our energy resonate together. A cardiologist, for example, isn't going to stop at heart surgery, but rather, insist as well on dietary changes, no smoking, and so forth. Anything short of this would be incoherent—and so would that person's health. In energy work, coherence means the physical, emotional, mental, and spiritual aspects have to be working together, in the same direction, in harmony. Connection can promote this, certainly. But a physical cure ignoring the energetic whole is only treating symptoms, and temporarily.

Remember last time you were emotionally distressed? Or under mental duress? How did you feel physically? Not good, I'll bet – this is why coherence is important. Attention to coherence will help you identify what to change as well.

Change is essential, as our cardiologist friend insisted above. If you want different things to happen, you'll have to do different things. I can't have a clean house the same way I got a messy one—I have to change my habits, behaviors, and procedures.

Sometimes change is difficult. We all tend to cling to our respective comfort zones. Recognize, though, that this is a recipe for the status quo. All progress, all improvement, takes place out of that comfort zone. Who we are now is how we got what we have now. We will have to step into new ways of being to move into new manifestations of that energy.

Clarity is the final pillar—and in practice, should be the first. What exactly is the problem? Very commonly, people are trying “solutions” that address the wrong problem—which is why those aren't working. Likewise, what exactly do we want to happen? If the desired outcomes are vague, then the “strategies” for reaching them are going to be fuzzy at best – which means they aren't going to work well, if at all. When I smashed up my knee, my doctor examined it, diagnosed the problem, and then asked, “So what's our goal here?” It's a smart question. It determines the appropriate treatment.

Also, remember in the introduction where people found healing for something other than they thought they wanted? When we're in pain of some sort, physical or emotional, we may have difficulty naming what we're truly seeking. It's hard to be honest and insightful with ourselves when we're suffering. Until we are, though, we don't know what we're addressing.

Healing Results = Clarity + Connection + Coherence + Change

With all Four Pillars – Clarity, Connection, Coherence, and Change – we can be comfortable knowing we will find results of some kind. Actually, we have to. We know what we’re addressing, why, and what we want. With all four pillars of the healing equation, we tap into a greater network to access the resources to do it. Clarity helps the Connection to work with Coherence; rather than different parts being at odds with each other, there’s a unity of direction and purpose. And that Clarity of direction and purpose will take us out of our comfort zone and into the new habits, thoughts, actions and approaches needed to complete the needed Change.

Progress of some sort is now assured. That’s the power of the Four Pillars of the Healing Equation (whatever terms individual practitioners might have for these pillars) – and the danger of omitting any of them. All we need now is a systemic approach to ensure those criteria are met. And that’s really important.

Reason 2: The false dichotomy of physical vs. spiritual

After struggling in the physical world with a problem for some time, it’s not unusual for someone to turn to another solution. Eventually, we realize that limiting ourselves to physical approaches only is like trying to lift a heavy board from one end. So we leave physical approaches behind and turn to a spiritual solution.

At the same time, it’s not unusual to see someone fall away from a spiritual approach out of similar frustration. “It’s time to get my head out of the clouds and get back into the real world,” we say then. We become all about our vision of physical reality, leaving the dream world behind. It just wasn’t working, despite our trying so hard!

Unfortunately, in each of these two cases, we’ve simply walked from attempting to lift the board from one end to trying to lift the same board from the other end, thinking this will somehow be easier. When it isn’t, we’re frustrated and confused. But we still can’t lift the board because its center of gravity is halfway out toward the other end, just as it was when we tried to lift the board from the first end, and there’s still no way to get effective leverage.

We need both approaches, melded together.

What’s needed is to find the center between both ends, and from that center, the board will lift far more easily. There’s no division between physical and spiritual – they are part of the same board.

Remember my banged up knee? “You were lucky you didn’t tear your meniscus [*the crescent-shaped cartilage between the lower leg and the thigh*],” I was told. “In fact, from what you’ve said, it sounds like you did tear your meniscus, but somehow managed to heal it.”

Well, yes. But I still went to physical therapy for six weeks to properly strengthen the muscles and to learn to use my knee properly again (I had started favoring it, unconsciously changing my gait). Both approaches, energy and physical, were important.

Give the Universe a hand.

Notice that this sounds a lot like Coherence? It is. And Clarity. And Change. That's when Connection works well. It's OK to help the Universe out. In fact, it's a good idea.

Incidentally, that's also why I'm not among those suspicious of physicians. Doctors are excellent at what they do, and if you need one, I recommend listening to them. They can cover that physical aspect of your needs well, within the scope of what they do. Energy healing is not a substitute for this – it's another aspect.

Reason 3: Trying things, rather than applying a thorough, comprehensive, systemic approach

“Can I book an appointment, try a healing session, and see how it goes?”

I get this question quite a bit. And practitioners sometimes encourage this: “Just try it!” Maybe it works. Maybe it doesn't. Or maybe it works for a while, then goes back. But it's certainly not reliable results, at least not from the client's perspective.

Why? What's the secret? How can healing become more consistent? The answer is not so mystical. Stop trying one-time shots in the dark. Or multiple shots in the dark, for that matter. By definition, you're just guessing. Remember Clarity? In this case, there's none.

When my car mechanic diagnoses car trouble of an unknown cause, he doesn't just dive in randomly with things that helped other customers that morning. Nope. He comprehensively goes through all the things that could be the culprit, and then systematically tests for them, until he has isolated the problem and can proceed to fix it. That's because he has systems and structures that he knows work.

Healing programs require consistent systemic approaches to prove effective.

Any competent training program takes people not through a random list of things that might help, but through a structured, step by step method that meets people where they are and moves them purposely into the competencies required. And that's what any competent healing approach emulates as well. Not “try this,” but “here's the course we'll be following, here's why, and here's how it creates results.” If a practitioner can't explain this, then that practitioner has no system—it's guess work.

That doesn't necessarily mean that some approaches are inherently better than others. Sometimes this is a matter of ensuring the right approach is matched with the problem at hand – again, a matter of Clarity. Kwan Yin Healing, for example, focuses on systemic healing. While that's great for many things, if you have some specific physical issue, like a bashed up knee, this is not necessarily the best approach, at least not by itself—we'd be back to the “maybe it will work, maybe not” scenario. On the other hand, something like back pain is generally part of a systemic problem, and the odds of getting relief are much better.

Practitioners should be able to explain the work, what it does, and how it matches your situation.

Beware of approaches promising to help everyone with everything – that's wishful thinking, not a systemic approach. Many well-meaning people do this, and their results are likely inconsistent – sometimes it works, sometimes it doesn't.

That's also why Kwan Yin Healing stresses programs and packages aimed at addressing not simply temporary symptoms, nor at merely hoping to help somehow, but rather taking comprehensive, thorough, proven approaches to delivering results for clients who are a good fit.



Part II: Why three of the most popular approaches fall short (and how to find the shortfalls)

Another problem with the lack of a thorough, comprehensive approach is that it tends to rely on belief rather than demonstrable systems.

That fallout undermines three popular approaches, primarily because without a proven program, we're left with nothing but hoping. Hope is nice, but if those hopes aren't realized, we have no way to know how to adjust our effects toward results. We don't know whether we're off course or just not far enough along the current one. Consequently—we've no idea what to do. Except guess.

Three common instances of this are Visualization, Setting Intention, and Short-Term Thinking. Please note—I'm not questioning the value of these approaches, not at all. I'm addressing how they are used at times, and why that use undermines their effectiveness.

Visualization—If you see it, will it will come?

Visualizing is powerful. Vision boards, lucid dreaming, concentration of thought—whatever the method, visualization, at its best, truly rocks. And it rocks because it brings Clarity (or at least it can), and if applied consistently, Coherence.

What it lacks is Connection and Change. People depend on the Law of Attraction, saying the give away “I believe in it” vs. a demonstrable system, waiting for the Universe to discover them and FedEx all their dreams and desires. What they don’t get is that the Law of Attraction is right where they are – waiting. And waiting. And waiting.

Seeing Change requires self-awareness, connection, fresh growth, and a plan.

One of the reasons Change is difficult is that it first needs self-honesty. We have to look closely and realize where we must let go, and where we must grow in new directions. To do that, we’ll need Connection to resources, energetic or not.

Once we get a clear, honest, complete picture of where we are, we have better Clarity, and now we can map out effective routes from there to where we visualize. This is a good time to go to Connection and ask – not wait – for help finding your path. And suddenly you have momentum again—because you have a clear purpose and direction (and a connection to your Vision). Now walk the path.

Setting Intention—Is willpower a true superpower?

There are no comic books (of which I’m aware anyway) where the superheroes battle villains using their amazing willpower to defeat them. That’s because willpower isn’t a real power. It’s an attitude. And that can help or hurt, depending on whether that will is determination or stubbornness. But even through force of will, we need Clarity and honesty about where we are, where we’re trying to go, and why, before we can focus effectively on how. Only then, once there’s a valid strategy, does stick-to-it-ness become helpful.

In *The Four Agreements*, Don Miguel Ruiz lays out an excellent understanding of effective use of Intention and its relationship to Transformation and Awareness. Here’s an overview.

Before Intention can be effective, we need the ability to Transform. After all, if we don’t know how to create purposeful change, then setting intention has no compass, lacking Coherence. That transformative ability comes via a thorough, focused, comprehensive, proven system. In other words, a system that demonstrably works.

Before Transformation is useful, we need Awareness.

If we don’t have an accurate understanding of the real problem, applying Transformation will prove ineffective—we lack Clarity. And solving the wrong problem is very common.

Consider: if we already had a clear idea of the real problem, we'd be in the process of implementing the solution, not setting an intention. Only after Awareness can we Transform, and only after we can reliably Transform does Setting Intention prove effective.

Magic requires a plan—that's the real power of setting intention.

Yes, sometimes all the parts necessary to successfully manifest by setting intention happens by accident. And yes, you could set an Intention and seek Connection to get Awareness/Clarity and how best to Transform/Change with Coherence.

But simply choosing a direction based on a poor or missing diagnosis (lacking Awareness), and without the skill to travel in that direction (lacking Transformation), Setting Intention will remain just a dream. It doesn't have to be.

Willpower isn't the secret. Awareness and the ability to Transform are the keys to Intention. Napoleon Hill, author best known for *Think and Grow Rich* (a book that's really about vibration), advised there are three secrets to successful manifestation – you have to know what you want (Intention), you have to know why you want it (Awareness), and you have to have some idea how you're going to get it (Transformation). Then the magic can happen.

Short-Term Thinking—Is healing really just that simple?

Not uncommonly, people would like to try a healing session, see how it goes, and decide from there whether to proceed.

Certainly, that *sounds* reasonable. But can you imagine trying an hour of car repair, see how it goes, and decide from there? Or an hour of heart surgery, try more later if you like it? Or an hour of a management consultant's time, see whether things are better in 60 minutes? The result in each of these cases is likely to be extreme dissatisfaction—unless you happen to get very lucky, and it really is something so small and readily resolved. Nice when that happens.

Sometimes short-term solutions work, but mainly for symptoms, not generally causes.

You take a few aspirin for a headache, and the pain subsides. You rub some menthol on a sore muscle, and it begins to relax. At issue here, though, is that the treatment is for the symptoms, leaving the root cause intact. If the root cause is truly temporary, OK, problem solved. More often, though, these solutions aren't fixing anything really—they're covering it up for now.

The same can be true for energy work. True, sometimes clients see remarkable results in a single session. But is the right problem being solved?

One of my clients had been going to a chiropractor week after week for tightness in his back that was preventing his martial arts practice. He would feel better on the table, but on the way home, he could feel it tightening again. The symptoms were eased, but only for a time. The same can be true for any symptomatic treatment.

Holistic, systemic approaches require more than short-term solutions can offer.

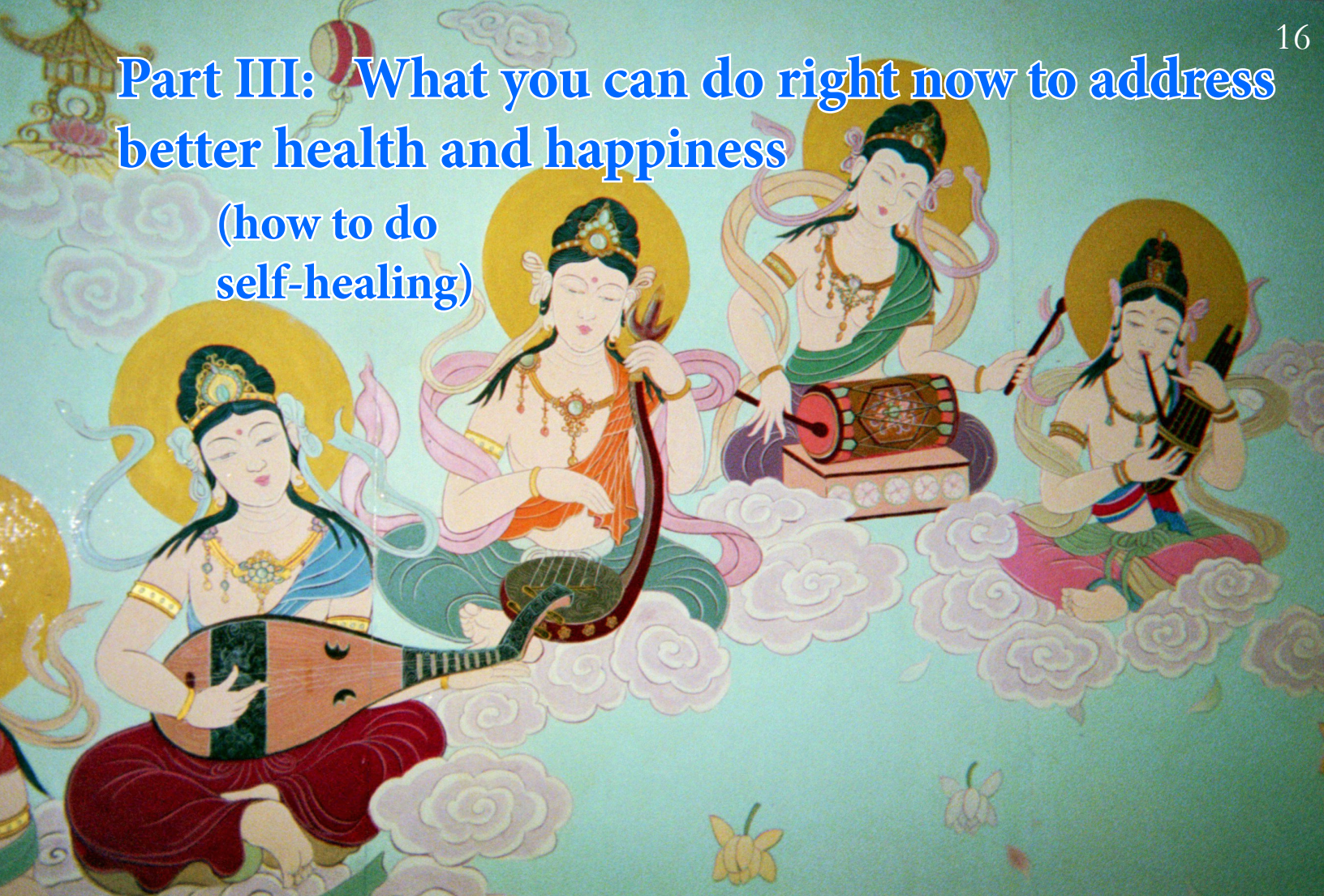
Imagine trying exercise for a hour, then seeing whether your high blood pressure has returned to normal. Or eating right for a single meal, then checking for signs of health benefits. You wouldn't sleep for an hour at night, set your alarm to see whether that was enough sleep yet, would you? Likewise, one yoga class isn't likely to accomplish much by itself. All of these processes take time and continued practice.

Similarly, when we enter a course of treatment or sessions with a practitioner, we expect that professional to be able to appropriately assess the situation and to lay out a reasonable plan and time frame adequately explained as it relates to the client. Time takes time. Anything less is only part of the job, and like an 80% repaired car, isn't likely to yield good results. Instead, undertake a comprehensive, thorough approach, one already demonstrated to work based on the practitioner's past experience and client testimonials—and not only works, but works well, in a long-lasting, satisfactory manner.



Part III: What you can do right now to address better health and happiness

(how to do self-healing)



Now that you know some common pitfalls, as well as what's required for healing results, here's a question I get periodically:

“Well then, why can't I just do this myself? We're all connected to the divine, and if I focus, get clear and consistent, and make changes, couldn't I just heal myself?”

“Can I use the concepts I've learned so far in this booklet to heal myself?”

Yup. Absolutely. You can. Sometimes, this may even be the best solution – after all, you probably aren't going to visit a healer because you have a cold, unless there's some compelling reason.

[And there could be some a compelling reason. Once, a client was scheduled to co-present at the Kripalu Center for Yoga & Health the next day, but was so sick with the flu that he thought he'd have to cancel. He reached out to me for help, and we did a distance healing session. He woke the next morning at 4 a.m., felt fine, and booked a flight to deliver his presentation.]

So in the section after this one, we'll look at reasons you may want outside healing help from a healer nonetheless. But first, here are three self-healing approaches you can use successfully—and right now. Ready?

Tip #1 ~ The Energy Ball

Energy healing can seem mysterious and subtle to someone not trained in it (and sometimes to those trained in it too). But by learning to feel energy, even a novice practitioner can begin to experience how energy flows and acts on the body and on health.

Imagine holding a volleyball between the palms, fingers of each hand at a 90 degree angle relative to the other hand's fingers, except that this "volleyball" will be a sphere of green light. Slowly move the top hand clockwise and the bottom hand counterclockwise, the top hand at the "12 o'clock" position while the bottom hand is at the "6 o'clock" position, and so forth.

Sometimes it's helpful start with a very large ball, even much larger, and compress it down to volleyball size (to help you feel the energy).

Move from feeling the energy to being moved by it.

When you can feel the energy ball (be patient at first), continue the circular motion until the energy is moving the hands, rather than deliberately moving the hands. Just relax and feel this, getting comfortable with the idea of being moved by energy.

Then move the energy ball (by moving your body and/or arms), while continuing to turn it, to the area of the body needing healing, superimposing the energy ball on the area being healed. As this area absorbs the energy, let the green light become white (via visualization in your mind).

This basic technique is fine for healing others or yourself.

See the affected area as whole, already healed.

Resist the tendency to see the treated area as ill or damaged or diseased. Instead, see it as healthy, as inherently well, already healed. This is important. As you release the green light to white, see the area as perfect and the healing as complete. This will greatly aid the healing. Conversely, clinging to the notion of disease or injury can prolong the condition. Instead of healing first and then feeling good afterward, feel good first as an aid to healing. See the area as if already healed.

The body is already very good at healing itself—you are simply aiding that process.



Tip #2 ~ Releasing

All healing is releasing stuck energy. Our natural state is flow, both internal flow and flow in connection to all that is. All energy methodologies are means to this end.

For injuries, disease symptoms or pain, concentrate on letting the energy dissipate from that location, radiating out in all directions into infinity. See this part of the body and the entire self as healthy, despite how it might seem or feel. Visualize the health, not the dysfunction, and continue to focus on releasing the energy, letting the health and normal function shine through. Don't let frustration or impatience cloud your efforts. Continue to simply release the energy, the tension, the pain, the whatever else needs releasing. Let it happen now. If you get distracted, just bring your focus back.

You can also release energy to prevent disease and injury before it settles in.

You don't have to wait for injuries before you heal—instead of gathering and clinging to disease and discomfort, release it as it comes, rather than letting it accumulate. I learned this one summer hiking in the high peaks of the Adirondacks. At first, I was happy that I had learned I could heal my sore muscles and blisters at the end of the hike, instead of having to deal with them slowly returning to health over two or three days or more. But then I realized I could release this energy as I was hiking. I still would get tired after a day of climbing, but I could do it with no sore muscles at all. If I happened to twist an ankle or a knee, I could immediately release the energy, right then, and continue on in a minute without an injury that would formerly only get worse as I continued to hike on it.

As I learned to dissipate trapped energy, I also learned to feel the energy flow in and around my body, found I had greater strength and energy when climbing, and could ascend with much less energy, relying on my energy field in place of struggling with muscles alone. Again, I would still get tired after a day of mountain climbing, but not sore, and I could hike and hike and hike. Try it—just as your tendons ripple down your arm when you move your fingers, feel the energy lines around your entire arm, around your back and head, and let the pull of this energy move your arm instead, like lines of light in place of tendons. Same with your legs, your back, and so forth. It gets easier—and automatic—with practice.

What's true of physical healing is true of emotional and mental healing.

Instead of clinging to emotional pain, as we can all tend to do, release it. We say things like “Let it go” in the vein of acceptance and moving on with life, but here I mean literally to let it dissipate, just as in the physical healing. Doing this also flags for us when we're having trouble healing and when we're actually choosing to hold on to the pain instead—and with that awareness, we can begin to make better choices. Or at least beginning to take responsibility for those choices.

For mental healing, when you find yourself confused, stressed, burdened, thoughts swirling—just stop thinking. Seriously. Step back and watch that silly mind chasing its tail, but don't be a part of it. Since this swirling type of “thinking” isn't productive, just let it go. Again, dissipate the energy; visualize it radiating out in all directions, harmlessly absorbed by the world around as it does. Clinging to confused thinking is only ego, which by definition, separates us from Connection. Healing is about reconnection (one of the reasons I practice a Reconnective form of Healing). Let the ego go, and the thoughts and confusion that come with it. As the Zen saying advises, “You can't slap down the waves.” Let things settle. Focus on just being in the moment.

[And that brings us to spiritual healing.](#)

Stop striving, and just Be. As soon as you do, amazing clarity and peace fills the void left by the confused activity. Love and Joy are our normal healthy spiritual state. Anything blocking this—just release it. Simple, but Powerful. Without the artificial blocks, we're left with truth, health, connection.

Be Happy and Healthy—Now.

Tip #3 ~ Don't Overlook the Obvious

Remember to address the obvious: a healthy diet, sufficient sleep, and lifestyle are important, everything from doing work that matters to living a balanced life that includes healthy recreation and meaningful relationships with friends and loved ones. Don't make energy healing about magic—it's about balance and sensible living, in harmony with the body and the environment.

[That eating a balanced, healthy diet creates better health is no secret.](#)

It's all too easy (and common) to neglect and ignore this basic element. Before reaching for the medicine cabinet, change diet appropriately. Sometimes ailments such as high blood pressure and heart disease, for example, can be brought back to normal simply through a consistent, better diet, as the work of Dr. Dean Ornish and others shows. Let medicine do the heavy lifting when needed, and don't alter the body's balance chemically before first addressing that imbalance naturally and realistically.

[Go to bed at night.](#)

Tomorrow is another day. Even my energetic husky knows when it's time to go to bed—whether I go or not. Proper sleep, rest, and regular rising hours do wonders for the body, not only in terms of energy levels, but also in promoting a healthy immune system. Regular and sufficient sleep brings emotional and mental balance as well. Get enough sleep. Change the life issues that prevent it. Yes, at times this may not be possible in the short run—for example, a newborn baby is understandably going to alter household sleep cycles. But in the long run, get enough sleep.

Make it quality sleep. Meditation before bed can help with this. So can cutting down on caffeine. And alcohol hurts more than it helps, as it creates restless, disrupted sleep. You want healthy sleep.

Do work that's meaningful.

Studies show that happier people have fewer illnesses and live longer. In a culture that has us (if we don't count sleeping) at work more than we're home, doing work we enjoy is a crucial factor. One interesting study showed that the majority of ER visits were from people unhappy with their work. Sure, sometimes we have to do what we must to pay the bills. But in the long run, we can steer our efforts into work more important for us, and with the increase of meaning and happiness comes better health.

Our health works as an integrated whole.

The Hindu view of the body is like a set of Russian nesting dolls. The physical body, with its vibration/frequency, sits inside the emotional body and that body's vibration/frequency (a "higher" plane of existence), which sits in turn inside the mental body at a "higher" (faster, really) vibration/frequency, which sits inside a spiritual body, called the "causal" body. This name is telling—things that happen here flow "downstream" to lower (meaning slower, more dense, not inferior) vibrations/frequencies/bodies/planes of existence. What's important to understand, though, is that these are not truly separate nesting bodies, but an integrated whole. When we're mentally upset, we experience physical manifestations of this, from tension to shorter breathing to physical illness. And when we haven't slept or eaten, our mental and emotional capacities are lessened. It's a system. Thus, regular meals and sleep are as important and as spiritual as meditation. Raising our vibration is a useful metaphor, but integrating and balancing our total vibration is far more useful—and healing. It's about a stable coherence of energy, at all levels, vibrating harmoniously in sync.

So don't overlook the obvious. Getting enough sleep and taking time to eat a decent meal are just as much spiritual acts as sitting under a Bodhi tree and becoming aware. So have an apple . . . and enjoy a spiritual experience.

One more obvious point – these tips are only useful if you use them.

I remember a cartoon showing a man standing on a disorderly pile of ladders in his attempt to scale a wall. Piling up methods doesn't help nearly as much as picking one, setting it up against the wall and climbing up. Which one you pick isn't as important as doing something consistently, sensibly, and systematically.

Please let me know which of these tips you practiced and found useful—I'd love to hear!
(kwanyinhealing@gmail.com)

Part IV: Pitfalls of Self-Healing

(why you might need help implementing holistic approaches)



So now you know the elements of results-based healing. You now know the key reasons even popular approaches can fail, and what to do about it. You now know basic, doable self-healing approaches. And yes indeed, that's enough for you to move forward successfully. You've got this!

At the same time, self-healing can be problematic. Here are three common problems to consider.

Sometimes knowing the correct problem is challenging.

When I was a college music student, frequently performing under pressure, I had terrible neck pain from all the stress I carried in my shoulders.

Or so I thought. I tried everything I could think of, to no avail. This continued for a few years, until someone pointed out that it might not be my neck and shoulders that were the primary problem.

Huh? How could that be? Turns out, at that time, I had tight muscles everywhere. As an avid hiker and daily runner, my leg muscles were strong, so when they contracted, they didn't feel any pain...they just pulled on the muscle set above them, which in turn pulled on the muscles above them, which pulled on the muscles even higher, until eventually they got to my poor neck. Not being any match in the tug of war with my leg muscles, my poor neck muscles were stretched to the max...and complaining painfully about it. I learned to loosen the back leg muscles using a tennis ball on the floor, and viola! My neck was cured.

Another time I had terrible tingling in the outer two fingers of one of my hands—not a good sign for a musician. Again, I tried everything I could think of, but nothing helped.

When I turned to my doctor about this tingling, he nodded and said, “Sure! You’re an active guy—you fell on your side, injured a nerve, probably didn’t even notice at the time.” Wow. But sure enough – learning to do nerve stretches took care of the problem in a few weeks.

Comprehensive approaches can help in finding the real problem.

Among the advantages of energy healing as I practice it at Kwan Yin Healing is the benefit of a comprehensive approach. Finding the real problem and distinguishing correctly between symptoms and causes can prove challenging, but since the energy work is systemic, the healing happens where the actual need is, bringing the client back into alignment with his/her energetic blueprint. That’s why sometimes clients come for one situation, but find healing in another. I’ve experienced this as well—when I had my Reconnection (Energy Alignment/Connection), I wasn’t expecting my back pain to vanish and my degenerative disc disease to disappear...but that’s exactly what happened. I wasn’t even aware that was a possibility at the time.

I remember someone telling me once that “Michael Jordan has a coach.” At the time, he was one of the greatest athletes ever to play basketball, and yet, someone was coaching him. Why? Was this coach more awesome than Michael? No...but he was an outside pair of eyes, able to see what Michael wasn’t going to be able to see from his point of view inside himself.

Even when someone is talented at self-healing, outside help is still needed sometimes. Seeing the real problems all by ourselves is difficult—and sometimes impossible.

When we get used to the pain

Even more difficult is when we know the problem, but because we’ve known it and experienced it over time, it becomes familiar, and oddly, we’re then reluctant to let go.

Ever watch a group of people around the water cooler discussing their aches and pains?

Person 1: “Oh man, my elbow is killing me. I don’t think I’ll ever play tennis again.”

Person 2: “Oh that’s nothing...my knees hurt so bad now I can barely walk. The doctor says I might need surgery.”

Person 3: “Well, both of you should be glad you don’t have my migraines. Once that blinding pain starts, well, I can’t think. I just want relief, but I can never get any!”

And so forth, on and on, and whoever feels the worst, wins! Oy.

Not infrequently, pain becomes people’s identity—and they cling to it.

Instead of all the rich and varied and wonderfully joyous elements and qualities that make up these people, they become the chronically inflamed tendon, the bronchitis-prone person, the asthmatic,

as if a case study, the PTSD sufferer, the childhood abuse person, the adult child of an alcoholic, the divorced guy or gal – and all that is understandable, as the pain is real and present and true and significant and impactful. But it becomes not part, but everything, an old friend, even who we are. That’s dangerous, and it’s difficult to overcome, especially with self-healing.

Surrender rationalizations and justifications for what isn’t working.

I remember telling my advice-bearing friends things like, “See, I’ve got my way of dealing with this...what I do is...” and going on to give my rationalizations and justifications for continuing as I was at the time. Until one friend listened and calmly asked, “So...how’s that working out for you?”

Of course, it wasn’t working at all—the problems were just dragging on. But I couldn’t see that. And I wasn’t really feeling the full pain of it, as time had helped numb me into resignation. That’s not acceptance in any true way—it’s more like just giving up, then defending the surrender as if it were a mode of attack. We become the pain, and begin to, in a sense, even like it. It’s us. It’s who we are and what we do. But that’s definitely not conducive to healing.

Being honest with ourselves is very difficult.

Our friends, partner, and associates will see something long before it reaches our own awareness. That’s why relationships—personal, professional, communal—are so important. And even once we realize that truth, no one likes to be called on inaccurate views.

This is among the advantages of a systemic, comprehensive approach to healing. Consider what your doctor does—despite sometimes near-certainty given your description and symptoms, what happens next? Your doctor tests to make sure, and checks out other possibilities just to rule them out conclusively. Only then does official diagnosis and treatment begin.

Comprehensive approaches allow the space to thoroughly investigate our needs.

Energy work is similar. Even home-study programs at Kwan Yin Healing, for instance, cover the bases thoroughly, rather than just jumping into content. The Kwan Yin Journey, for example, starts with the basics of preparation for the journey, then covers physical, emotional, thought, intuitive and higher awareness aspects, gradually raising vibration, but perhaps even more importantly, going through all of that energy at all levels, ensuring not merely connection to healing energy, but also the coherence of that energy at all levels. We have to go through it all to find the truth.

Here’s an example of what I mean by coherence at all levels.

I’m prone to knee injuries, as I’m an avid mountain hiker, cross-country skier, and runner. Usually, physical therapy can take care of it in 6-8 weeks. And over the years, I’ve learned to just do what

the physical therapist always says to do. But there's more. Sometimes, I'm just stuck for a little bit, struggling with something going on in life, while the knee pain just won't completely heal. Then I finally make a decision, take a step forward into something new...and my knee pain vanishes that day. Now, if I had really been honest with myself, I'd have realized weeks before that I was struggling with that decision, and that emotional struggle was manifesting in the body.

Frequently, someone comes for healing for one thing, often physical, and leaves with a profound emotional/spiritual healing. That's the importance of demonstrable, proven, systemic healing approaches—people find what's actually the true problem. After all, we can't make progress on our dreams if we're seeing the situation inaccurately. Vision is important, but it has to start from where we actually are.

[It's hard to see ourselves as our highest selves with our own eyes.](#)

This is an important point.

When I'm working with someone, I'm acting as a catalyst for their highest selves. That means I'm privileged to see that highest self, and consequently, it's impossible to do healing work without feeling intense love and appreciation for the beautiful soul I'm witnessing. It's humbling. But also, each person gets bathed in that pure divine recognition and love. That alone, that touchstone, that reality, is healing. That kind of self-love is difficult—not impossible, but difficult—to do for ourselves.

[All the magic lives outside our comfort zone.](#)

After all, growth is the opposite of the status quo. And so is healing. If you've been where you are for a while now, it's time to step outside of yourself, and healing—assuming healing the hits the Four Pillars of clarity, connection, coherence, and change—may well be indicated, via a comprehensive, systemic approach through all levels of your energy and life situation.

Better health and happiness are possible, and not some distant day, but now. That's the point of Kwan Yin Healing. When that's difficult to see, then self-healing alone is probably not enough.

[If you would like to pursue self-healing, consider enrolling in the “11 Paths to Self-Healing” program.](#)

There's middle ground, of course – you could get better at self-healing. Those wanting to delve more deeply into self-healing might consider taking Kwan Yin Healing's “11 Paths to Self-Healing,” a tele-course delivered via recorded audio, video, and PDF material, going far beyond the basic taste of self-healing that would fit into the space of this booklet, with more approaches and more in-depth help in how to use these approaches most effectively. Something to think about—and it's certainly not an expensive investment (at under \$100). You can learn to do this well.

Checkpoint: Self-healing or Healer?

Which is best for you and your situation?

Objective Points to consider:

How significant is the problem? You probably aren't going to a healer for a cold, for minor aches and pains, or for situations you expect will go away soon by themselves. Or perhaps the condition just doesn't bother you enough to warrant addressing the concern.

Is the condition within your experience? If you have a mild headache (vs. migraines or concussions, for example), you probably already know what to do for that headache. If the situation is acute or inexplicable, then you'll probably want to consult a doctor first.

Is the condition chronic or intractable? If the condition is either untreatable by traditional medicine, or treatable but getting insufficient results, you might then consult holistic healing of some sort to explore the root causes and their potential resolutions.

Are the practical limits of your personal time a significant factor? While technically possible for anyone right from the start, more often self-healing takes practice and confidence built over time. There's value in convenience, time, accuracy, and comprehensiveness right from the start in the hands of an experienced healer, who can act as a catalyst.

Subjective Points to consider:

Sometimes knowing the correct problem is challenging. Thus, seeking fruitlessly to resolve the suspected problem leads down a frustrating path. Outside (and experienced) eyes can more readily get an overview and correctly focus on the true problem and solution.

Sometimes pain becomes identity, causing people to cling to it and/or get used to it. All the magic lives outside our comfort zone, and this is true of healing – if we continue to do what we've been doing, we'll continue to get the same results as before. All too often, instead of switching strategies, we just adapt to the pain. But we don't have to—and that unnecessary acceptance impacts the rest of life as well. Often this takes an outside voice to bring to light.

Being honest with ourselves is difficult. Self-assessment isn't easy. Further, surrender, rationalization, and justification for what isn't working is common. If a lot of your sentences start with “Well, yeah, but...” then a lot is being dismissed—you're refusing help. Additionally, sometimes it's hard to acknowledge when we need help—especially if we normally don't ask.

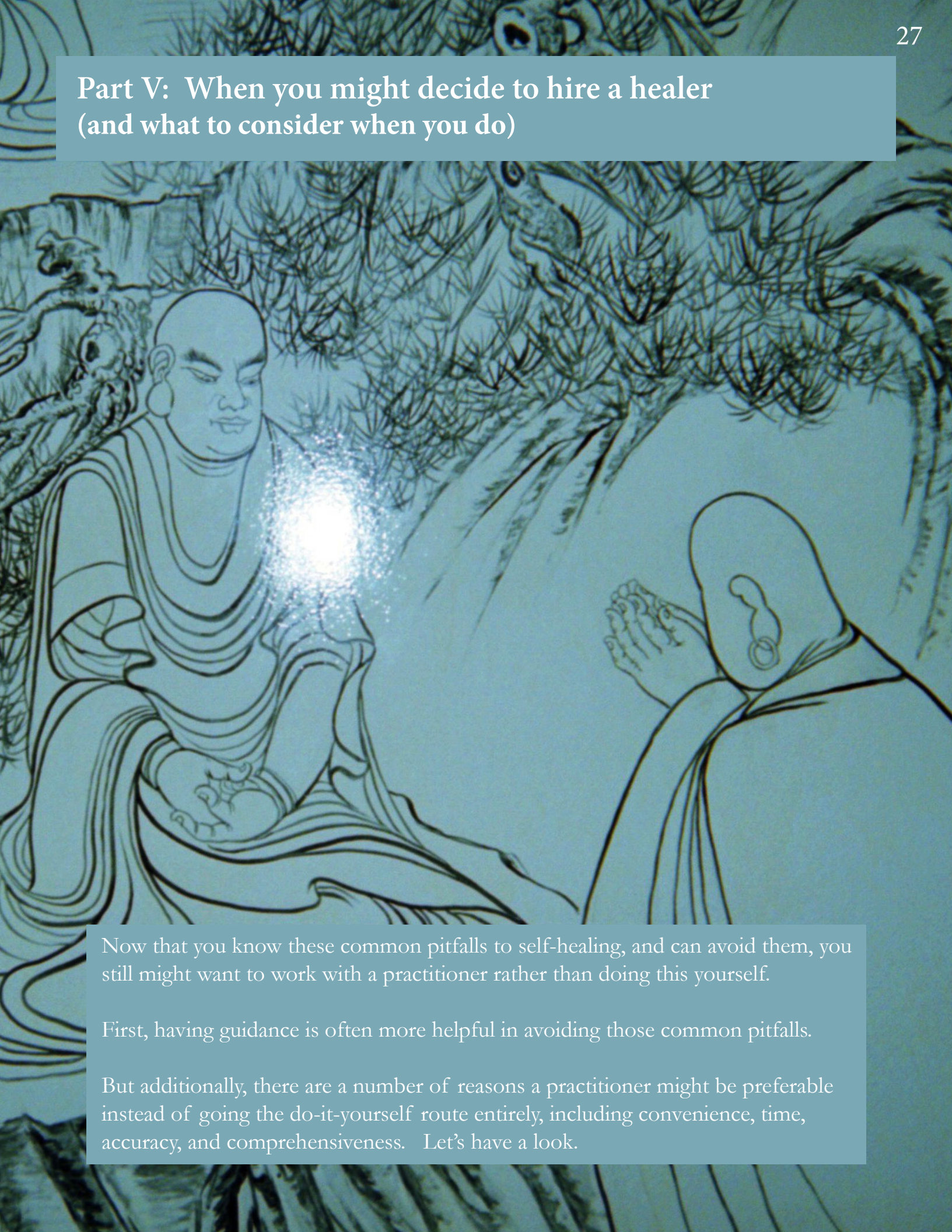
It's hard to see ourselves as our highest selves with our own eyes. We're built to look outward, and we tend to see what's around us, feeling what's within. When someone truly sees us as our best selves—like the feeling when a lover appreciates a partner, for example—we glow in appreciation and acknowledgement. A healer can see you this way too.

Are emotional and/or mental healing needed? Certainly self-healing of emotional and mental issues is possible, but it's especially difficult, because one's perception is especially clouded, in feeling and/or thinking clearly. Getting help is thus an especially good idea.

Does healing bring up the fear of the unknown? Healing energy and techniques can sometimes usher in strong and powerful feelings and sensations. If you're not familiar with these or comfortable being surprised by them, it's natural to be fearful of them when uncertain about what's happening or why. An experienced healer can guide you through.



Part V: When you might decide to hire a healer (and what to consider when you do)



Now that you know these common pitfalls to self-healing, and can avoid them, you still might want to work with a practitioner rather than doing this yourself.

First, having guidance is often more helpful in avoiding those common pitfalls.

But additionally, there are a number of reasons a practitioner might be preferable instead of going the do-it-yourself route entirely, including convenience, time, accuracy, and comprehensiveness. Let's have a look.

The value of convenience, time, accuracy, and comprehensiveness.

Here's a few examples. I certainly can change my car's oil, but given the ease and convenience of a place already set up to do it efficiently, I prefer to take it into the shop and let my mechanic do it—especially as it takes under an hour (including the driving). And I could figure out how to solve my occasional plumbing problem—or I could call my plumber, who, with the benefit of long experience, comes in, assesses the situation, gets exactly what he needs, and fixes it right the first time. I could play with it for a few weeks first and then call him...or just call him and be done with it.

Of course, healing and the physical trades aren't precisely comparable. Still, you'll want to consider whether what you're approaching is appropriate for self-healing or instead calls for an experienced practitioner, whomever that practitioner might be for a particular need. After all, a physical therapist and a cardiologist are both important—but not interchangeable. Same for healing work.

1) Personal Assessment

So here are a few things to think about, and how Kwan Yin Healing might help (because I can't speak for other practitioners – see their material for how they help).

You can do this self-healing thing, sure. But finding and implementing all this information and healing technique can take a lot of time. Granted, it's not rocket science either, but it's what I do, and consequently, I offer it now. Right now. If you need it, it's available today (or at least, you could get on the schedule).

Like any skill, healing takes practice and confidence, and both are built over time.

That may be obvious with a complicated skill like becoming a concert pianist or a ballet dancer, but even simple skills need time. If you've ever learned to drive a manual transmission car, you may remember that, while the technique is simple enough to grasp mentally, stalling and jerking the car is pretty common at first. I know I've started "simple" jobs around the house, only to call a contractor to solve the problems I encountered.

Then there's the fear of the unknown.

When I started Kwan Yin Healing, I thought I'd be making the case for healing, as people would wonder whether it would work, but what people actually worried about was "What if it DOES work? THEN what?" People asked a lot of questions about protection, about what was being done to them, and so forth—all of which were understandable, but off base (nothing is done "to" them, as we're focusing and connecting their own energy), yet these are natural, valid questions for people coming in without the same knowledge, training, and experience base I bring to healing.

Healer as catalyst

What Kwan Yin Healing does primarily is to **act as a catalyst**, connecting you to your highest self, the divine within, and clearing that flow of energy. Just as injured cells repair a cut, based on your DNA plan contained in every cell, energy work at this level brings you back into alignment with your energetic DNA, your natural energy blueprint, who you truly are. Nothing is zapped to you at all—it's really just encouraging you energetically to be more you, truly you, your divine and perfect self...or at least closer to it. Once again, it's speeding up the process beyond where people are likely to be able to go with self-healing alone.

So there are both objective and subjective considerations: whether you're getting good results, whether you're comfortable or concerned, and whether you're looking to heal a lower level problem or to reconnect with your higher self and higher vibration more effectively or more quickly. Then, decide whether your primary need at present is more instruction in self-healing or help addressing a particular healing need.

2) What's the nature of the problem—is this a candidate for self-healing or a healer?

So do you go with self-healing or turning to a healer? A lot of this is common sense.

Is the condition within your experience?

This question is essentially not unlike the decision whether to visit the doctor – if you have a headache, minor injury, or a simple illness, and it's within your experience of things you know and understand – bruising, cuts, colds, sore muscles – you probably don't visit the doctor. You know how to treat these conditions, unless they are more serious than your experience and comfort level. If the illness or injury is beyond that threshold, whether more mysterious, more severe, or unusually long-lived, you might well opt to see the doctor to check it out and possibly pursue more aggressive remedies.

The same is true of healing work. If you're feeling the effects of stress, within reason, you'll probably handle that yourself. If you've got aches and pains, and you're able, you'll likely treat yourself for those as well. And if you've got the flu, you'll likely go to bed and wait it out, unless, like my client who had to present at Kripalu the next day, there's some compelling reason why you need to expedite the process (or unless there are serious medical complications, in which case, see the doctor).

Is the condition chronic or intractable?

On the other hand, if you have chronic conditions untreatable by either medicine or yourself, then you might well turn to outside healing. Or even if these are treatable by one or both, if you aren't making the progress or the level of completion you'd like, you might well turn to supplemental healing help.

The same is true of emotional healing, raising vibration, or overall healing of life circumstances—you may well want outside healing for these difficulties. After all, we’ve gotten into the conditions we’re in with our own abilities; to get out, we’re going to need assistance, whether to climb out or to develop the skills needed to do so. These are good situations for a healer.

3) How do you choose which healer? What to consider.

Certainly a wealth of healing modalities awaits, including several energy-based approaches – chi gung, reiki, reflexology, acupuncture, quantum-touch...and many more. While they are all different, they all do something similar – focus on the connection and coherence of the body’s energy system. Where they differ is in technique and the level of the energy.

Different modalities claim different frequencies of energy—all of which work fine.

Color, sound, X-rays, radio, and infrared, for example, are all forms of energy. They are even part of the same natural continuum, the electro-magnetic spectrum. Where they differ is the frequency at which they vibrate along that continuum. So too, various healing traditions talk about their special place along the energy spectrum.

These all work fine, particularly in releasing energy blockages in specific parts of the body (the energy ball technique described in the self-healing sections is a similar technique). They look at the flow of energy through the body—chi, prana, ki, whatever the tradition calls it—and adjust accordingly. What’s more important than deciding which one is “best” is deciding which one is the best fit for your situation.

So where does Kwan Yin Healing fit?

Kwan Yin Healing is rooted in the “axio-tonal alignment” work reintroduced as “Reconnection” by Dr. Eric Pearl, a Los Angeles chiropractor who discovered a higher band of frequencies that had his patients experiencing seemingly miraculous healings, along with sudden insights and experiences sensing people not visibly in the room—for client after client (I’ve seen these myself and in working with clients as well). These frequencies are the circulatory energy system that connects us all, higher self to higher self and higher selves to the Divine.

Thus, the approach (and the results) is systemic. Think of a grid of universal/divine energy intersecting with earth/physical energy (J.J. Hurtak depicts this as two cones of grids intersecting just past their tips) – the resulting energetic blueprint is you. Kwan Yin Healing brings you back into alignment with this energetic blueprint (and with your highest self and the divine). [If you’re curious, you can read a lot more about how this works in J.J. Hurtak’s *Keys of Enoch*.]

Look for the Four Pillars of Clarity, Connection, Coherence and Change.

The advantage of a systemic approach is the greater ability to bring in the needed elements, the Four Pillars of Clarity, Connection, Coherence, and Change, the Healing Equation required for achieving demonstrable results. The Connection in a systemic approach is there in much greater focus. The process of this systemic focus on healing actively pursues Coherence of that energy. The insights learned from a systemic approach (rather than just getting “zapped” with energy) help bring Clarity and hence, the path to successful Change. And in the case of Kwan Yin Healing’s programs, that healing is supplemented with comprehensive approaches to ensure integration and application of all Four Pillars in proven, results-based courses of study to fit all the needed pieces together. The comprehensive approach takes us out of relying on chance and into thorough assessment leading to progress and results.

Hope is important—after all, Kwan Yin Healing’s message is that better health and happiness are available, and not later, but now. But hope is not enough. That’s the limitation people can run into with the common approaches discussed in Part II. Don’t leave these to chance. Whether you work with Kwan Yin Healing or with another method or practitioner, ensure it’s an approach with a similar comprehensive, proven, results-oriented system. Then be sure it’s a fit for your circumstances.

What’s your intuition telling you?

Additionally, a lot of people rely on their intuition and their “feel” for a given practitioner. And this is fine—we tend to do business, whatever the business, with people we know, like, and trust. A resonance with someone is important—for example, I tell my doctor more (and more of the truth) because I feel comfortable with him—less than a former doctor I loved (who retired), and more than other fine doctors with whom I just didn’t feel that connection. I think it’s wise to listen to this inner voice. I know I’ve certainly made decisions based on it, and I’ve been glad I did.

Just be sure you are also getting a thorough, comprehensive, proven systemic approach, and not just hearing what you’d like to hear—in fact, if you need healing, you likely need to hear a few things you aren’t going to want to hear. But that’s also the reason for going with a competent practitioner with whom you resonate—you need that outside help and guidance to move back into a state of balance and healing. Choose your practitioner thoughtfully—and then listen carefully. Not blindly—but mindfully. Get the help you went to seek.



Checkpoint: What to Look for when Considering a Healer

Objective Points to consider:

The Healing Equation is present, along with a comprehensive, systemic approach. The specific terms can differ, but look for the necessary elements of Clarity, Connection, Coherence, and Change, along with a demonstrable system to ensure these happen effectively. Additionally, practitioners should be able to explain the work, what it does, and how it matches your situation.

Physical and spiritual aspects aren't at odds. Nor should the practitioner overlook the obvious contributors to healing and healing (diet, exercise, sleep and so forth). Don't let the idealistic "You should be able to just heal yourself and not need health care" compromise your healing—use physical and spiritual aspects alike as required.

The practitioner doesn't present a single session as magic. True, it can be—I've seen it myself. But more often, healing needs a more solid basis. Look for someone who looks for the real issues and causes, and holistically, not just symptoms.

Choose a practitioner who looks for a good fit, not one size fits all, trying to help everyone with everything. A professional practitioner will likely do some sort of personal assessment and have practices that aid it—like this booklet, for example. The practitioner will look at the problem and the desired outcome, not push a particular modality as the cure for all ills—and may well recommend a different modality, practice, or practitioner when appropriate.

Look for someone who offers free information up front. This could take many forms, from a free consult to a comprehensive, informative website. Look for someone who can explain the costs of not taking action, not just the benefits of signing on. Look for case studies and testimonials that match the kind of work you are seeking.

Look for someone who has ways to build relationship while you're deciding. Avoid people trying to rush you into doing business. Experienced practitioners will have low/no-cost ways to begin to get acquainted with the work and/or the practitioner, from a newsletter to informational calls and other events or offerings. Take advantage of these.

Subjective Points to consider:

You should have a sense of being seen. Even if reading a website, look for a sense that this person "gets" people like you and in your situation. When talking with the practitioner, you should feel heard—not like just another client for the same procedure endlessly. Look for someone who sees your highest self and best health—someone who acts as a catalyst for your own process, at least potentially. Someone who helps the Universe, vs. trying to be it.

You should learn something from the exchange. As with any professional, you should gain information, insight, and new perspective from talking with the practitioner. Look for someone who helps you move toward getting what you came for in a way that lets you understand what needs to happen and why. This includes a practitioner who understands a different modality than the one the practitioner performs might be best indicated for you.

Look for a positive approach to healing. You're not looking for someone fighting demons, the forces of evil, or any other fight or imagined negative world that's attacking. Also, look for someone doesn't crucify Western medicine, but rather who sees alternative healing as complementary when necessary and as holistic for areas Western medicine doesn't practice.

Look for someone who understands your fears. The practitioner does this all the time—but it's new to you, and it's natural to feel a bit apprehensive. Additionally, healing inevitably moves you from your comfort zone, sets aside rationalizations and justifications, focuses on self-honesty—all of which can be emotionally challenging. Good practitioners understand.

Listen to your intuition. Pay attention to the “vibe” you get from the practitioner. If you don't feel it's a good match, even if you aren't sure why, don't be hesitant to listen to your intuition and go with someone else. It's not even necessarily a judgment—just not a good fit for you at this time, for whatever reason. I know a lot of people who would list “listen to your intuition” as the first point. That's an inner voice you should hear and heed.



Part VI: Getting what you came for (and making sure that you do)

34



Since you requested this booklet, you're likely already on a spiritual path.

You may even already know much of what's in this report. At the same time, you or someone you know likely needs healing. Perhaps the approach here is presented in a more practical way than other material might—that's really the purpose of this presentation. The goal is to be useful, and to move your healing forward, whatever is best indicated for you.

For some, that may mean moving on to the "11 Paths to Self-Healing" course for a more in-depth look at what you can do yourself (and at under \$100, that's very doable). For others, that may mean sending an email to kwanyinhealing@gmail.com to set up a free consult regarding healing sessions or programs, whether distance healing or in-person, so we can discuss your situation.

But the main point here is—be sure you get what you came here to get.

If you've read this far, something is resonating for you. While you don't have to solve all life's problems in a single swoop, be sure you take the next right action to move forward.

If you're looking at other practitioners or modalities, use the concepts and elements in this report, especially the Four Pillars of the Healing Equation, to evaluate who/what is the best fit for you. But do take the action of making that match and then moving forward with it.

What's next for you? Self-healing course or a free consult about healing or programs?

If Kwan Yin Healing's comprehensive, systemic approach is resonating with you, then likewise, move forward with either the self-healing course or a free consult regarding healing and programs. You are here searching. Time to step up and heal!

People often talk about the consequences of actions. That's how this report opened, right? "What will happen if I take this action?"

I'd like to remind everyone that NOT taking action has consequences as well. This is something often overlooked in the decision making process. It's a tendency that lends itself to remaining in the comfort zone of pain and status quo, while the magic and change and healing cannot come from this inaction. Nothing happens if nothing happens. Make (or let) something happen.

So what are the costs of not taking action for you?

Without taking action, where will this situation be in a month, a year? Five years? Ten years? Twenty years? Given where that will be, what effects on the rest of your life will that situation have? How will this slow you down, limit you, even stop you from the life you want?

What will be the impacts of those limits, obstacles, blockages? What will this prevent from happening, or from happening well? Time to grow past these.

How would it feel to overcome these problems?

What would that allow for you? How would you feel? What goals would you pursue? How would this impact other areas of your life? What would be the best part of this new life? How would this impact others around you? What new things would become possible for you? See the new!

Don't leave without getting what you came for.

Whether another carefully evaluated practitioner or modality, or moving on to the self-healing course, or scheduling a free consult, take action. If you need a better look at Kwan Yin Healing first, that's fine too—have a look around the web material at <http://kwanyinhealing.com>—the videos, the blog, the media coverage, the interviews, the text explanations, the testimonials—but then decide, and take action somewhere. Don't go back to where you were.

Better health and happiness are possible—now.

You deserve it.



P.S. — How your friends can sign up
(or what to do if your friend sent you this)



First, you're free to share this booklet with your friends.

In fact, I encourage it. However, I'd recommend you send them to <http://kwanyinhealing.com> to sign up for their own copy. Similarly, if someone sent you this copy, you too should go to <http://kwanyinhealing.com> and sign up anyway.

Here's why—there's more to come.

I want everything to come in digestible bits. When I give too much, it doesn't get the same use, because folks are busy and get overwhelmed with multiple tasks. I get that. So instead, I start everyone with this basic overview of what goes into effective healing, where popular approaches fall short, what to do about it, how to get healing today with self-healing, and how to decide whether to move beyond self-healing.

Additional tips and information right to your inbox.

In a few days, I'll send (much shorter!) additional tips and information periodically, so you can gently absorb the information and put it to good use in your life quickly. Make sure I know where to send it—that's why it's important to sign up.

The idea is to follow the natural pattern of learning and questions and needs. Again, I want to be sure you got what you came for, both in terms of information and in getting the healing you need.

We'll also get a chance to get to know each other over a period of time. You'll get insight into Kwan Yin Healing and my work in effective healing programs, and I hope I'll get feedback and questions and insights from you as well. It's a relationship, and one I take seriously and honor. I strive to focus on what you need. Always.

Other benefits from time to time.

When I announce new programs, for example, I offer them to my tribe (that's you!) first, and often with special bonuses.

What I don't do, ever, is share anyone's email or any other contact information. If there's some outside program I think you'd truly like and benefit from, I'll tell you myself, not share your personal information with anyone. You're safe here. I promise. Guaranteed.

And, if after getting acquainted for a while, you decide Kwan Yin Healing is not the best fit for you, we can simply say good-bye, warmly and with best wishes. There's always a simple "unsubscribe" button at the bottom of my emails, and when someone clicks it, there are no hoops to jump through – you're simply unsubscribed, without follow up emails crying "But why did you go???" I simply hope I've been helpful, and wish you all the best.

But even better, let's continue to learn and grow together.

After all, this is the work I do, and what you came to get. I hope you'll allow me to serve.

And tell others!

You know, those spiritually-conscious people who want to feel healthy and on track in their lives, yet struggle to get the real world results they want, despite everything they are already doing.

Send them to <http://kwanyinhealing.com>. They'll be glad of it. Let's extend a hand.

Have hope. Spread hope. Better health and happiness are possible—now.

Finally, if you need a little healing boost from time to time, I'd be happy to discuss your situation with you, whether that's healing sessions, programs, or outside solutions.

Let's start looking at how that can best happen for you and yours.

Love, Peace, Joy and Healing,

Tim Emerson

Kwan Yin Healing

<http://kwanyinhealing.com>



About the Author and Kwan Yin Healing (just in case you wanted to know)



It's kind of amazing I ended up in Kwan Yin Healing. I've seen a lot of "New Age" stuff come and go, and I'm pretty skeptical. But I was faced with things I couldn't explain away, so instead—I studied them, earning certificates in Healing and Reconnection work, signed by the originator of that work, Dr. Eric Pearl. That was July, 2011, and since then, I've worked with hundreds clients from six countries on five continents.

Energy healing started for me in the early 80s. I managed a metaphysical book store then, and found myself surrounded by spiritual friends and partners. I was introduced to medium June Burke and had a reading with the seraph Julian. I visited psychic healer Elizabeth Stratton in New York City and worked with her on healing my eyesight. I learned yoga, studied T'ai Chi with master T.T. Liang, taught it at the Delphi Healing Arts Center, and studied the power of sound healing.

A lot of this, though, seemed subtle and elusive, rather than any dependable, practical approach.

As a professional musician who went into music performance then the music recording business and eventually management consulting, I was used to striving for clear, demonstrable results. The maybe-kind-of-sorta-maybe-I-felt-a-little-something wasn't going to get me very excited. Ever.

That is, until a friend had an experience of overwhelming positive good feeling from a new kind of healing. I decided I'd try it. That became three sessions, and the pain in my back from two years of degenerative disc disease was gone.

A few months later, at my annual physical, my doctor confirmed by reflex test what had seemed impossible—no signs of degenerative disc disease. The pain never returned. I began renewed healing study, and started sharing the work.

Kwan Yin Healing was founded in January, 2012, to accommodate my growing healing clientele. As I moved in to more regular practice, I started noting who was getting results and why. These eventually became the Four Pillars of Kwan Yin Healing: Clarity, Connection, Coherence, and Change—the Healing Equation.

Since then, Kwan Yin Healing has focused on developing programs and tools to assist people in identifying and resolving their needs—from this booklet to the entry level “11 Paths to Self-Healing” to the full Kwan Yin Journey program for healing and raising vibration. Other programs address emotional challenges, manifestation, and spiritual path.

I hope this booklet helps you on your path. If I may be of assistance, I'd be happy to help.

Love and Namaste,

Tim Emerson
Kwan Yin Healing
<http://kwanyinhealing.com>

P.S. -- Please tell me what you think!

- I. What was useful information here?
What would you have liked to see?
What could make this even better?
- II. How was your experience using these tips?
How did they work for you?
What successes did you have?
What would you still like to learn?

[Send to kwanyinhealing@gmail.com](mailto:kwanyinhealing@gmail.com)

Thanks! And many blessings.

