

# Thoughts About Healers

*By Julianna Holden*

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Today, there is a plethora of alternative healthcare practitioners and psychic healers. We are barraged daily with health tips that once were reserved for alternative health. Now, to some extent, mainstream practitioners have jumped on the bandwagon when they discovered natural healthcare is a cash cow. One can read dozens of articles or hear broadcasts on the benefits of natural remedies. When the latest remedy hits the newsstand, people rush out to their latest salvation in hopes of improving their health with a pill.

The irony of all this is that the people that seem the most interested in building the natural health of their bodies are the very ones that are least likely to have the income to support it. People like this live consciously and aren't likely to be materialists. We turn to every available source to preserve our health and stave off illness. We self diagnose and hope the latest herb or vitamin will bring the wellness we desire.

Equally interesting, I have found in my recommendations to others that they rarely follow what they're told completely. No one seems to know whom to trust anymore and if the things suggested will really help. Plus people seem to want the easiest route, so they are more apt to listen to what's easiest. It has occurred to me at times that it's possible we are more comfortable with our illness, the known, than the unknown. People take stabs in the dark, hoping to help themselves.

In my years as a psychic healer, I've found certain basics to working with people. The ones I don't give readings for are the curious. I've refused to give readings if the intent isn't there. On the other hand, I've occasionally done readings without payment for those that seem genuinely in need.

Curiosity is like dipping a toe in the water to test it. It indicates a person is not truly willing to change themselves, because it has to agree with their current thought system before they embrace it (which is only more of the same). If I indulged in curiosity, it damages both parties in some way; the client for the reliance they place on someone else for the answers; if I do not treat my gift seriously and indulge in it for someone else's (or even my own) curiosity, it damages my gift in some way or I tend to get false readings.

## *Discovering the intent of a healer*

True healing always comes from within oneself, a higher source, never another. Another person can point you in the direction you need to go, but cannot do the work for you. They can wave magic wands or give the latest natural remedies, but the results won't hold unless the person seeks healing in earnest. True shift takes place when both parties - the healer and the healed - are open to change and a shift in consciousness.

Have you ever noticed if healers give themselves credit or know they are only an instrument to something much greater? I've seen healers strut around as if they have "the power!" Every person on this earth has "the power." Why flaunt what is Divinely given? The only difference between a

healer and the healed is that the healer realizes it's not their energy that did the healing, but the energy they allowed to move through them by a will greater than their own. The difference between a psychic of self-intent and one for selfless-intent is where the focus lies.

If reliance on a healer is there and the healer gets credit for the cure, that healer has self-intent. This is probably why when people would give Jesus credit for healing, he denied it, saying it was their own faith that healed them--he had no self-intent. If reliance is on the steps you take to change your life by yourself, that healer has selfless intent and is a vehicle for a will that is not their own. Because in the end, the credit needs to be given to the person doing the healing--if you take steps to change your life, you take the credit--if the psychic does the steps for you, the psychic takes the credit.

Any psychic that makes others reliant damages their own ability and keeps themselves lower-level psychics, drawing people with less than whole intent to heal, or fear of changing themselves. There are many levels of healers and psychics. Those that capitalize on power remain at the lowest level. I've often wondered why when someone abuses power, they are still able to transmit it. I think they are unknowingly damaging their psychic centers and attracting clients that have similar intents in life. Like attracts like.

Along those same lines, it is extremely hard to find a good and authentic healer! The ego has its own play in everyone's life. If a person does not work on their own self-awareness and growth, they perpetuate the cycle of dependency, where the healed repeats symptoms and returns for more healing. It's very much like a co-dependent relationship. Both people think they're getting something, but they are both trapped in the same cycle.

### ***Why am I not well?***

On the physical level, most every illness, regardless of type, stems from the bowels; this includes a lack of good nutrition, chemical and/or toxic overload, and lack of cleansing. If genetic problems are inherited, it is the "sins of the father"; so to speak.

For example, I once did a reading on someone that had very bad mouth odor. She kept her teeth scrupulously clean and ate a healthful diet but couldn't discover the problem. The "sins of the father"; for her was her ancestry. Images of piles of dead people flooded my mind--the famine was extreme. I saw a woman dressed in traditional Chinese clothing in a rice field. This ancestor almost starved to death. When she went on to have children, the memory of this famine was in the teeth from a lack of nutrition (sustenance) and it was passed onto them. Whenever this woman would become stressed over financial issues (her sustenance), the odor would surface. The stress in her body would cause her blood pressure to rise and squeeze out the toxins between her teeth and gums. It was cured by the colloidal silver recommended, along with advice in looking into her own fear over financial matters.

On the mental level, there is the psychosomatic aspect of good or ill health. If one invests in self-study, they can find the same information but aren't sure which path to turn because there is also conflicting information. That's when it helps to have a healer help you define what you need.

The true root cause of every illness is not physical--even if a physical condition is inherited. Every creation, whether positive or negative, good health or bad health, begins with thought. The physical becomes manifest only after it has come from a thought, belief system, or idea. So you can change the symptom by removing it but it is likely to come back, sometimes in another form, if you don't change your thoughts.

### ***Where does one turn for help?***

In looking through various alternative magazines and newsletters, there are a generous number of psychics and healers. The biggest fad started in the 1980s with "channeling"; Next on the list was remote viewing, or medical intuitives. Now it seems many strive to be a psychic or medical intuitive. People attend classes, read books, do their chants and yearn to be someone powerful.

I've heard of psychics that channel multiple doctors and charge thousands of dollars for complete health recovery readings. It's a lot of guesswork when it comes to trusting psychics. After all, one needs no credentials (although even those are offered through psychic schools now) and can play a pretty convincing role as long as one acts like they know what they're talking about.

Many psychics give information on borrowed knowledge without realizing it. If it's not from a book they've actually read, it's channeled from a lower level plane because it's a current fad or trend. If a psychic doesn't evolve their ability, like any true artist, it remains less refined. It's not a matter of if one is a psychic or not; there are degrees of psychic ability.

Faith healers are helpful, but the long-lasting nature of their work may not be achieved unless one takes steps to maintain good health. My work has a faith healing aspect (it is automatic when I do a reading) but I notice the results won't last if a person reverts to old patterns. But also, if someone does not carefully follow the things outlined and think they can find substitutes, the healing won't be complete either.

Because I've been good-natured in helping people and didn't expect payment, I think they tend to take me far less seriously and treat it as an amusement rather than something as serious as it is. For this reason alone, I now charge a fee for readings. The fee seems to separate the curious from the serious, at least to some extent.

I have never made guarantees because I know in the end, it is all up to the other person. Some of the things I've recommended have helped people greatly. But they often don't stick to it, then move onto another healer that might help them out of a fix, and just revert to their old lifestyles. This does not discourage me because I don't take it personally and am not into it for the results or credit.

There are what I call allopathic psychics and alternative (causal) psychics. One treats the symptoms while the other finds the cause. I refer to allopathic psychics as first level and causal psychics as third level. And some dabble in between. All levels are helpful in some way, but the third level gives long-term help because it roots out the cause instead of treating the symptoms.

I find that in the end, we are our own saviors. No one else can walk our path for us. There are many that help us on the path along the way. But in the end, all the work is up to each individual.

## ***The road to healing***

Change comes from within. We need to feed our bodies from within, both with the physical food and mental food. In reality, there is nothing outside of us.

One must become like the birds. Trust that the food is provided. We simply need to do a series of freefalls--letting go of our own will and allowing another will to move through us. Eventually one realizes there is no ground to fall onto.

When we trust in the Source within us, we will be lead to what is most helpful, even if it appears difficult at times. If we trust in our own mental ability, we are controlling the situation, not allowing true help to come through us. Pray to be led. This is the road to healing.

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