

The Urgency of Responsibility

Tuesday May Thomas

Author's Note: The use of the title of this article has been granted by my dear friend, the Irish mystic healer Aoibhinn Murray.

The number of healers on the planet is expanding, and with this comes a call for our global community to adopt increasing responsibility for its clients and students. While time appears to be speeding up, so too are the processes through which many members of our Earth family are achieving placement as the healers to whom many go for spiritual care, guidance, and repair. This article contains concepts and guidelines

to procure alignment with our highest selves so that the work we share may truly bring about change that serves the higher good of all.

Are You Creating Codependence in Others?

Dearest teacher, when you were seeking direction from a healer or persons with special abilities at the beginning of your spiritual journey, were you able to discern what to hold as truth in the information shared with you? Did you believe everything you were told? If you were given seemingly negative

news, could you decipher what felt in alignment with your truth, or would the news cause you to seek further counsel from an additional healer?

Are you creating codependence among students and clients? Can you offer tools that empower students to do the work themselves?

Imagine going for a healing session and being advised by the person performing the healing that “your third chakra is out of alignment, and bad energy is getting into your aura.” Has this happened to you in the past? Can you remember if the counselor also

shared a means by which you could proceed to heal the issue once away from his or her company? Or were you left feeling worse and more confused than before your visit?

Let us recognize where we as healers may be creating codependent relationships with clients and students. Ask yourself if you are truly maximizing the time a client spends with you, or are you simply going through the motions of your sessions? In other words, are you giving just enough to keep a client needing more, or can you empower them to do some of the work themselves?

Remember the phrase, "Give a man a fish, and you feed him for a day. Show him how to catch fish, and you feed him for a lifetime." It is understood that each person you work with is different and requires a variety of your skills, as well as your selective timing for what is to be shared and when. With that said, there is often room to empower those we work with, including students, clients, friends, and family.

We Are the Gatekeepers of Healing and Spiritual Awareness

Let us remind ourselves of the responsibility we hold as healers and lightworkers. Those who come for healing may be in a state of trauma and imbalance. Every word you say will make an impact. Be mindful to choose your words wisely.

We are gatekeepers through which others find their way toward healing and spiritual awareness. We must wield this responsibility with great integrity. Bear in mind the motivations underlying the practices you share and clarify your intentions daily — especially if you act as a teacher or healer for many people over the course of a week.

Consider the ramifications of karma. Treat students and clientele as you would like to be treated. Perhaps in another time and space, they will provide counsel for you. Appreciate the fact that it is honorable to create personal boundaries with students and clients alike.

Honor your inner guidance, as it will inform you when it is time to take a break from operating as a healer. The old adage applies here: "Fill thy cup

first, and only then share thy cup with others." This means you should tend to your own wellness prior to tending to the wellness of others. While this may not always be possible in our busy day-to-day lives, as healers, this root principle is vital to being of service at our highest capacity, especially when the sharing of healing modalities is at hand.

Filling ourselves with adequate light — and seeking not to draw it from the clients who come to us in need — is a great honor, and that should go without saying. We may fill our vehicles with light by practicing meditation, Reiki, breathing, and visualization techniques, and also through performing physical practices such as tai chi, ki gong, and yoga. These activities raise your frequency by opening and balancing the internal channels so greater light and life-force may flow through your body vehicle.

On another note, you may feel pressure or a sense of importance in answering the phone every time a client calls with a problem, even if it is after 10PM and you are in bed with your beloved. Do you feel obliged to be of service in this way, or can you gracefully set professional boundaries and turn your sign from "open" to "closed" within parameters that allow you to rest, restore, and live a life outside of the healing center or office?

Of equal importance is listening for those times when Spirit guides you to take time out completely and work on yourself. A teacher is a student at heart, and even a seasoned spiritual healer may require remedy, as his or her personal frequency is ramped up over time.

The Golden Rule: for the Highest Good of All

As healers and lightworkers, we do not force anyone or anything's will. We understand the larger picture of balance and divine timing as it interconnects all beings and things. Energy manipulation happens where there is a force of will or when someone takes advantage of another's weakened state.

Forcing your will may be a successful way to get what you want, but as the universe balances itself out to the degree you have forced it, you may

find yourself unhappy with what is created or disappointed in how it comes about. For it has not been a force of nature and is not in alignment with the natural unfolding order of the universal higher good.

For some, this is a debatable theory. You may say, "Well, if it works out either way, whether I intend the higher good or not, and if everything in the universe is just as it should be, then isn't the outcome for the highest good of all anyway?" The answer is yes, of course it is, though the means by which things occur and are set into motion will have a direct cause-and-effect relationship on the director of those things set in motion. This pertains to you and your students. Remember that everything is energy and you are a master of your time and space. Clearly intend what you ask for yourself and others, and be mindful how you ask for it to manifest.

Consider stating the intention: "May the highest good of all occur in the sharing and outcome of this healing." Intending the higher good is the golden rule that releases the practitioner's control of situations. Being appropriately and energetically unattached to outcomes allows the universe to be a maestro in conducting how the larger scheme of things come into being. In this way, a much larger scope of universal possibility is allowed to merge with the objective, whether that is seeking your client's spiritual transformation, daily well-being, change and manifestation, or spiritual, physical, mental, and emotional healing.

May the many healers and teachers of our time assume the highest integrity in adopting increasing responsibility toward clients and students alike! ✨

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