

Being The Best Healer  
Brought To You By  
School of Healing



My big WHY for this work is the feeling of belonging  
I never felt like I belonged anywhere in humanity  
This is the reason for the directions, for me it was the road map to  
true belonging



# Fundamental Foundations to Being The Best Healer

Your 3 invitations

**What 3 things can you do NOW  
To set your foundation for self healing?**

**No. 1**

Your system might be craving for Receiving mode

It may have been in Doing mode for too long

**What does this mean?**

**You have likely been busy with life, doing this and  
doing that.**

**When was the last time, you received instead of did?**

**I mean instead of giving a hug to someone you  
receive them.**

**Instead of doing anything physical you receive it  
instead.**

**Let me explain.**



**You have this duality of giving or receiving  
with all your senses**

**Smell**

**Sight**

**Touch**

**Hearing**

**Lets explore with sight**  
**Pick an object you see in front of you**  
**Anything**  
**Got it?**  
**Now look out at the object**  
**Do you see it?**

**This is usually how you see**

**Now**

**With the same object**

**Receive it with your eyes**

**Imagine that it is coming in towards you**

**Your breath should drop deeper into your body and**

**maybe you sit back a bit lower in your chair**

**Can you notice a difference?**

**Your breath should become slower**

**Its like your other senses all move into receiving too**

**Instead of breathing the air just in front of you**

**You receive the air/smell deep into your body**

**Now try with touch**

**Pick up something**

**Like a pen as if you were going to  
write with it**

**Instead of writing with the pen receive it**

**How cold is it in your hand**

**What is the texture**

**What is the colour**

**Does it smell?**

**Receive all the information as if you were a child  
exploring in wonder for the first time**

**Now hearing**

**What do your ears receive?**

**And finally taste**

**When you next eat, remember to receive your  
food and explore this channel**

**Hopefully this is now clear  
If you reflect I'm betting you have been in  
doing mode for a long time**

**The foundation to being the best healer is  
making this receiving channel a HABIT**



**It is so important that you don't overlook this foundation**

**It is KEY**

**If your receiving channel is open you can make room for  
all your hearts desires**

**If you are blocked in receiving anything, this needs to  
shift FIRST**

**No. 2**

# Allowing Emotions

Allowing emotions, as much as possible without making them  
bad or wrong.

It's usually an emotion that you have seen in a parent or  
someone from the past that hurt you and you think.

I don't want to be like them.

Therefore you struggle to feel your version of that emotion.

For Example

Mine was My Dad's Anger

I was afraid of it when I was young.

Therefore I suppressed anger as I grew up because I made it  
wrong and scary.

I was afraid of my own anger and didn't like it.

When I realised this and I was told that I could feel my anger and  
even enjoy it.....

I know, actually enjoy being angry, I was confused.

But I found life force in my anger, I found it wasn't scary.

I found it delightful and alive and liberating

## The 5 Core emotions:

Love

Fear

Sadness/Grief

Sexual Energy

Anger

Emotions are only toxic when they are unintegrated  
Your souls voice is trying to help you notice which emotions are  
free and which are stuck

Each of these has an experience when we allow the emotion to  
be felt and to flow = Effective Healthy

Each of these has an experience where we tense up, hold onto it  
and try to block it. = Indicator there is a misunderstanding

Love

Fear

Sadness/Grief

Sexual Energy

Anger

The essence is:  
Feel it to heal it  
What you resist persists

Emotions are the souls voice  
They are your spiritual energy speaking to, through, and as you  
When emotions are the souls voice they come in waves  
You feel it and it feels good with life-force and then releases



If emotions are being judged in the mind and attempted to be controlled. Stuck in fear and tension.

Then they don't go like waves.

The energy stays

It is heavy

It is perpetual

Like emotional masturbation

There is no wave.

This is your indicator there is a block and you are going the wrong way

There is a misunderstanding

**No. 3**

Once you have flipped the switch to receive, continue to do it  
DAILY.

Set a daily alarm on your phone and come into receive mode.

Take 3 breaths with your hand on your chest.

And breath out releasing with sound on an AHR

Allow your eyes to be in peripheral vision.

Receive the space you are in.

Receive your breath deep into your belly

And out on AHR

This will take you about 60 seconds and change your life.

NB: If you find this exercise difficult you are “not safe”

There is a belief in mind/body/spirit that it is not safe.  
Your mantra is “I am working towards a sense of personal  
safety” and breath 3 times.

Make some space

You can't fill an already full cup

If you are challenged with your emotions then you

Usually need to release

Primal scream.

Dance to loud music with your emotions

Being in nature

If this was helpful and you would like more information on the full shamanic directions empowerment process, keep reading

# How to Hold Sacred Space For Self Healing

How to give a Sacred Healing Session

You will learn how to give a  
Sacred Space Healing Session  
Straight Away

We go straight into practical with online trainings  
Because otherwise, no one has the time to finish them

So we give the best bits FIRST

Go to school of healing

[www.shamanicdirections.com](http://www.shamanicdirections.com)