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# Four Pillars of Successful Healing

Rod Thomson

**D**o you have a client who is not reporting any improvement in his/her life, even after multiple healing sessions? You may see the client on a regular basis and session after session the update is the same. Maybe the client suffers from extreme insomnia and simply has not had any improvement in their sleeping patterns. Meanwhile, their relationships have not improved. Their career struggles have not improved. There simply seems to be no evidence that the healing sessions have had a positive impact on the client's physical, mental, emotional or spiritual well-being.

Take a moment to review the client's records. Is there something that you are missing? If you do not see anything obvious, these are the four questions that have helped me. I refer to these as the four pillars for successful healing:

1. Does the client *desire* to be healed?
2. Does the client *believe* they can be healed?
3. Is the session *intent* aligned with what the client truly wants?
4. Is the intended healing for the client's *highest good*?

## Desire

Consider whether or not the client benefits in any way by remaining unwell. One way you can check

the level of commitment to their own healing is by assessing how engaged they are with their homework assignments. If the client is not actively engaged in their homework, that may indicate a lack of desire for healing. You may want to try a couple different assignments to ensure that it is not a particular exercise that is an issue. In addition to checking your client's level of engagement, you may want to check for an appropriate level of energy exchange. For example, if you are investing more than what you are getting in return, the client may be relying too much on you for their own healing. As practitioners, we can facilitate the direction of energy, but the healing comes from within the client.

In one case, I had a client who would follow her doctor's recommendations, but I struggled to get her to do the complementary homework that I assigned. After a few sessions of her not doing her homework, I assigned a different exercise for her to try. She reported that she tried the second assigned exercise one time and declared that it did not work. Her failure to give her homework a reasonable effort was an indicator that she was not willing to make an equal investment in her own healing. This made me question her true desire to heal.

As practitioners, we can look for clues as to whether or not a client wants to be healed. It may be in their words or actions. If you think a client does not desire



to be healed, discuss with them what may be holding them back. If the client continues to express a lack of desire for healing, you may choose to discuss concluding your professional relationship. After all, continuing to hold sessions with the client does not serve either one of you if the client is not motivated to heal.

### **Belief**

Our thoughts have power. Doctors are finding that the power of positive thought can result in healing. In some cases, administering a placebo can act as a catalyst to healing as the patient holds the belief that the placebo can result in healing. Thus, if a client believes

— no wheelchair. After three months, I was close to meeting my goal of walking device-free. I turned their doubts and disbeliefs into a challenge because I believed that I could heal despite having such skepticism around me during a critical part of my recovery.

As practitioners, it is up to us to help the client envision the best possible outcome and help them hold that belief.

### **Intent**

Assuming that you have a client who desires to be healed and believes they can be healed, setting the

## *The power of positive thought can result in healing.*

she can heal, she will open the door to healing.<sup>1</sup> On the contrary, if a client does not believe she can heal, she will be accurate because she will subconsciously ensure that her belief is correct.

When working with one client, she would say something along the lines of, “I just have to accept that this is the way it is.” She made this statement during multiple sessions, which indicated that she did not believe she could heal. As practitioners, we can try to positively influence our client’s beliefs by telling stories of people who experienced remarkable healing. We can also be confident in our beliefs and delivery so that our clients have confidence in us as practitioners. Ultimately, however, it is up to the clients to choose their beliefs regardless of the beliefs of the practitioner or the people who surround the client.

Personally, I had severe and obvious complications from major surgery. Initially, I had to have assistance just to sit up. While I was recovering and doing rehab, I was met with doubt and disbelief when I stated that I was returning to my job and that I would be walking device-free within three months. The in-patient rehab staff believed that even after a few weeks of rehab, I would still go home in a wheelchair. I was determined to heal and within three weeks of my surgery, I was able to go home with a walker, cane, and foot brace

proper intent is the next key to successful healing. As practitioners, we need to be aware that the intent statement is powerful. Therefore, a clear, well-crafted intent statement aligned with the client’s true intent is important.

In one case, I had a client who was living in an environment with a pair of toxic roommates. Her lease was coming due and she expressed her desire to no longer live in that environment. We worked to set intent for her to find a place to live that was a positive environment. During the session, she mentioned that she really did not like moving. To assist her in achieving her goal, I did a transition technique so that she could release the old and welcome a new, positive environment.

At the following session, my client happily informed me that the toxic roommates had announced that they were not renewing their lease. The result she received was a positive living environment without having to move, thereby fulfilling her true intent. In this case, the client’s desires were clear; however, you may find that the client’s true intent is revealed over time through your conversations with them.

To enhance the end results, it is well worth a few minutes of time at the beginning of a session to interactively work with the client in crafting an intent state-



ment that best aligns with what the client truly wants to address. Once the intent is clear, I have clients hold onto an image of how their life experience would be improved if they achieved their desired healing.


### Highest Good

Your client desires to heal, believes they can be healed and the intent is set, but the intended results seem to elude you. You might consider having the client see a different practitioner. If the client still does not get the desired results, the fourth pillar to successful healing, the client's highest good, may be in play. In our work, we hold the intent to serve the client's highest good, which is not for us as practitioners or even the client to judge. The client's highest good is something beyond our control.

As practitioners, we must have faith that the client's highest good will be served, whatever that may be. It is important to recognize that healing can occur even when it is not observable. Not being able to quantify a healing can be challenging for us to accept because it is our nature to want to heal.

When coming from a heart-centered practice, I encourage you to remember to follow the steps to center, ground, and release. Releasing is important as you recognize that healing can take many forms and that there are things beyond your control.

### Conclusion

The foundation for successful healing is in place when the client has the desire to heal, believes they can heal, clear intent has been set and their highest good is being served. Ultimately, we should expect and be willing to receive — miracles. 



Author Rod Thomson can be found at [www.ImaginelfCoachingConsulting.com](http://www.ImaginelfCoachingConsulting.com).

### Reference

1. Dispenza, J. (2014). *You are the placebo*. Carlsbad, CA: Hay House, Inc.