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Bonus Content

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The Lazy Practitioner's Guide
to Ruining Your Healing Touch
Practice

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Welcome, aspiring energy worker! If your secret goal is to never have a thriving practice, you've come to the right place. Simply follow these steps and watch your calendar empty faster than a crystal shop during a full moon sale!

Step 1: Be Fashionably (and Chronically) Late — Clients love waiting. Bonus points if you show up frazzled, spilling tea on your massage table while explaining that your "energy wasn't ready yet."

Step 2: Skip the Self-Care — Why ground, center, or clear your energy field? Just drag yesterday's drama into today's session and marinate in it together. Your bad mood will be contagious!

Step 3: Avoid Education Like It's Mercury Retrograde — Why learn new techniques when you've got your one go-to hand position? Just keep doing "the thing" until your clients start Googling other practitioners mid-session.

Step 4: Be a Marketing Ninja — as in, completely invisible, no website, no business cards, no social media. Whisper your services into the wind and hope the universe does the rest. Spoiler: it won't.

Step 5: Change Your Schedule Every Week — Let clients play "Guess When I'm Open!" — a fun game that always ends with them booking elsewhere.

Step 6: Promise the Moon and Stars — Tell clients you can cure everything from a stubbed toe to existential dread in one session. It's the fastest way to create skeptics for life.

Step 7: Treat Feedback Like an Aura — Attack If someone offers suggestions, clutch your crystals and hiss, "The energy told me to do it this way!" Works every time... to drive them away.

Step 8: Make Your Space an Obstacle Course — Dim fluorescent lighting? Check. Lingering smell of last night's garlic pasta? Check. A cat that insists on

joining every session? Perfect.

Step 9: Be All Business, No Heart — Treat clients like walking wallets. Ask about their well-being only if it leads to upselling more sessions.

Step 10: Burn Out Like a Supernova — Say yes to every client, work through illness, and refuse to rest. Eventually, you can heal exactly zero people because you're too busy healing yourself... in bed... for weeks.

Now that we have your attention....

If you want the opposite — a sustainable, loving, and thriving Healing Touch practice...simply reverse everything in this list. Voilà: success without sabotage!

Here is the real heart of it: your practice grows when you are grounded, consistent, and genuinely present. Show up on time with care. Make space in your life to rest and refill so you are not giving from depletion. Keep learning. Let curiosity lead you.

Your clients do not need perfection. They need sincerity. They seek reliability. They appreciate genuine experiences. When you remember why you began this work in the first place, your presence becomes the invitation, the medicine, and the marketing all at once.

Here's to showing up with heart, humor, and just the right amount of incense. ☺

Disclaimer: This piece is written with humor and cheeky exaggeration. It is not professional, legal, or medical advice. Please practice Healing Touch and any form of energy work with safety, integrity, clear ethical boundaries, and respect for yourself and others. If you actually followed the steps in this article, you would absolutely ruin your practice. Please don't!



For more information visit Dr. Denise Frer's website at: www.drdenisefrer.com