

# *The Sentelligent Solution*

For Your Mind, Body and Spirit



## Do You Have the Ability to Be a Healer?

Written by Stacey Mayo, Founder of The Sentelligent Solution™

Presented by:

**Stacey Mayo**

Founder, The Sentelligent Solution™

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

# Do You Have the Ability to Be a Healer?

Technically speaking everyone has the ability to be a healer. Everyone has the ability to be an artist. Everyone has the ability to sing, etc. For some of us those abilities are stronger and for some of us those abilities are latent or we doubt how good we are at it.

The things that we have a desire to do in some way or form, are often latent abilities that we envy in someone else and wish we could do it as well as they do.

Let's look at art as an analogy because healing is an art in its own way. Perhaps you have heard it referred to as the healing arts. Healers are typically very creative in many different ways. And many don't see themselves that way and others do.

Perhaps you have dabbled in some form of art before such as photography, or reiki, or yoga, or painting or singing or acting but never really pursued it because you didn't think you had "natural abilities" or were "good enough" at it to pursue it as a profession or even as a hobby.

All of those are a form of art and creative expression of energy. When we participate in any of these we are releasing energy – we release subconscious thoughts and beliefs onto a canvas, or we capture an image with a camera that reflects something back to us that is meaningful in some way.

When we do yoga or have a massage, we release old stale energy which opens us up to our creative expression and we are more able to hear the truth of who we are. That is why they are called the healing arts.

To release at deeper levels and get at the core of what is blocking us emotionally, physically, spiritually, or mentally, we use a combination of tools that release at deeper levels so that we can all align with our truth.

If you were drawn to this site, you wanted to get healing for yourself – for your soul and/ or your body. Those who are drawn to receive healing using the methods on this site, often want to know how to do it for themselves and for others, but do not think they can or want to find a way that works better than what they have done before.

If this resonates with you, know that you have the capability to be a healer and you are also more creative than you probably realize. The two go hand in hand.

There is much resistance to knowing if we are healers or not as people in the past were killed, ostracized, maimed and shunned for practicing their craft. Those who believe in past lives, may understand that they were likely witches in past lives. Witches have gotten a bad rap for a long time. Even in the Wizard of Oz, there were good witches (Glinda, the good witch of the North), and bad witches (the Wicked Witch of the West). People tend to remember images of the bad ones with black pointy hats. Rather than seeing them as good and bad, I prefer to see it as the Wicked Witch of the West had deep challenges that needed healing and Glinda also did, but hers were not so pronounced.

People are people and some are better at their craft than others. Some traditional doctors are better than others at their craft. Some teachers are better than others. Some artists are better than others. It is true for all of us, no matter what our profession. And when we heal ourselves and our blocks, we can become brilliant at the work we came to do in this lifetime, whatever it is.

All they way back to the time of cave men, people have been yearning to heal themselves and each other and the ways to do that continue to evolve.

Even today, some people think energetic healing is a bit weird, or “woo woo” but it is slowly but surely gaining credibility amongst the doubters and I say, it will become more mainstream just as chiropractic did not so long ago.

### **Attributes commonly found in healers ( facilitators of healing):**

- People open up and share their problems with you easily
- You tend to put others needs before your own and have a hard time keeping good boundaries
- You feel different and like you don't fit in, no matter how hard you try
- You have a different perspective on life and tend to see things from a slightly different slant
- You have a thirst for knowledge about psychology, spirituality, self-help, some aspect of the medical field, or metaphysical topics
- You are sensitive to criticism, may cry at Hallmark commercials, or are sensitive in other ways
- You are open-minded
- You have an interest in the arts
- You may harbor resentment towards those who have tried to heal you but not succeeded
- You may go in and out of short or long periods of depression or physical challenges, or feel like you are going around in circles, getting nowhere fast

Regardless of whether you choose to facilitate the healing of others as a profession, a Sentelligent Facilitator of Healing can help you release those deep wounds that go back many lifetimes so that you can feel whole and complete again and move forward on your journey.

We have high standards and are required to continue our education and our own healing to sustain our certification. It is in this way, that we can be of the highest service to others in these evolving times.

Schedule a complimentary consult to learn more about our healing and coaching services to help you with whatever challenges are currently facing you.