

The Healer-Client Relationship

During a session with a healer and/or metaphysical counselor, many people experience some things that they have never truly experienced before: complete, total acceptance for who they ARE; validation of their wants, needs, and feelings; the ability to talk with someone about feelings, experiences, and ideas that they do not feel they can share with others; and the knowledge that finally, someone UNDERSTANDS. The healer may also assist their body to release pain and illness, provide them with spiritual wisdom about their totems, guides, and/or their purpose in this lifetime, interpret their dreams, and/or answer other specific needs. This is the experience that I strive to create for each of my clients every time we work together, but this is only possible if particular boundaries are maintained.

While I feel the deepest love and respect for each and every one of my clients, and it is my foremost desire that they become their healthiest, happiest, most deeply fulfilled selves, I am not here to be a friend or a consistent conversation-partner, nor am I here to provide continued free guidance whenever it is needed. To be my very best self for YOU, the client, it is necessary that our work together occur ONLY during a formal session. Otherwise, there is the risk of my becoming too involved in your life to be able to be entirely non-judgmental, which compromises my ability to accurately hear my intuition where you are concerned.

Too, clients sometimes view their healer as a constant source of free support and encouragement, and then begin relying on them to provide this, rather than realizing the end-goal of all healing, which is to be one's OWN source of support and encouragement. In other words, I am here to show you how to be your OWN healer and counselor, not to provide this as a constant unpaid service. And while I can completely understand that you would want to speak with me about spiritual concepts in the belief that I would enjoy discussing these with you, please bear in mind that this is what I do for a living, and that there can be too much of a good thing!

Also, while it can be difficult for clients to hear, I have my own friends and so do not require my clients, no matter how much I may like them (and I adore many of you to bits!), to be sources of friendship and support for me. Your role here is to simply be the very best client that you can be, knowing that I neither need nor want you to be anything other than who you are. During our sessions, I will help you become the very best YOU that you can be no matter what.

With this in mind, please understand that BECAUSE I love and respect you as my client, that anything to do with your physical healing, mental/emotional wellness, and/or spiritual growth will be discussed ONLY during a formal session, and not via e-mail messages, text, or phone calls. If there are things that you wish me to know that are occurring with you but are not ready to schedule a session, keep a record of them, and then bring them up during your next session. I will be delighted to discuss them with you then!

For the sake of clarity, what follows is a quick list of Do's/Do Not's to help you better understand the healer-client relationship.

Please DO:

1. Feel free to send an e-mail with your thanks, if you feel moved to do so. I always enjoy knowing that our work together was of benefit to you, but please keep in mind that you may not receive a response. My belief about “thank you’s” is that they are a gift to be given without strings attached, and that expecting/needing a response defeats the purpose of the original message.
2. Offer to write a testimonial to share on my webpage. If you are truly wanting to “do” something as a show of thanks, this is the way that is most meaningful for me. If you are interested in doing this, just send me an e-mail letting me know, and I will send you instructions.
3. Refer your friends, family, or co-workers to me. This is also deeply appreciated!
4. Feel free to contact me at any time to schedule follow-up work. Follow-up sessions can be as long or short as you please, from 10 minutes to 3+ hours. Scheduling is simple: Just send me an e-mail telling me that you are ready for another session, along with a **brief** description of what you would like us to work on, and I will send you available days/times, followed by a confirmation page, just as I did at the time of your first session.
5. Take notes or—if it is available for your area—purchase a recording of your session. Having good notes or a recording is an excellent way of tapping back into the sense of empowerment and encouragement that you experienced during your session. This is like giving yourself a booster-shot in between sessions, and when you do this, you may realize that you don’t actually need my assistance at that moment after all. Go you!

Please DO NOT:

1. Send me photographs, videos, artwork, or music that you have created. Remember, I am not here to be a source of approval for your creations, but to teach you how to approve of YOURSELF. When I receive these things, I usually delete them.
2. Send me suggestions about books or music you think I would like, or videos or movies that you think I should watch. I will usually delete these as well.
3. Send me updates about your progress if your intention in sending them is to receive praise, encouragement, or further guidance. While I really do love hearing how well my clients are doing, I do not respond to these e-mails unless they also include a request to set up another session. I am a **professional resource** who provides a paid service, not a presumed source of approval or friendship.
4. Send me e-mails asking how I am doing. This implies a relationship that again, is not conducive to the type of work that I am here to do with you.