

HOW TO CREATE A SUCCESSFUL CAREER IN NATURAL HEALING

BY LEWIS HARRISON

"As long as a man stands in his own way everything seems to be in his way."
Thoreau

America is experiencing a Natural Health and Healing Boom... and You Can Become Part of It! Now is the perfect time for enthusiasts who want to turn their love of people, energy medicine, personal growth and holistic healing into a rewarding, exciting new career. There are millions of Americans in health food stores, health clubs, corporate workout rooms, holistic health fairs...even at home who have an interest in improving their health through bodywork, energetic healing techniques, nutrition, herbs, and emotional and spiritual counseling. With this special report as your guide you can get access to the most up-to-date, cutting edge research and information so that you may learn to help others, achieve financial independence, and eliminate all of the unnecessary struggle from your life.

Fun, Variety, Satisfaction.

Careers in Natural Healing offer a wide variety of healing techniques for creating wellness and healing! If you enjoy working with others who have similar interests, then there are wonderful opportunities for you. Learn to help others heal through a rewarding career in wellness and natural healing.

WHERE TO BEGIN?

Explore the different types of training required to become a natural healer or wellness consultant.

There are hundreds, maybe thousands of different educational programs in natural healing and wellness in the United States alone and even more in other countries. Some are as basic as the meditation classes offered to Doctors at the Harvard School of Public Health. Others may include apprenticeship, training, continuing education classes and home

study/distance learning at independent schools and colleges. There are many quality home study and correspondence programs but there are also, unfortunately, a large number of questionable mail order degree programs.

Some of these schools offer Phd. diplomas or Doctor of Divinity degrees and claim accreditation by organizations that lack any credibility even in the wellness and natural healing community. Explore many schools and programs carefully before making your choice. If possible talk to others who have completed these programs and who believe that their success is due in some way to their studies at the school you are looking into.

Prepare yourself for an unconventional educational experience.

Many respected natural healing schools offer a different educational structure than regular college classes. What should you look for when choosing a school or study program? If you have an irregular daily schedule you may wish to pick a school that allows you to enter the program at any time through a rolling admission system. Some schools will allow you to register for classes individually, purchase a package of ten or more classes or register for an entire certification program. Some schools allow you to begin your education at a beginners level or a more advanced level.

Pick a school where you can learn how to design a health building program for yourself and others. I am partial to schools that teach what it takes to run a Wellness or Natural Healing Center...from budget and finance to advertising and publicity. If you are a gifted healer but a poor business person you may find yourself struggling around money. A good training should teach you financial skills as well.

What you will need to do when you begin your studies.

Create a content-rich, thoughtful curriculum and instruction that promotes your ability to solve specific problems in the present system of professional health education. By creating a learning experience that connects the classroom to community, opening windows to knowledge and understanding and making people see the potential for their own health and well-being in the world, you will go a long way toward healing the world while reducing health care costs, malpractice suits and patient noncompliance.

The end goal of this learning experience will be to make a difference in the world, have economic freedom and emotional and spiritual fulfillment.

Do you want to be a specialist or a generalist?.

As your learning curve expands one of two things may happen. 1. You will develop a passion for one specific area of healing and focus most or all of your attention on it. That is why some healers only work with acupuncture, massage or nutrition. 2. You will experience the melting away of the various distinctions that separates all specialties from each other.

Both approaches are acceptable and valid. My own experience as a healer, teacher and writer is #2. I have moved away from the idea that nutrition is not visualization and visualization is not science and science is not massage and massage is not music therapy. And there are some healing tools that are more important more of the time than other tools. I recommend allowing your educational format to integrate multi-dimensional healing and learning approaches so that you can release the healer within.

Once you have this expansive knowledge then you can specialize if your vision quest takes you there.

These are some areas of natural healing and wellness studies that some students specialize in.

There are many satisfying careers in Natural Healing and Wellness. They include: Polarity Energy Balancing, Aromatherapy, Reiki, Visualization, Nutrition, Herbology, Emotional Healing, Qi Gong, Massage Therapy, Bodywork

(Rolfing, Shiatsu etc.), Energetic Healing, Homeopathy, Yoga, Juice Therapy, Natural Food Cooking, Macrobiotics, Fasting, Detoxification, Reflexology, Neuromuscular Therapy, Weight Control Counseling, Chinese Medicine, Color Therapy, Stress Management, Ayurveda, Physical Therapy, Acupressure, Amma, Applied Kinesiology, Occupational Therapy, Nursing, Chiropractic, Osteopathy, Holistic & Complementary Medicine, Naturopathy, Bioenergetic and Core Energetics, Biofeedback, Therapeutic Touch, Public Speaking, Meditation Teacher, Addictions Counseling, Multi-Level Marketing and sales, Dance, Art and Music Therapy, Personal development Coaching, Weight Control, Body/Mind Integration, Eating Disorders Counseling, Teaching The Creative Arts, The Performing Arts, Astrology, Dream Analysis, Graphology, I-Ching, Spiritual Healing, Iridology, Alexander Technique, Aura healing, Hypnotherapy, Image Consultant, Psychotherapist, Social Worker, Organizing Support Groups, Rhythmic Breathing, Dance, Motivation, Interfaith Ministering, Colonic Therapy, Midwifery and Personal Training.

What are the primary skills needed for a person to achieve their greatest success in the field of natural healing and alternative and complementary medicine?

There are five key areas of competency in natural healing: 1. public speaking skills, 2. product development and sales 3. teaching ability 4. consulting skills 5. writing skills. These are not all required but competency in all of them will certainly improve your chances for success and personal advancement in this exciting field.

What are the legal limitations to being a healer or wellness consultant?

You are absolutely permitted to open a consulting practice in natural healing and wellness. There are no licenses for such careers. It is important that you obey the law and act responsibly concerning other health professionals such as Medical Doctors, Dieticians, Nutritionists, Licensed Massage Therapists etc.

If you enjoy a regular paycheck or do not have strong entrepreneurial skills, an effective way to apply the practical aspects of your knowledge in Wellness Counseling and natural Healing would be to work with a physician or in an established wellness center. In this way you could support both the patient and physician relationship in ways that the physician is him/herself incapable of doing.

A Holistic physician is highly trained in both diagnosis, health building, wellness, and the treatment of pathology. It is essential that the client always be encouraged to look upon the physician as a resource, treating him/her as they would on any friend or teacher. You can become an essential member of the Wellness Team

What professional opportunities are available in wellness and natural healing?

The demand for qualified stand-out-in-the-crowd Wellness Consultants and Natural Healers grows by the day. Health clubs, natural food stores and individuals are seeking educated, enthusiastic and qualified people to fill the growing demand for the essential information on health and healing using a natural approach.

How you can learn to build your own practice in Natural healing?

In addition to the required background in anatomy, physiology, general healing theory and your specialty of interest, there are other areas that the successful consultant must understand to achieve success. These include such business and management basics as finance, sales, marketing, legal and safety requirements, advertising, networking five competencies that are key elements to creating a successful career.

A Case History

Her Professional Life Began At 40

When Karen Wilson turned 40 on January 18, 1995 she had finally achieved professional success. But this was after a long and convoluted journey. She was born in the Caribbean and grew up in New York City. She had her heart set on being a doctor. But limited family finances scuttled that goal. She got married, raised a family instead and during this time got training as a secretary. She worked for an executive, and had many setbacks in her personal life. She ultimately had to quit her job to spend time with her son, David, who had a learning disability.

As the family needed more money, she sold vitamins through a multi-level marketing company. Then, as the children grew-up, she dabbled in real estate, buying and fixing rental properties, and finally went back to school to take classes in reflexology, herbology and nutrition. "When I look back on it, I never planned ahead," Ms. Wilson says. Everything happened in an instant. But now it's all worked out into the happiest career I can imagine." Ms. Wilson finished wholistic health classes at 38 and was told that she would have trouble finding a job.

She taught health care in a college continuing education program, and decided to take further training in Polarity Therapy. She received Polarity Certification and was finally offered a job at a large wellness center. After building a successful private practice she has opened her own wellness center.

When she looks back at the route she took to get there, Ms. Wilson concludes that the twists and turns have helped her relate better to clients in both their personal ordeals and health struggles.

REMEMBER

It is important that you:

1. have a clear sense of priorities and what the results are that you are expecting from your education.
2. avoid greed and fear. They can easily pull you in a destructive direction. Always keep your vision and purpose before you.
3. have coaches, mentors and support people to motivate and inspire you to get desired results.

CONCLUSION

Every Monday morning review your healing career. What calls have you made. Have you done effective follow-up? Are you networking? Do you have a system of

review that re-evaluates your limitations and shortcomings? Do you acknowledge your successes or are you overly critical?

Do you complain about your struggles or do you review them with an eye to eliminate causative factors in the future?

Are you continually increasing your innate skills and informational knowledge? Are you reading articles and books about personal growth, new healing tools, spiritual inquiry? Have you been making use of reference texts and taking courses to improve and refine your skills? Do you watch educational video, read new age and healing oriented magazines, health oriented articles in the newspaper and listen to "talk radio" shows?

On your way to success remember the spiritual elements of honest labor. If you love your chosen work you will always have enough of what you need. Most people struggle to get physical wealth and material goods because it makes them feel loved. There is nothing wrong with great wealth or in having "the good things in life". However, when things are used as a replacement for love, we experience misery. The only difference between a poor man and a rich man is their sense of self worth and ability to love. A person who experiences love will have less of a need to gather material things as a means of feeling fulfilled.

Therefore, if you love your labors you will know on a deeply visceral level that you always have what you need. At the moment you are ready, your dream job will arrive. This is a concept that is difficult for many people to understand because so many theories about success tell us that achievement is the end result of a long uphill battle in a hostile world. The truth is that we are always doing something at every second and the things that we are most ready, willing and able to do, we do without thought. Once you decide what's important to you and take action on your decision, you will get results. When you are in a state of fear, it is doubtful that you will ever have the success you desire. Use the healing profession as a door to self realization.

There are many fine magazines, books and journals to assist you in your career search and studies. I recommend the following as a start:

Let's Live, Natural Health, New Age Journal Vegetarian Times, Body, Mind, Spirit, Yoga Journal, Free Spirit, New Life, Massage Journal, Alternative & Complementary Therapies (Bi-Monthly For Health-Care Practitioners).

If you are ready to act on your dream of a career in natural healing call us to learn more about our home study programs or our classroom-based programs. We offer regularly scheduled free open houses and free phone interviews.

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- HELP OTHERS TO HEAL!

ABOUT THE AUTHOR

Lewis Harrison is the Director of the Academy of Natural Healing. A respected healer, teacher, coach, speaker, and consultant he is a powerful motivator and an innovative communicator. He is known as a dedicated practitioner and information resource on all aspects of natural healing, wellness, nutrition, herbs, massage and personal development.

Lewis is a certified clinical hypnotherapist, a licensed massage therapist, a former health editor for New Life Magazine, and was the host of his own weekly radio show broadcast on WEVD AM (New York City) in 1994-1995.

He has written numerous articles over the last fifteen years and has had five books published on wellness, natural healing and massage including 30-DAY BODY PURIFICATION (Prentice - Hall 1995) and HANDS-ON HEALING: MASSAGE FOR TOTAL HEALTH THE SHAMAN'S WAY, MASTER YOUR METABOLISM, and HEALING DEPRESSION NATURALLY. Lewis is listed in the International Directory of Distinguished Leadership, Who's Who in Professional Speaking and Who's Who in Service To The Earth..