

AWAKENING DYNAMICS® VIP CLUB SPECIAL EVENT

How to Choose a Healer

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Day 3: The #1 Most Common Mistake Made when Picking a Healer/etc.

Today's topic is short but sweet: we're going to highlight the #1 most common mistake made when choosing a healer/teacher/coach/etc.

This is actually something that I learned a long time ago, in a completely different context. My first introduction to true spirituality was not alternative medicine or the Law of Attraction or anything New Age; instead, it was via martial arts. In particular, I was fascinated by the life and work of Morihei Ueshiba, the founder of Aikido, as he was not just a great fighter, but a true spiritual master. (If you're looking to see some pretty amazing moves, check out the many videos of his demonstrations on Youtube.) As someone who has personally been thrown across the room by aikido black belts less than half my size, I can attest that this stuff is quite real!

As a young man I trained in different martial arts styles with many teachers in different cities, including Aikido, Tae Kwon Do, and Brazilian jiu-jitsu in Boston, Chicago, Los Angeles, and Orange Country. After years of both good and bad experiences with various instructors and styles, I learned the secret to finding the right martial arts school and style:

Pick the Teacher, not the Style!

The way I originally tried to pick the "best" martial arts school was reading magazines, hanging out at martial arts supply stores, watching boxing and mixed martial arts fights (like the Ultimate Fighting Championship), and reading bulletin boards online to figure out which was the best style so I could "kick some ass" as fast as possible. What I learned was that there really is not such a thing as a "best style" for someone to learn, but there IS such a thing as the "best teacher for you"!

So, to repeat the message presented above: **Pick the Teacher, not the Style!**

And of course this same principle holds for energy healing, life coaching, etc. as well as martial arts. Most of us have a mental model or paradigm that leads us to try to find the "best" modality, or product, or program. If you have a problem, you might search around, reading testimonials and listening to tele-seminars and trying one thing after another, seeking a "silver bullet" modality or product that will finally "work" for you. Now don't get me wrong – research is certainly not necessarily a dumb or bad behavior – but this

common way of solving a life problem has a potentially dangerous side effect that you may get turned off to a really valuable system or resource because of bad experience with a particular teacher or practitioner.

For example, I work really hard to put myself “out there” because it is one of my goals to be the first exposure of energy healing to as many people as possible. I do this because so many times I’ve had clients come to me and say something like “Brent, I’ve tried energy healing before with <whoever> and <whatever modality>, and had a bad experience...but I liked what you have to say and want to give it another shot.” This always saddens me, because I know that for every person who has a bad experience with some kind of energy healing or spiritual process but keeps at it, there’s ten other people out there like them who instead give up on this stuff entirely and never try again. It seems to be a principle of human psychology that it’s about ten harder to get someone to try something again once they’ve had a bad experience!

Another little known insight: did you know that 95+% of the instruction and benefit you get from any coaching seminar, training class, etc. actually comes energetically from the teacher, and is NOT a direct result of the words you hear or the exercises you do? In other words, you’ll learn what you’re ready to learn from the teacher, no matter what they say. At the same time, don’t undervalue the 5% of the benefit from the lectures and exercises; it is actually quite important that this 5% engages your analytical/rational mind/left brain and gives it a logical framework to understand and accept the energetic shifts that compose 95% of the learning. That’s also why I encourage students at my classes to pay attention and be present and interact with the class as much as possible: full engagement and participation far more important to real learning and growth than frantically and blindly copying down everything the teacher says word for word. ☺