

How Miracles Happen

By Colby Wilk, MA

Do you want a miracle? Do you want to get unstuck, have a profound experience of freedom, feel and be physically well?

As a spiritual/theta healer people come to me for the miraculous. They want to be healed; healed from what they have not been able to change. They want to be healed from what seems unsolvable. They want a miracle.

Here is what I have learned about how to help the miraculous occur.

Tips for clients

1. Only go to a healer whom you like as a person and who you think has the skills to heal you. When you like someone you tend to trust them and that trust facilitates you to open. That opening can allow deep healing to occur. When you don't like a healer and

go to see them anyway you are ignoring your higher self and its guidance. I have cleaned up many an energetic mess from a client who went to see a healer with a profound reputation who they did not like.

2. Prior to your session, eat light foods that are easy for you to absorb so your energy does not go to digestion or immune reactions, but towards healing. Avoid coffee, sugar and alcohol so your field is neither suppressed nor exaggerated. You want your energy field in the best, most grounded state so the healer is working

on the core problem not on a surface, temporary condition.

3. Pray every day that the intention for the session is answered. Your prayer can build a thought form that can be leveraged by the healer in your session to create more powerful results.

4. While the session is going on tell your practitioner what is happening when it happens. Although spiritual healers can sense energy they usually cannot see the whole picture and your feedback can inform the healer as to his/her next steps.

5. The spiritual healer you are seeing does not know the complete truth. They get hits, partial pictures of what is truly happening. Don't stop listening to your inner voice, just because you are around someone who can assist in moving energy. Instead consider what your spiritual healer is saying against what you truly know to be true.

Tips for healers

1. As a spiritual healer you accept that you are not doing the healing. God, a guide, an angel,

a law, etc. is doing the healing. If you are not using the energy of higher realms you are left to use your own energy and that can result in you getting sick. If you do not feel connected prior to a session, apologize to the client, cancel the session and get reconnected.

2. As a spiritual healer your job is to hold the intention that the person(s) is already healed. You see them as whole, complete and healthy. To see them any other way leaves you in the paradigm of a problem. If you come from seeing the client's condition as a problem you may be able to move the client's presenting condition temporarily, but another will surely replace it in the client's life.

3. As a spiritual healer your job is to keep your attention on the client and the energy coming in and out of his/her field. It is your attention on the energy, plus your intention that assists in creating an opening for the miraculous to occur.

4. As a spiritual healer you accept you cannot

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Giving Away Free Advice

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But once you refill your "tank" with a precious fuel called knowledge, they will pay for the advice. Your chi is now high octane because you have "walked your talk," become wiser, respect yourself and learned how to become one with yourself. Now people will feel your energy, turn and ask your opinion. Learn to listen to the whispers, your aching bones, your indigestion or blurry vision for clues of

leaking chi.

Listen to your body, mind and soul. Listen to how people define you. Rest and restore, give back to yourself. Save all that advice for those who ask and value your answers. Then it is a win-win situation.

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It can be tempting to offer free advice, but doing so could alienate you from others.

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