

ASSOCIATION OF HOLISTIC PRACTITIONERS



The Association of Holistic Practitioners

www.holisticassociation.org

Ascension is right here

Its not out there somewhere...

In striving to find our peaceful existence, our "new world" some of us are missing the boat. It seems that we do not want to hear about some things going on in our world, things that seem wrong to us and we don't want to be part of it. Unintentionally, in trying to create our new world and our life as we want it, and to block ourselves from things we don't like, we are becoming un-grounded, trying to escape and so we are spending alot of time out of body... trying to find peace and beauty.

In trying to create that beautiful place, we are forgetting a few really important things that we can focus on. One is that in this existence of physical form, it is the only *(Cont' on page 3)*



Attracting clientele for your alternative health business

As a holistic healer it can be difficult to face the challenge of marketing yourself and building a clientele. This challenge can be enhanced by the desire not to commercialize holistic healing in compromise of your spiritual values. But holistic healers do not need to fear the process of building a successful practice, if the methods used to build them are honest, sincere and you have integrity.

A potential barrier to success that many holistic healers face in marketing themselves is the balance between the desire to give and the practicalities of living in an economically driven world. Often, a fear of receiving money for doing holistic healing interferes with the ability to build a thriving practice. Earning money is not a bad thing - but possessing a belief that it is can sabotage your success in building a successful practice. One way to address this is to realize that what we get paid for our services as a holistic healer is an exchange of energy that recognizes the value of your healing knowledge and treatment process. By viewing money as a method of exchange that provides balance between client and healer we become more comfortable with our self worth and receiving financial abundance.

The techniques used in building any business can be used by the holistic practitioner, perhaps with a few minor adjustments and focusing on the intention behind them. The holistic healer must be clear in their mind that the purpose behind using marketing tools is to share *(Cont' on page 2)*

10 Tips to boost your mood

1. Dance fast
2. Think about all of the songs that deal with weather...i.e Walking on Sunshine, Raindrops falling on my head...
3. Brainstorm 10 fabulous dream vacations...feel like your there and think of them really fast, feel yourself skiing in the snow, feel the warm sun on face... whatever would be fun for you
4. Recount an embarassing story
5. Hot Cold Shower can actually shift your state
6. Stand up. Put your arms in the air, Smile, Turn your eyes up towards the heavens, Keep equal weight on your feet...you cannot be in this postion and not feel alive and happy

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★
The Calm and Patient Mind

“For every minute you remain angry, you give up sixty seconds of peace of mind.”
 - Ralph Waldo Emerson

★
“When I am able to resist the temptation to judge others, I can see them as teachers of forgiveness in my life, reminding me that I can only have peace of mind when I forgive rather than judge.”
 - Gerald Jampolsky

★
“Peace of mind comes from not wanting to change others.”

★
A patient mind is the best remedy for trouble. .



MOOD BOOSTERS (Cont' from page 1)

7. Aromatherapy-- pure essential essence...orange or citrus smells are proven to liven state, rosemary, lavender..find one that works for you
8. Just start laughing, even if you think that you have nothing to laugh about....just laugh!!! It activates muscles. It hooks you into all other times that you did laugh...so you may start faking it but before you know it your actually laughing :)
9. Tell the truth...stop rehashing the past or worrying about the future. Act in the present moment and just see whats up with you at that moment...your life force will expand
10. Do something great for someone...call someone with love...just think how you can serve someone else in 60 seconds...
11. Its not the event that get you down its the meaning that you associate to it that bothers you...find new meanings for events that make you feel good...i.e. Someone cuts you off while driving...ok so why does that you someone may "b/c he's a jerk he speeding thru acting like he's so important." Well we don't really know the truth of why he's speeding so make something up that makes you feel okay for example "Maybe he his rushing home to hug his son before he goes to bed..." etc.

So next time you hit a hard spot, where anger or fear of any kind finds you... realize the power of emotions and your thoughts... you have control over your thoughts at all times... really. So try one of these out and shift your state. The more you are consciously shifting your state to a happy place the happier you will be and the more effortless life seems to happen. Try it ... you'll love the results!

BUSINESS (Cont' from page 1)

their knowledge of holistic healing and living with the community, and then a successful relationship with clients can be reached.

One of the basic techniques for building any business is getting to know your clients. As a holistic healer your clients are those who come to you to receive the benefits of healing. Get to know the names of your clients, and some history about them. Also networking with other holistic professionals, community groups, professional organizations and such, improves your standing in the community and spreads the word about your valuable healing practice. Greeting your clients each time by shaking hands, when you see them personalizes them, and it gives you the opportunity to tune into their physical presence. As you physically connect with your clients you create a one-on-one bond that depends the client healer relationship.

Just as important as it is to greet your clients, it is equally important to make yourself available to answer their questions about the healing treatments, protocols, procedures, etc.

Two final techniques that can encourage client retention have to do with each individuals self-awareness as a healer. First an honest assessment of how much time and energy you are wiling to spend on networking, teaching classes, workshops or lecturing, and cultivating a clientele. Burn-out and boredom are energy zappers that can sneak up on you and rob you of your passion for healing. By remaining present while doing healings you avoid the healing from becoming routine, you keep (Cont' on page 4)





ASCENSION *(Cont' from page 1)*

platform whereby we can experience human touch. Wow that is a biggie, so let us enjoy that. Next the creation of Mother Earth and how spectacular she is... just look at the incredible beauty that is around us every minute. To become ungrounded, to want to leave here for somewhere better is like saying, What you created I do not like. Its like a kick in the teeth.... Wow!! We really do not mean that, I know that... we just got a little off track.

It is here that we are in 3rd dimension, we have duality, we have light and dark, in this existence we need both to make us whole. What part is it that we see in the dark that mirrors us?

We need to focus on love. We are the wayshowers, we don't really want to jump ship, we need to be in gratitude, and shine our light and Be LOVE! Keep love foremost in our lives, let us not judge, let us love, let us accept all people, all life, for we Are One. Can you imagine how terribly fearful and scared the dark are? They are hanging on for dear life in a losing battle, and they know it. Let us with our feet firmly planted and our roots deeply planted into Mother Earth let us rise in our strength, love, acceptance, gratitude, shining with our arms outstretched ready to help any come on board. Let us Ascend together.... right here on Mother Earth.

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Chopra/Gandhi inspired cards

The 'Be the Change' cards are published! The deck helps plant seeds of inspiration and empowers one to make authentic, positive changes and react consciously to situations in one's life. As Mahatma Gandhi said 'Be the change you wish to see in this world'.

Created by Holistic Association Members Helena Diosa, Heather Henderson, Krista Hoffs and Kelly Oswald and co-workers Cheryl Davidson and Mitchell Soulfeather the deck is designed to be



Kelly Oswald and Deepak Chopra

"Inspiration for Transformation". It contains 52 messages of transformation, one for each week of the year.

The team of creators was inspired by Deepak Chopra's

Alliance for a New Humanity, Be the Change event launch last summer in Whistler, BC, Canada when Deepak encouraged a group of 1,000 people to actively engage in the shift of consciousness required to change humanity for the better. Visit bethechange.cards.com for details.



Working with moon phases

When Lunar and Solar energies work together it can bring balance or polarity, and sometimes, both. On one hand, work and relationships seem to flourish and if we are paying attention to our own "stuff". We are rewarded with a happy, productive and balanced time. However, if we mind other people's business, we are likely to get stung. On the bright side, we learn great lessons on the difference between being supportive and giving advice, and we discover that the small changes we make in our own lives will impact those around us who are ready to make similar shifts. So there really is no dark side – just a bit of grey clearing, as, once again - we learn about life.





Vision:

Through my eyes I see what is, through your eyes I gain clarity, and through our eyes there is great possibility.

~ Be the Change

Your vision will become clear only when you look into your heart.

Who looks outside, dreams.

Who looks inside, awakens.

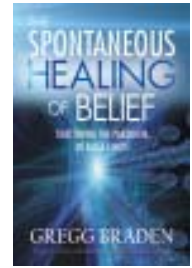
~ Carl Jung

Great Books & DVDs

The Spontaneous Healing of Belief: Shattering the Paradigm of False Limits by Gregg Braden

What would it mean to discover that everything from the DNA of life, to the future of our world, is based upon a simple Reality Code—one that we can change and upgrade by choice? New revelations in physics and biology suggest that we're about to find out!

The Spontaneous Healing of Belief offers us the miracles that open the door to a powerful new way of seeing the world, and the science that tells us why the miracles are possible, revealing: why we are not limited by the "laws" of physics and biology as we know them today.



Ambition to Meaning DVD: Finding Your Life's Purpose Dr. Wayne W. Dyer

In this compelling film, Dr. Wayne W. Dyer explores the spiritual journey from ambition to meaning. The powerful shift from the ego constructs we are taught early in life by parents and society - which promote an emphasis on achievement and accumulation - are shown in contrast to a life of meaning, focused on serving and giving back.



Through the intertwined stories of an overachieving businessman, a mother of two seeking her own expression in the world, and a director trying to make a name for himself, this entertaining film not only inspires, but also teaches us how to create a life of meaning and purpose.

Available January, 12th 2009!

BUSINESS *(Cont' from page 1)*

yourself fresh and alive. If you find yourself not being present or going through the motions as a routine, it may be time for a little quiet reflection as to where your healing practice is going.

A second technique for fostering greater self-awareness is committing to your own personal education. How often do you take seminars, classes or workshops? Being inspired by another healer can help to further your own healing abilities. Taking a workshop, class or attending a training can refresh your spirit as well as avail you of new healing techniques to apply in your own healing practice/business. As you stay fresh your staff and clients perceive that energy and will recommit to their jobs and their healing journey.

As you try some of these techniques for yourself, you will see which ones work well for you and match with your personality, an personal goals as a holistic healer. Trust your intuition as you connect with your clients on a deeper level and watch as they become more committed to their own healing journey. And in the process of healing your clients on this journey, watch your business/practice grow and prosper.



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ASSOCIATION OF
HOLISTIC PRACTITIONERS

OUR MISSION:
To serve and unite Holistic Practitioners in the fields of alternative healing, personal development and intuitive consulting.
To assist in maintaining the highest standards in the fields listed above.
To serve as a resource for Holistic Practitioners and the clients who seek such services.

To register as an association member visit www.holisticassociation.org