



# What every healer needs to know:

by Nancy O'Donohue

the art of not giving up

**W**hen I first started on my spiritual path, decades ago, I discovered the I Ching and consulted it frequently. But eventually I felt it had run its course because I almost always drew the same message: 'Perseverance furthers'.

Yet I never forgot that message, and it has helped me navigate many journeys through life. The guidance is clear: stick with it, hold the vision, and persist.

The other maxim I live by is this: "Miracles are natural. It is when they do not occur that something has gone wrong." (*A Course in Miracles*)

In my studies with my Native American teacher Bear Heart, a traditionally trained 'medicine man' of the Muskogee Creek Tribe, I observed and heard of remarkable cures. So I've come to believe that there is always a solution. Always.

These two maxims are very important for spiritual healing.

Many clients come to me hoping for a quick fix, a one-stop miracle cure. But while that can sometimes happen,

it is more probable that a series of healings is what will show results.

It has been my experience that it can take four to six healing sessions before a client notices a shift in the condition for which they seek help. For that reason, on my website, I offer a discount if a client pre-pays for four healing sessions. It encourages them to commit.

Paul came to me in February 2017 with a host of health problems. He'd had two heart attacks and a triple bypass, and was also dealing with:

- Diabetes
- Blocked arteries
- Neuropathy
- Cirrhosis of the liver
- Back and leg pain
- Carpal tunnel syndrome
- Vision loss

He was taking appropriate medication for all the above issues except the vision loss, because his doctors said nothing could be done about that. His health remained status quo, with no improvement. The only real lifestyle change he'd made was giving up drinking.