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Harmonizing Your Healing Business

Embracing Universal Guidance
for Effortless Growth

As a healer, you don't have to have an MBA or be a marketing maven in order to grow an abundant healing practice. You only have to ask the Universe for help and guidance, and let it take the lead to light up your path to success.

Tammy Mastroberte

Those in the healing field want to share their gifts with others more than anything. They want to have a positive impact on as many people as possible. However, in today's world, in order to succeed in business, entrepreneurs need to understand more than just their skill or service. They often need to utilize technology, marketing, social media and more, and it can become overwhelming and frustrating — especially when someone just wants to serve others in a positive way.

I have good news. As a healer, you don't have to have an MBA or be a marketing maven in order to grow an abundant healing practice. You only have to ask the Universe for help and guidance, and let it take the lead to light up your path to success.

As a soul living in this physical world, you don't have to do anything by yourself — whether it's making a decision, finding a solution or creating a successful business. You have direct access to a higher, all-knowing, all-powerful source that can assist you and make the process much easier. That is where the Higher Help Method comes in.

This Method offers a four step process to get clear on what you want, ask the Universe to partner with you, shift your energy to stay in alignment with your goals, and receive and act on the signs that come to guide you forward.

Here is how to apply The Higher Help Method to

create a successful and thriving healing practice.

STEP 1: GET CLEAR ON WHAT YOU WANT

The Universe needs a jumping off point, and that starts with you knowing what you want and setting an intention to create it — or something even better. To get clarity on what you would like to see in your healing practice, you can use my Clarity Formula and answer these two questions:

1. What don't I like about my current situation?
2. What would I like to see or experience instead?

Then you set your intention in the present as if it's already occurred. For example, "My healing practice brings in X amount of dollars or more per month," or "I work with X amount of clients per week in my healing practice, and currently have a waiting list for new clients."

Lastly, always end your intention statement with "this or something better." Why? Because the Universe knows better than you do, what is in your highest good, and what will make you the happiest. Your intention is to create what you desire or something even more extraordinary than what your mind can conceive.

STEP 2: ASK THE UNIVERSE FOR HELP

Once you are clear on what you would like to create, it's time to ask the Universe for help and to harness its energy in your life. There are a number of spiritual



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tools that can be used to do this, including prayer, crystals, rituals and what I call, focused gratitude. Prayer is my favorite and the easiest to start. Through prayer, you will not only ask the Universe for help, but you will call in specialized higher helpers, including archangels, ascended masters, gods, goddesses and more, spanning all belief systems.

When it comes to healing and building a business, there are specific higher helpers you can ask to guide you using ideas that pop into your heads, signs, synchronicities, opportunities, resources and more to move toward your intention of something better.

Here are a few you might choose to work with and call on for help.

- Archangel Hope can help you tap into creative ideas and inspiration around your work, help you give birth to new ideas and heighten your creativity
- Bob Proctor, a bestselling author and teacher on the law of attraction and manifestation, who built a successful business during his lifetime teaches others to increase wealth can be called on for ideas to grow your business, as well as shifting your mindset to a positive state.
- Dr. Wayne Dyer, bestselling author and spiritual teacher who taught about manifestation, and also built a successful career starting by selling his books out of the trunk of his car. He can assist with ideas as well as maintaining a positive mindset, and can send you resources to help.
- Goddess Brigid is an Irish deity who can help spark new ideas and creativity for your career and business, and also help with clarity, courage and confidence in your abilities as a healer.
- Goddess Demeter is a Greek goddess of harvest, grains and fertility of the Earth, and can be called on to help grow a business or project, and also help a person persevere to achieve their goals.

- Goddess Gula is a Babylonian goddess of health, healing and wellbeing, and is also a patroness of doctors, the healing arts and medical practices. Call on her to assist and guide you in your work and growing your practice.

When I say a prayer for help from the Universe, I like to stack higher helpers together so they can work as a team on my behalf. Here is a simple prayer for you to say daily using these higher helpers to grow your healing practice. I recommend saying it every morning to call in your help for the day, and remind you to be

on the lookout for the guidance coming your way.

Dear Universe, I call in my angels, guides, loved ones who have passed on, and all those in my soul society, only those of the highest of vibration to be with me now. I am looking to grow my healing practice, specifically [state your intention here].

I call in Archangel Hope, Bob Proctor, Dr. Wayne Dyer, Goddess Brigid, Goddess Demeter and Goddess Gula to work together and assist me in growing this practice, attracting more clients and increasing my overall abundance as I seek to serve others through healing now.

I also ask Bob Proctor and Dr. Wayne Dyer to assist me with my mindset so I may stay positive and in a state of alignment to easily allow the blessings and business growth to flow my way.

Please send me the ideas, signs, synchronicities, opportunities, people and resources to help me achieve this or something better now, and please help me recognize and act on them when they arrive. Thank you, thank you, thank you. Amen.

Additionally, you can use crystals to help harness the energy of the Universe to assist with your business as well. There are specific crystals that resonate with career success, and I recommend placing them near the front door of your home, which according to the Feng Shui Bagua —an energy map used in Feng Shui — the front door of the home is the career section.

Cleanse your stones using your favorite cleansing method, such as burning sage, Palo Santo wood or frankincense as you run the crystals through the



smoke, or diffuse essential oils and place the crystals in the mist. You then want to program them with the intention of growing your career, business and prosperity by holding them in your hand and stating your intention.

The crystals I would recommend placing in this area, either choosing one or placing them together, include:

- Citrine, as the stone of abundance, it can increase money as well as career success
- Green Tourmaline can attract both success and abundance for overall career and business ventures
- Lapis Lazuli is a stone of abundance, fortune and luck and can assist with business success
- Moss agate is associated with wealth, growth and new beginnings and is ideal for owners looking to bring in new business
- Pyrite is often referred to as a money magnet, and can attract new career opportunities and people to you for business growth

STEP 3: SHIFT YOUR ENERGY

When you ask the Universe for help, and to partner with you, it immediately gets to work moving all the puzzle pieces of your life — and the lives of others who can assist — into alignment. While you are waiting for the signs to come pointing you in the right direction, it's your job to manage your energy and continually shift it into a more positive space any time you find your vibration dropping into negativity.

One of the easiest and fastest ways to do this is what I call the 60-Second Retreat. Set an alarm for at least three times each day and when it goes off, you simply stop what you are doing, close your eyes and repeat a mantra for 60 seconds. You can choose any mantra that feels good to you, but I like using the word "Release" to release the stress you are carrying, or "All is well. I am safe." Then after 60 seconds, open your eyes and you can return to whatever you were doing before the alarm went off.

What this exercise does is stop the train of thought, stress and worry to bring you back to center and

re-balance your energy. It also brings you back into the present moment, which is where all the signs are coming in from the Universe and your higher helpers.

This can also be done any time you find yourself becoming stressed or overwhelmed.

STEP 4: RECEIVING ANSWERS AND TAKING ACTION

The final step of The Higher Help Method is to notice the signs coming through to guide you and then take action on them. The Universe answers you in a number of ways, such as an idea that suddenly pops into your head, or a conversation you overheard in line at the grocery store. One of the most obvious ways the Universe and your higher helpers try to get your attention is through repetition. When you hear the name of a book, a type of technology, a form of meditation, or anything else that keeps coming into your awareness from different sources, it's time to pay attention.

The second part of this step is taking action on the signs and guidance coming through, and this is where a lot of people get stuck. They get stuck because they are so afraid to take the wrong action that they do nothing. But with the Universe as your partner, you can't take a "wrong" action because it will always redirect you if you make a wrong turn. If you go down path A and you really need to choose B, it will throw a roadblock up on path A to help you change directions, and then continue to guide you.

However, If you are too afraid to take action, and instead decide to do nothing, the Universe can't continue to guide, direct — or redirect you — because you are not taking a step forward.

The Higher Help Method can be applied to anything you need assistance with in life. If you have been struggling to build your healing practice, or are just starting out, try applying this Method to move forward faster and with more ease. And most of all, trust that the Universe is always guiding and directing you to your highest good — especially when you ask it for help. 🌀



Find out more about author Tammy Mastroberte by visiting her website:

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