

MONEY AS

by Marilee Tolen, RN, HNC, HTCP/I

Energy

Self-Inquiry

Every Healer's Ongoing Research

Healing Touch is a spiritual journey. It invites us to explore places in our universe and in ourselves where we may not have ventured otherwise.

Many of us start out wanting to learn Healing Touch to be in service and to help others. Little do we know that much of what we learn in the Healing Touch Program is about ourselves (especially as we start Level 3) - and that the ability to help others is drawn on our ability to know ourselves.

"Know Thyself" is a predominant theme in many spiritual practices. Some of these quotes may sound familiar to you:

"The Kingdom of Heaven is within you; and whosoever knoweth himself shall find it"

"No man remains quite what he was when he recognizes himself."

"Nothing is outside what is not in you."

The Ancient Greek aphorism "Know Thyself" was inscribed in golden letters on the lintel of the entrance to the Temple of Apollo at Delphi.

Socrates clearly ordered to "Know Thyself" by way of questioning.

Sri satya sai baba said "Know thyself, because every thing is in you. Nothing from outside is not in you. The outside universe is in you in a miniature form"

Jesus said "When you know yourselves then you will be known, and you will understand that you are children of the living

father." (Thomas 3:4)

In Latin a phrase generally given is nosce te ipsum. An alternative Latin rendering, temet nosce, appears inscribed above the entrance to the Oracle's kitchen. All these Latin terms are equivalent to "Know Thyself".

East or west, all the sages share one single prescription – "Know Thyself".

Many of these "Know Thyself" teachings go on to say that when we know ourselves, we know the entire universe, and we may command it as well. This is much of what affirmative prayer is and what the "Law of Attraction" is about.

It's important to know that 'Thyself', is not meant in reference to the egotist, but the ego within self, the I AM consciousness.

So how do we as Healing Touch Practitioners apply this to our every day lives?

We research ourselves daily. We sit in self-inquiry. We observe our thoughts, our beliefs, and our actions – every day.

The outcomes are demonstrated in your life as you observe it.

The data you collect can help you decide if you want to improve your – health – relationships -- healing practice -- bank account.

If you want to improve it, you then apply further spiritual and daily self-care practices.

Here's a good one to start – think about those things that bring you peace, love, and joy:

From Proverbs, we know: "For as he thinketh in his heart, so is he" (Proverb 23:7).

If our heart is pure, our thoughts are on those things that bring us peace, love and joy. If our heart is embedded with fear and *false beliefs* about ourselves, our thoughts are on those things that bring us mental turmoil and suffering.

About the author:

Marilee Tolen is board certified in Holistic Nursing, a graduate of the Barbara Brennan School of Healing Science, completed Intuition Training with Caroline Myss, and has practiced and taught Healing Touch for over 12 years.

She has integrated abundance and prosperity principles into her professional life for three decades. Her studies of the energy of money became her specialty at the Brennan School in 1996 as demonstrated in her thesis "Currency As Consciousness" ©. She is a contributing author to the recently acclaimed

award winning book Invitation to Holistic Health: A Guide to Living a Balanced Life (Bartlett and Jones) writing the chapter on "Financial Health."

Marilee has taken her healing work to the World Wide Web and has created a virtual community for holistic health care professionals and others interested in natural healing.

She is now teaching marketing for healers helping them to launch (or re-energize) their practices. Her e-book "Eight Steps to Kick Start Your Practice" http://snipurl.com/8steps_ebook is now available and her very popular course in Internet Marketing <http://www.introtointernetmarketing.com> has been successfully attended by many in the Healing Touch community.

Follow Marilee on her new podcast program The "Green Tea with Marilee" Show at <http://www.GreenTeawithMarilee.com> and sign up for her free Tips of the Week at her website <http://www.HomeSpaLady.com>.