

Physician Heal Thyself

How many times in our life have we been faced with the words, ***'Physician Heal Thyself'***? Yes, these are challenging words for all who embrace truth but none more so than the healer or holistic therapist who engages in spiritual healing or holistic therapies with their client groups.

I accept that the best healers or therapists, are those who have been broken in their mind, body and spirit. In order to help or assist another achieve wellness and wholeness, we have a primary duty of care towards self. Yet, I know that there are many therapists who practice spiritual healing and holism who are still continuing to work from a place of imbalance. It would appear that one has become indifferent to the ***'Cries of the Heart'*** to 'self heal.'

As a former nursing monk and qualified nurse with 38 years experience in the caring ministry, I realise to my own deep sadness that for best part of my life, I was ***'The Rescuer'***. Yes, I was the ***'Person Pleaser'*** or a member of the ***'Cling On Family'*** whose professional life sustained 'Burnout' on more than one occasion. Because I found it difficult to say **NO** to others for fear of been despised or rejected, I literally gave my power away for others to hurt me on many levels. So, I was to blame not they, as I was in their control like a puppet on a string! Thankfully, a major life crisis in 1997 was to become my ***'Spiritual Breakthrough.'*** Over a four-year period of living in the wilderness of self-loathing, despair, fear and wracked by Catholic guilt, I eventually was targeted by the Angelic Realms, the Messengers of Love, to say, ***'ENOUGH.'*** In my heart, I knew that what they were inviting me to do was to hear the words of Sananda Jesus, ***"Physician Heal thyself before daring to heal others."*** I was literally kicked where it really hurt so that I could activate the 'self healing process' and unlocks many years of inner mental and emotional turmoil.

Many clients who have since sought my help as an intuitive spiritual counsellor, therapist or retreat director, have come seeking clarity and healing. There are those who demand that I provide a sticky plaster to eradicate their baggage without any personal accountability or even responsibility. There are others who are so ***'self obsessed'*** and seek a Psychic message to agree with them or they insist through their body language and verbalism that I engage in massaging their humungous egos whilst stuck in the ***'idolatry of self'***. Then there are those who come with an open heart to receive whatever the universe has in store for them. They come with a receptive heart and in turn, they receive the ***'Keys of the Kingdom of Heaven'*** to self heal and change their lives in the process, all because they are willing to trust their heart. Their ardent prayers have been answered in a profound yet simple way and they leave totally at peace within.

To self heal and be used as an instrument of spiritual healing for self and others, we are strongly encouraged by our Spiritual Guides, the Archangels and God to remain always in our Heart Centre and avoid the egoist self. The reason why so many Light Workers are operating in negative energy is because they are either reluctant to accept positive advice, or have become spiritually complacent or arrogant to the high vibrational energies that is now coming through. Again, as individuals, we have a duty to safeguard the spiritual gifts that we have been given and this involves speaking our truth and taking back our power from others so that we can operate from a place of balance. To ignore our heart and reject that intuitive ***'gut instinct'*** then we are doing ourselves a grave disservice. Our negative actions and attitudes will have an indirect detrimental impact energetically upon those we have agreed to support. So, ***'Physician Heal Thyself'*** is not something new but a challenge given to

everyone to remain detached from ego and the adulation of personal opinion. Self healing involves personal pain but light is not too far behind!

If we operate from a heart infused with Divine Love and our words challenge others to criticise us for daring to speak our truth in love, then that is good too as it is real medicine for the soul in it's progression along the pathway that leads to our spiritual destiny.

To conclude, my heart is reminded why Mother Mary continues to speak to ordinary men and women today. Mother Mary together with the entire Angelic Host, daily invites all mankind, including her Ministers from the various religious families in our communities to listen to their heart and receive spiritual love that is the fuel for our spiritual life in service with the Divine within. We are each invited by Mother Mary to do the ordinary things extraordinary well whilst not forsaking a life of prayer and sharing all that we have received from Source.



About Sean

Sean is an intuitive spiritual life coach, healer, teacher and author of many books and produced a wide range of healing meditations benefiting anyone in need of relaxation. Formerly a nursing monk for 38 years, he is now recognised internationally not only as a Light Bringer of peace and reconciliation within the interfaith community but his form of '**Bradleyan Spirituality**,' now encompasses many beliefs, including the teachings of the Johannine Essenes of Mount Carmel.

Guided by Lord Kutumi in 2006, Sean established the Tau Tree of Life Healing Community now supporting fellow Light Bringers requiring spiritual nourishment and fellowship across the world.

Like Sananda Jesus, Sean takes no prisoners in his work. His approach is very much heart centred whilst retaining a simplicity, directness that does empower his clients to reclaim their uniqueness as a child of Source.

Sean operates his consultancy from his home in the south lakes as well as leading directed spiritual retreats by the Red Sea, Sinai in Egypt.

Today, Sean continues to live the life of a solitary Jesuessene monk based on the original teachings of Jesus, Saint John and Magdalene of Mount Carmel. Their rule of life was more about celebrating Divine Love and Light and discouraging negative mind-sets of fear, guilt and religious hate.

For more information about Sean's work and the range of courses in Therapeutic Essenic Energy Medicine and directed spiritual retreats in the South Lakes or by the Red Sea in Sinai, Egypt, please visit his website at: www.sean-bradley.com - www.taucommunity.com - www.angelgardens4u.co.uk

Or telephone on: **+0044-1524-762292**