

The Twelve Paradigms: (From the book *Spiritual Psychology* by Steve Rother)

The following 12 Paradigms for Facilitating Healing in the 5th Dimension are intended to help you to both define higher truths for yourself, as well as keep your balance while creating space for others to heal themselves.

1. Focus on Empowerment.

Healing in the higher vibrations of the New Earth can only take place when each person holds *their own* power. This means that our first concern and our first intent must always be to find ways to facilitate others without taking their power from them.

2. Healing by Request.

Henceforth, all healing facilitation must be *by request only*. It is no longer possible in the new energy to facilitate healing for another without their specifically requesting it.

3. Intent.

In the New Energy, it is only possible to facilitate healing with the highest intent. Remember - on the New Planet Earth. . . there will be *no more secrets*. Thus, as facilitators, we must allow ourselves and our motivations to be fully apparent.

4. Perception.

Understand that illness is not always a sign that something is wrong. There are times when illness is necessary to facilitate change, and our role is merely to help facilitate that process. It's important to recognize that illness is only one state of health, and that a healing facilitator must learn to work with *all* states in order to create environments where health prevails.

5. Truth.

As a facilitator it is important to always speak one's own truth. Yet, in doing so, we must acknowledge that truth is always a work in progress. Thus, leave yourself room for growth in the words you speak, and speak *your* truth in a fashion that allows others to stand in their own truth without feeling threatened by yours. Honor all flavors of the truth, no matter how different they may seem from your own. Remember - competition is only an illusion of polarity on the Gameboard.

6. Balanced Ego.

A balanced ego is necessary in order to facilitate healing. Thus, as facilitators, it is necessary for us to check our egos often and to examine truthfully our own motivations for our actions or words. If our ego grows too big, it will cut us off from our source. Yet, if it is not big enough, we will never take our place as a healer.

7. Discernment.

We must learn to practice the art of discernment in making choices without judgment; to monitor carefully what enters our field, and to be discriminating about choosing only those things and ideas that complement our own vibration. Everything else should be released without judgment. We do not have to be a part of everything. Rather, we must learn to choose only what feeds and nurtures *us*.

8. Creating Safe Space.

The wisest words that a facilitator can use are: "**I do not know.**" Thus, even as we are teaching, we must make space for the empowerment of others. *None of us* has all of the answers, but together, *all of us* have access to *all of the answers*.

9. Vulnerability.

Our true strength as healers lies in being able to be vulnerable. It is our humanness that makes us special. We must learn to let this shine through in all that we do, and to share mistakes openly with others. In this way, our perceived weaknesses will soon become our greatest strengths.

10. Mastery of Thought.

Remember - we may not have control over the thoughts that enter our heads, but we *do* have complete control over what stays there. Thus it is our responsibility to become a master of our own thoughts and to share this process with those with whom we work.

11. Motivation.

It's important to understand that everyone has the same base motivation. Fundamentally, we are all like little children, fumbling around in a darkened room, searching for the door back into the light. The easiest way to find the Light while not hurting one another is to hold hands.

12. Responsibility.

It is not possible to heal another. It is only possible to create and offer them space in which to heal themselves, if they so choose. So do not take responsibility for the healing of anyone other than yourself. If you should find yourself drained of energy by your clients it is because you are taking responsibility for their healing. Remember that responsibility is the balance of power. Help those you facilitate to take responsibility for *their own* healing so that they may hold their true power.

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