



# THERAPIST REFRESH

HEALING FOR HEALERS

Monday Mantra \* July 2, 2018

## Human, Being

Human being.  
Human, being.

Take note... are you a human being, a human *doing*, or a human, being right now?  
Our lives are full of tasks and pressure, healing to be done and needs to be attended to. We encourage you not to reject a full or busy life but rather to invite an aspect of **being** into what you are doing.

**Remember that so much of the healing you offer your clients today and this week will have to do equally as much with, if not more, with how you are being rather than what you are doing.**

We invite you to take a moment, even while reading this email, and shift your focus to how you are being. Today, we invite you to focus on the aspect of the here and now.

Human, being.

[Perhaps you might try out our 4-minute meditation on Opening to Healing Presence to help you deepen into a way to be for now and for the hours to come.](#)

We wish you good healing,  
Sharon + Carryn