

# THE PROSPEROUS HEALER™

AN E-ZINE FOR WELLNESS PROFESSIONALS



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## IN THIS ISSUE

### Greetings From Mary



### Feature Article:

### Improving Relationships and Your Bottom Line

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Dear Friend,

I'm looking forward to visiting my family this weekend and celebrating my sister's birthday. We're having a birthday dinner out at a restaurant called Jambalaya and then heading off to a fundraising event for my niece's school. It should be fun! I hope you have some enjoyable plans, too!

Before you start winding down for the weekend, I invite you to read this issue of The Prosperous Healer™. The topic is one that several subscribers have suggested, and I wanted to make sure I covered it before the end of the year. It's about the cornerstone of all successful businesses – relationships.

In the New Year, I'll be writing more articles about how to use specific marketing tactics and apply metaphysical principles to grow your business. In the meantime, may this article bring you some insights about how to improve the quality of your relationships and, by doing so, increase your financial bottom line.

Love and Success,

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P.S. Please forward this e-zine to people you think will derive benefit from it. Thank you!

## Improving Relationships and Your Bottom Line by Mary C. Davis

Years ago, when I had just started my exploration of the metaphysical aspects of money, I noticed that there was a direct correlation between the flow of money in my life and the quality of my relationships, both business and personal. So I was happy to have this insight validated when I read John Randolph Price's The Abundance Book. Eventually, I came to understand that the way I "flowed" my energy in personal and professional relationships affected my financial bottom line.

When I read John's book and followed his 40-Day Prosperity Plan, I started grasping the truth of his teaching, "you are your own money". Money, he asserts, is an acronym for "my own natural energy yield" -- our natural energy being love. Confirming what I've experienced, John remarks, "I have found that if I somehow shut down the Love Vibration – the feeling of complete unconditional love for everyone – I am putting a heavy restriction on my visible supply (money)."

For those of us on a conscious journey, we know this to be true; yet, we're sometimes challenged to apply this wisdom in our personal and professional relationships. Like me, you've probably confronted such situations yourself and, because of your spiritual orientation, you may find them especially troubling. Fortunately, there are ways of maintaining your natural energy of love in business and personal relationships, even in the face of challenge and conflict.

## Honouring and Processing Your Beliefs, Thoughts and Feelings

When confronted by a conflict or challenge in a relationship, you may try to "rise above" your ego immediately, without first acknowledging and gaining insight into your preliminary reaction. The most powerful initial step in responding to the situation is to give yourself permission to think what you're thinking and feel what you're feeling. From there, you can process and release thoughts and feelings that restrict your natural energy (love).

In our personal and business relationships, there are tremendous energy flows. And our natural energy constricts when we inadvertently and unconsciously project hidden thoughts, beliefs and judgements onto other people. As many ancient spiritual traditions point out, what we experience or see in other people is a mirror of our own unconscious selves. In other words, that unflattering quality or characteristic you're witnessing in your friend, business associate or client that triggers you so much exists unconsciously in you.

This is something that can be difficult to own in the midst of relationship challenges, when our egos' knee-jerk reactions are to blame the other person and see ourselves as "better" or "different". But being willing to see yourself and others from this higher perspective is truly key to finding personal peace and allowing your natural energy to flow.

So how do you put this into practice? Here are a few tips to get you started:

- \* Close your eyes and breathe deeply.
- \* After a few moments, allow yourself to name what you're honestly thinking and feeling about this person and situation, regardless of how judgemental and emotionally charged it may be.
- \* Write down the key thoughts, beliefs and feelings you've identified.
- \* Next, ask yourself, "What happened inside me that caused this reaction?"
- \* Then, ask yourself, "How do I also embody the same characteristics I'm seeing in this other person?"
- \* Write down any insights that come to mind.

## Engaging the Intelligence of Your Heart

When you feel you've sufficiently processed your thoughts, beliefs and emotions, you're ready to engage the intelligence of your heart to allow your natural energy to flow freely in your relationship once again. Moving your point of focus from your mind to your heart is the path to conscious, harmonious and prosperous business and personal relationships.

When you connect with the other person from your heart and communicate with that person compassionately, the natural energy between you will start flowing. To start this process, consider setting the intention of seeing this person differently and choosing to see him or her through the eyes of love.

This idea of consciously evoking a perceptual shift comes from A Course in Miracles as explained in Marianne Williamson's book, A Return to Love. According to A Course in Miracles, a miracle is a shift from fear to love. In Marianne's book, she says, "A shift in how we think about life produces a shift in how we experience it... When we love, we are automatically placing ourselves within the attitudinal and behavioural context that leads to the unfolding of events at the highest level of good for everyone involved."

From there, if you need to communicate with the other person to resolve the challenge or conflict, you may find it helpful to learn psychologist Marshall Rosenberg's Compassionate Communication techniques. This style of communication avoids language that implies wrongness and fosters connection and understanding between people. It focuses on:

- \* expressing your own needs;
- \* sensing the other person's needs, regardless of how they're expressing themselves;
- \* checking to see if needs are accurately being received;
- \* providing the empathy the other person requires in order to hear your needs;

and

- \* translating proposed solutions or strategies into positive action language.

The basic language of Compassionate Communication is as follows:

- \* "When I see/hear \_\_\_\_\_ (non-judgemental observation), I feel \_\_\_\_\_ because I'm needing \_\_\_\_\_. Would you be willing to \_\_\_\_\_?"
- \* "When you see/hear \_\_\_\_\_, do you feel \_\_\_\_\_ because you're needing \_\_\_\_\_? Would you like \_\_\_\_\_?"

By using these tools to respond to challenges and conflicts, you'll become increasingly more adept at maintaining the natural energy of love in your business and personal relationships. This will result in greater well-being for yourself and others, expanding the quality of your relationships and your business's bottom line at the same time.

Entrepreneur, Coach and Prosperity Guide Mary C. Davis is the creator of The Prosperous Healer Program™, a menu of coaching and learning services designed to help spiritually-oriented wellness professionals build prosperous, fulfilling practices with ease and joy. These services integrate law of attraction principles and practical business-building strategies in ways consistent with spiritual values and inner wisdom. Results include more money, clients and fulfillment. For further information, visit [www.anamturas.com](http://www.anamturas.com) and/or contact Mary at [info@anamturas.com](mailto:info@anamturas.com).

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"My session with Mary was awesome! I found it very helpful and insightful. I really appreciate how she listened and held the space for me to 'figure it out' on my own, yet provided enough questions, guidance and reassurance when needed. This is something I'll definitely do again and keep in my 'tool box' for a long time."

-- Jacquie Carter  
Massage Therapist and Life Coach

If you haven't already taken advantage of this opportunity, I invite you to do so now! I absolutely LOVE doing these sessions, and it would be a great honour to serve you in this way. So if you've been thinking of registering for a session, I'd be happy to schedule you into one of the five spots available before the end of the year.

Click here for further details and/or feel free to forward this offer to someone you think may benefit from it.

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