

# Path of Healership

## The Importance of Self Care for the Healer

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*Editor's note: The following is excerpted from the conclusion of the keynote address given by Janet at the second national Australian Holistic Nursing Conference in 1995. The theme was 'Partnerships in Ancient Healing'.*

**I want to talk about my pathway.** The reason that I want to do that is because this is the most common question I get from people, and I'd like to answer all of you at once. That question is "How do you do what you do?" "How do you go week to week, place to place, and just lately, country to country, and keep doing it?" "How do you do it, don't you get tired?"

What I say to them is that I live a disciplined life. I take care of me first. I had to learn that the hard way like most of us. We come from our position of being a wounded healer we say. Or being burnt out. Do you have that term here? Burning the candle at both ends? We cannot be a spark in someone else's life if our spark has gone out. Do any of you have a clue as to how hard it is to light the life within of somebody's spark that has gone out? When you look inside a person, whose light has gone out, as a healer, you know that if you re-light that light, that inner spark, that essence of life ... that is all you can do, is light it again. Give them a second chance. It's up to them to maintain that light. So we light that light and we let it go. So how do we, on our path of healing, keep our light on? What do we do? And I want to give you seven steps that I focus on in my life, which I call the steps of the path of healing. We cannot be a spark in someone else's life if our spark has



gone out. These are my rules of right rhythmic living. The source of this comes from Alice Bailey and Esoteric Healing. It's been reinforced through me, by my teachers along the path. But this is what I have to do for me on a daily basis.

**I have to focus first on my physical clearing. I must take care of my physical body, my physical existence.** This means, how I feed myself, my nutrition, supplements, the water that I drink. My physical nurturing. I must take care of my rest. My physical body requires 8 hours of horizontal rest, on a daily basis. And I want to tell you how disciplined I am about this. Horizontal rest means I'm lying down - it doesn't mean that I have to be asleep, but I have to be down. If I don't get my 8 hours of horizontal rest I make sure that I make it up the next day. So the next day maybe 10 or 12 hours of horizontal rest if I have been negligent. I also do remedial rest, or what I call

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preventative rest during the day, which means I lie down horizontally. Now one of the little secrets of our clients coming in to us for healing - we make them horizontal on our ' tables, don't we. You know, that's enough.

The breath, breathing, and movement, dance, exercise, activity. Things to keep ourselves alive within our body. Our ability to be on Earth. To be in the sun and the light. Moonlight, stars - all necessary for our physical clearing. Taking care of our physical body. We do these types of activities through our communities, within our cultures, our monasteries, our tribal customs. Through our apprenticeships with Healers. Whatever pathway we choose to do, it's a similar pathway, isn't it? We can find ways to share that, and to learn from that.

**The second aspect or principle, is the principle of emotional clearing.** In emotional clearing we are expressing our hurts, our pains. A necessary, part of our life. These emotional clearings are usually performed through our background, our training and our exposure to emotional principles. And so we engage in therapies. Therapies for ourselves, working with people that we trust. We may do this through prayer, following our faith. We may belong to self-help groups, meditation, dreams, journals. Even laughter and play. We're not lacking in resources for emotional clearing. We just have to do it, and make it one of our priorities.

**The third principle about rhythmic living, is our mental clearing.** Mental clearing is where we change our cognitive thought process. We'll claim it as I change my mind ... it's a women's privilege, I understand. But it's changing our thought patterns, our cognitive process. Creating new habits, new ways of doing things. We do mental clearing through problem solving, a technique that we're very familiar with. Through our assertiveness, catharsis, our creativity and developing our mind, through our mental disciplines - reading and studying. What do you read? Where are you in your reading development. As we could say, those of us who are traveling is "What books did you bring with you?" What are you reading. It has a lot to do with where you are in your mental clearing. We do spiritual reading, inspirational reading, inform-

ative reading, studying. And I think travel should come into this mental clearing aspect. Because we learn so much when we travel. We learn so much through the cultural exchanges that we have.

**The fourth area of right rhythmic living that I think is very, very special, is one I call sacred space.** Your sacred space at home, your sacred space when you're away. What does your sanctuary look like: What is your sacred space: How do we create sacred space: How do we bless the land that we live on, daily : The way that I do this, is that I believe that every place I put my footstep, I bring light to that part of the Earth. Every place I put my footstep, I bring light.

Sacred space creates within us harmony, a harmony on the outside - and when you travel like me, it doesn't do me any good to leave that harmony at home. It must go with me daily. So I call my sacred space, my monastery without walls, and within my monastery without walls, I live within my discipline, my defined discipline on a daily basis. I incorporate the principles of adequate light and adequate storage. Simplicity. Does your sacred space create restfulness? Think about restfulness, in your sacred space.

Recycling. How are you doing with recycling: The use of the natural products, and then the principle of reorganizing. Reorganizing comes into the category of spring cleaning. I think you're coming into spring, is that correct? It's time for spring cleaning. One of the things that I tell people in the classes that I work with, is about the energy that is stored in objects. And one of the questions I put to them, is ... "Look around your bedroom, and look at the energetic component of the things around your bed". And of course, everybody immediately thinks about that stack of books, you know, the mental clearing books. But what are other things in your Sacred Space and what are the vibrations. The clothes that you're wearing today, are clothes that you put your vibration in. So if you've got a closet full of old clothes, what's the vibration? What are you saving them for. That will pull you back to that lower vibration faster than anything I know. What about the books stored on your bookshelf? When

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you read that book, how much of your energy went into that book. Your vibration. Are you still at that vibration. That's what I mean by spring cleaning. Clean your space, so that your vibration is in the present. Now those of us who are living out of our suitcases for a month, we're getting a little lesson on this, aren't we. And there are some things that we're leaving along the trail, that we're passing on and there's a lot of things that we're acquiring in the new.

**The fifth principle is the principle of silence.** Hearing those raindrops as they fall out there. The hush of a crowd, as a speaker begins to talk. And here in this lovely environment, the birds. For us, the new sounds of birds, and even last night, the fruit bat. The silence of meditation. That beautiful silence. You know, when we live in a world of noise, to be able to come home to that silence. My home is on two and a half acres. I call it a little farm because I have a vegetable garden. I like the tranquility of the silence, the peace, the view of the Rocky Mountains that I can see. The space. But mostly, the quiet. I require quiet. I often have days of silence, and I travel in what I call Holy Silence. Which means when I enter a day of travel, I move into silence, when I only speak if I need to. I conserve my energy, I save my space. When I do that, and I honor that discipline; I arrive rested at my destination. Tremendous difference to the way I used to travel.

I also pretend sometimes, somebody asks me what I do, you know, on the airplane sitting next to you. They'll say "what do you do": especially if they look over and see what sort of book you're reading. I've learned also to hide that every once in a while, if I don't want to talk about it. Some days I'm a medical administrator, some days I'm a healer. I tried one time to be an author ...

**The sixth principle is the principle of holy leisure.** Holy leisure is what brings balance into, our life. It restores us from the workload that we carry. To bring us back. It's the rhythm of life that is necessary for us to continue, and our laughter here is part of that holy leisure isn't it? It brings us back into balance. The rhythm of our lives. I can remember once in therapy when my therapist said to me ... "Janet, what I want you to do everyday for 10 minutes is do nothing"... Oh, sure. Piece of cake! Have you ever tried to do nothing for 10 minutes? The next week I asked her to modify that to five ... I thought I might be able to manage one or two. I couldn't do it. That's the scary part. I couldn't do it. So now I play with words, like, I'm puttering ... quote down time ... use those words. On the beach as I was walking the other day I ran into Dierdre and she said "What you doing?" and I said "I'm meandering". I had noticed my foot-steps and they were going in this kind of walk-about pattern. It's learning to let go, to be in that space.

## Janet Mentgen's 7 Principles of Self Care for Healers

1. *Physical Clearing*  
take care of your physical  
body, your physical existence
2. *Emotional Clearing*  
express your hurts and pains,  
your joy and happiness
3. *Mental Clearing*  
create new habits,  
new ways of doing things
4. *Sacred Space*  
create your sacred space at  
home, create sacred space  
when you are away
5. *Experience Silence*  
move into quiet, meditation,  
Holy Silence
6. *Holy Leisure*  
bring balance into your life,  
restore yourself through  
leisure
7. *Holy Relationships*  
commit to yourself and others

Read Janet's article on selfcare at:  
[www.HealingTouchProgram.com/selfcare](http://www.HealingTouchProgram.com/selfcare)

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And the last principle that I want to talk about, number seven, is the principle of holy relationships. The area that I call sacred sex. Sexual expression - the sexual expression of the healer. Part of our work. It comes from the heart, doesn't it? It's being in committed relationships, having sexual fidelity - the pureness of our heart. It's our commitment to helping one another. It's our partnership in Ancient Healing. I hope that in our relationships with our countries; with each other as healers, with our clients, our families, and every way that we have opportunity for relationship. I hope that we will honor that relationship, and it will become sacred, each and every time.

So what do we need to do about all of this? I suggest that we make a commitment to our way of life. It doesn't have to be like mine. But if we're going to be a healer, to do this work, I think you're going to have to define your commitments. Your commitment to yourself. Your commitment to others. Your surrender to God, and how you define God. Your commitment to leading a disciplined life, your way of life, and your simplicity in all things. God speed on your journey. Thank you. 🙏