

## What are your healing gifts?

Just as you'll need to determine what healing means to you, you'll need to determine what kind of healer you are. To help understand that, ask yourself the following questions:

- Are you a natural giver and nurturer?
- Would you consider yourself to be a "people person"?
- Are you good at making others comfortable and accommodating their needs?
- Are you a hugger and a touchy-feely type of person?
- Do you always find "just the right spot" while giving shoulder massages at family gatherings?
- Are your hands energetically sensitive, meaning: can you feel energy with your hands?
- Do you have physical stamina and mobility?
- Are you strong and healthy?
- Are you fascinated with how the human body works and would you like to learn more about anatomy and physiology?
- Is touch your primary love language? (Check out the 5 Love Languages by Gary Chapman for a free love language test. [www.5lovelanguages.com](http://www.5lovelanguages.com) )
- Are you expressive with your hands when you communicate?
- Do you like to chill out and relax?
- Do you have a calming presence?
- Do others tell you that you are a good person to have around in times of stress?
- Are you clairvoyant, clairsentient and/or clairaudient?
- Do you want to learn more about strengthening your high sense perception/intuition?
- Are you interested in working with the human energy field to heal yourself and help others?

If you answered "yes" to several of these questions, you are a Hands-on Healer. If you feel a career in hands-on healing is the path for you, check out my ebook, True Calling-The Successful Healer, for a practical guide on how to get started.

This is my primary healing style and area of expertise. I encourage you to explore a career in hands-on healing and bodywork as a Licensed Massage Therapist and/or Certified Energy Healer.



## Touch Therapies to Consider

Touch therapies to consider: (The choices are far more extensive than this list. I'm just giving you a little taste of what's out there to explore.)

**Acupressure**

**Acupuncture**

**Amma Therapy**

**Craniosacral Therapy**

**Energy Healing**

**Healing Touch**

**Huna Hawaiian Healing**

**Kinesiology**

**Licensed Massage Therapy**

**Lomi Lomi**

**Laho Chi**

**Neuromuscular Therapy**

**Ortho Bionomy**

**Polarity Therapy**

**Reiki Practitioner Levels 1, 2  
and 3**

**Reconnective Healing**

**Rolfing/Structural Integration**

**Shiatsu**

**Touch For Health**

**Theta Healing**

**Therapeutic Touch**

**Tuina**

**Trager**



## Next Email Tutorial

In this last worksheet there are over 11 career options detailed with multiple questions to guide you to your path. You will be able to hone in on what healing career opportunity will most likely suit you best.

Remember the journey is part of your path,

~ Evangeline

## Healing is not one size fits all.

My purpose is to help every individual find their unique abilities and path of service. Spend time writing in your journal about which of these career paths and modalities lights you up the most! Research modalities that aren't familiar to you. **Have fun with this resource guide/tutorial and allow it to all unfold perfectly!**

**Join my Telegram Community for professional healers** and let's get you started on your path. **CLICK HERE** or cut and paste into any browser:  
<https://t.me/+kV-dqbNXZWg2Yjhh>

**I offer 1:1 mentoring sessions** to help you find your unique path and a private coaching community on Facebook. Email me ([evangelinehemrick@gmail.com](mailto:evangelinehemrick@gmail.com)) if you would like to be invited into my supportive group for healers of all kinds.

## Check out my courses:

Energy Healing Certification: Next Level Healer Training

Shamanic Practitioner Training – Expanding Sacred

Sacred Transitions Death Doula Training

Intuitive Coaching Advanced Training & 1:1 Sessions

Click on any of the above or go to 'Courses' on [EvangelineHemrick.com](http://EvangelineHemrick.com)

