

Dara was seeing 6-8 clients a week.

She left every session feeling worse than the person on the table.

She was The Sponge + The Over-Giver.

Here's what changed.

The Problem

Dara is a Reiki practitioner. She's good at what she does. Her clients love her. They leave sessions feeling lighter, clearer, more hopeful.

Dara left feeling like she'd been hit by a truck.

She was absorbing their pain after every session. Headaches. Nausea. Sadness that wasn't hers. She'd go home and collapse.

And she couldn't say no. If someone asked for a free session, she gave it. If someone needed extra time, she extended. If someone texted at midnight, she answered.

Her generosity had no off switch.

The Breaking Point

After six months of this, Dara hit a wall.

She was seeing 6-8 clients a week and had nothing left for herself. No energy for her partner. No energy for her own spiritual practice. No energy to even think about growing her business.

She knew something had to change, but she didn't know what.

She thought the problem was her. That she wasn't strong enough. That she needed better boundaries.

She didn't realize the problem wasn't her character. It was her training.

The Shift

Dara invested in her own healing work.

She learned how to hold space without absorbing weight. She learned how to close her energy field after sessions. She learned that her worth wasn't measured by how much she gave.

She raised her rates. She capped her client load at 4 sessions a day. She joined a peer supervision circle so she wasn't carrying the weight alone.

It wasn't easy. The guilt came up hard at first. But she practiced holding the boundary anyway.

The Result

Today, Dara sees 4 clients a day, four days a week.

She holds space without losing herself. She charges her full rate. She actually enjoys her weekends again.

Her clients still love her. They still leave feeling amazing.

The difference? Now Dara does too.

What Made the Difference

Dara didn't fix this with willpower or better self-care.

She fixed it by investing in healing designed specifically for healers.

That's why I created the Quantum Shift Bundle.

Four sessions. Four energetic recalibrations. Designed for healers who give everything to their clients and have nothing left for themselves.

You don't have to keep running on empty.

If Dara's story sounds familiar, you're not alone. Every healer I've ever worked with has dealt with at least one of these energy leak patterns.

The good news? They're fixable. Not with more boundaries. Not with more self-sacrifice. But with the right support and the right healing.

Link to the Quantum Shift Bundle is in the caption below.