

HEALERS AND “HEALERS”

An Excerpt

Zoran Milojković

LEGAL DISCLAIMER / IMPORTANT NOTICE

This book is intended for informational and educational purposes only.

It does not provide medical, psychological, psychiatric, or therapeutic advice, nor does it replace consultation with qualified healthcare professionals.

If you have any physical, emotional, or mental health concerns, you should seek guidance from a licensed physician, psychologist, or other qualified health provider. Never disregard professional medical advice or delay seeking it because of something you have read in this book.

The practices, reflections, and energetic processes described herein, including any belief work or meditative experiences, are supportive tools meant to enhance personal awareness and self-understanding. They are not a substitute for medical treatment, therapy, or crisis intervention.

By choosing to engage with this material, you accept full responsibility for your own wellbeing, choices, and actions. The author and publisher disclaim all liability for any adverse effects, consequences, or misunderstandings arising from the use or misuse of the concepts presented.

If you are in an acute emotional crisis, experiencing thoughts of self-harm, or otherwise feeling unsafe, please contact your local emergency services or a qualified mental health professional immediately.

Your wellbeing matters.

Please take care of yourself.

Important Note

In this work, you are never taught, installed, or guided through harmful experiences.

What was painful, confusing, manipulative, or misaligned is never installed, repeated, or worked with directly.

Those elements may be mentioned only as a point of difference between what you genuinely wanted and what you experienced.

You will always work with:

what you wanted to receive,

what supports you,

what strengthens your capacity,

and what helps you move forward more clearly.

What did not serve you is not revisited, reinforced, or taught. It is acknowledged only to create clarity and then released.

As you move through this book, you may notice that certain qualities, concepts, or supportive states appear more than once. You may see the same virtues named again, felt again, or invited again.

This is not a repetition by accident, nor an oversight in the writing. It is intentional.

This work is not structured only to be understood intellectually, but to be integrated gradually. Each time a quality is revisited, something in you may already be different than it was before. What could not land earlier may now be available. What could not be felt deeply before may now settle more fully.

Repetition here does not serve memory. It serves embodiment.

Between these moments, other layers are being released, clarified, or softened. As that happens, the same qualities are able to reach deeper levels of your system, not through force, but through timing.

You are not meant to rush through this book, nor to collect ideas. You are invited to let the work meet you where you are each time it appears.

Trust the pacing.

Trust what returns.

Nothing here is repeated without reason.

Before you continue, there is one small but important thing to know.

When you are invited to say “Yes”, you do not need to explain it, justify it, or fully understand everything it may open. Your Yes is not a contract, not a promise, and not a commitment to anything beyond this moment. It is simply a spoken signal of consent, a gentle way of letting your system know that you are present, willing, and open to receive. This is why it matters that the word is spoken, even quietly, even as a whisper. A spoken Yes enters the body in a way a silent thought does not. It marks agreement. It allows movement.

And it is important that the word is exactly that: “Yes”. Not a variation, not a substitute, not an inner feeling, but the simple word itself.

In the same way, if something does not feel right, or you are not ready, your answer is not silence. Your answer is “No”. Spoken, just as gently. Nothing happens without your consent, and your No is as respected as your Yes. There is no pressure to agree, no expectation to move faster than you can, and no consequence for choosing to wait.

This work follows your voice.

Not your thoughts.

Not your understanding.

Your consent.

Take your time. Speak softly. Let your Yes or your No be real.

Optional Workbook Available

This book can be read on its own.

For those who wish to go deeper, there is an optional companion workbook designed to help you slow down, reflect, and apply the material to your own lived experience at your own pace, in your own way.

The workbook is not about fixing yourself.

It is about giving space to what is already present.

INTRODUCTION

Many people who step onto a path of growth do so with sincerity. They want clarity. They want direction. They want to understand themselves. And at some point along the way, almost everyone seeks a teacher, a guide, a coach, or a healer, someone who seems to hold a piece of the puzzle or knows where to search for it.

And usually, the search for such a person begins with hope.

But for a surprising number of people, that hope becomes mixed with something else: disappointment, confusion, or even emotional harm. They find themselves leaving an interaction with a mentor feeling smaller instead of stronger, uncertain instead of grounded, ashamed instead of understood. Some were manipulated. Some were judged. Some were pressured. Some were ridiculed. Others were simply promised more than anyone could deliver.

Yet almost all of them carry the same question afterward:

“How did I not see it?”

This book begins there, not in the pain itself, but in the moment a person starts questioning their own perception. Because the truth is simple: many intelligent, capable, intuitive people have walked into the arms of the wrong teachers. Not because they were weak. Not because they were foolish. But because the landscape of modern guidance has changed faster than anyone expected.

There are more coaches, healers, gurus, mentors, and “experts” today than at any other point in history. Some are deeply ethical and profoundly skilled. Some are sincere but

untrained. And some, unfortunately, carry wounds, ego, or intentions that are not aligned with the well-being of the people who seek them.

This book is not about blaming those individuals. It is about freeing the people who were shaped by the encounter.

It is about you, your clarity, your power, and your ability to choose differently.

You will not find fear-based warnings here. You will not find dramatic stories designed to shock you. You will not find rigid rules or spiritual dogma. Instead, you will find understanding, explanation, and a clear path out of the confusion that often follows a negative experience with a teacher. You will find language that meets you without judgment. You will find a process that restores trust in yourself, not in any external authority.

The truth is this:

It is possible to learn from a difficult experience without carrying the wound of it.

It is also possible to release the belief that what happened to you says something about who you are.

Every chapter in this book is designed to help you understand what happened, why it happened, and how to make sure it doesn't happen again. Not through fear, but through clarity. Not through closing your heart, but through refining your perception.

You will see how unconscious patterns, emotional hunger, past dynamics, or untended wounds can make certain teachers more visible than others, and how those patterns can shift. You will learn the markers of integrity, the difference between guidance and control, the subtle ways in which authority can be misused, and the quiet signs that someone is safe.

And throughout the book, you will encounter short, simple processes: gentle questions designed to release old beliefs, restore inner discernment, and recalibrate your sense of self. These processes do not require prior knowledge of any technique. They work through your permission alone, through the natural human ability to let go, to receive, and to reorient.

By the end of this journey, you will not only understand the past. You will know how to walk forward with a steadier inner compass. You will be able to recognize the right guide for the right chapter of your life. And most importantly, you will know how to trust yourself again, not because someone told you to, but because the knowing will come from within.

This book is not about avoiding teachers. It is about meeting them from a place of sovereignty.

And it begins here, with the simple truth that nothing that happened before this moment defines who you can become next.

*This is an excerpt from the book **Healers and "Healers"**, written for those who seek clarity rather than promises.*