

Distance and Absentee Healing

The following processes can be utilized to offer healing to someone at a distance. Long distance healing is usually done with the other person setting aside a specific time to lie down in a meditative space to receive the healing while you work on them. We can only work on people who have given their consent. If someone wants you to heal someone without them knowing, you will not be able to proceed because their consent is required.

Distance Healing Phone Sessions

I conduct long distance healing sessions with people over the phone. I begin by opening up with the white light and placing a green energy mat beneath them psychically. I connect with and call in the entire team. You say the prayer just like you do in an in-person session. I also call in the Universal Healers and ask them to go to the person I'm working with and deliver the energy to them.

I then work through each chakra psychically just as I would with my hand, first washing it in white light and then filling it with the color that is needed. I will talk to the person and tell them what I am seeing in the chakras just as I would in-person. Everything is done just as you would in a normal session, it is just done psychically, not with the hands.

People will feel the energy just as they would as if you were together in person.

Absentee Healing

Whenever you do an absentee healing, arrange for the person you are working on to be lying down and relaxed in a meditative state for the duration of the session.

Another option for long distance healing is that you can use a picture of the client and place the picture at the top of the massage table where their head would be.

Place crystals down the massage table that represent their chakras and channel the energy into the crystals, with the intention of clearing and rebalancing that person's chakra.

This is one of the methods I use if I am not on the phone with the person. This would be considered an absentee healing, where they do not need to be on a phone or be present with you while you're doing the session. I would ask them to be lying down and in a meditative state during the time that I'm doing the absentee healing.

Another way I work with absentee healing is simply by speaking out loud the opening prayer and then working through each chakra out loud, stating what I want to happen by bringing in the light, calling in Krysta the healing Angel to repair any torn chakras and working with my team. I lay in bed and go into a meditative state for this session. Say the closing once you have finished, and you can check in with the person after the session to see how they are doing. You may need to do more work on them depending on how they respond.