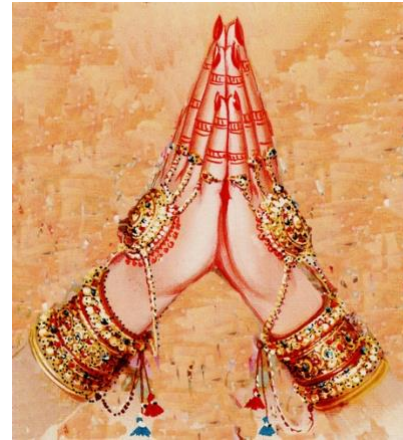


The Opening Prayer

The very first step we take when we begin our healing session is to create a sacred space to work in by saying a prayer, setting our intentions and laying down a green energy mat and column of white light, which acts as a filtration system for the room.



We open up to the higher realms by washing ourselves and our person in white light, which spirals down from the Universe and onto the top of our crown chakra, flowing down around our aura and through our physical body and every chakra, out through our feet and down into the magnetic core of the earth.

When we wash ourselves and the person in white light, we do so with the intention to maintain our own energetic space and not pick up each other's energies. The light comes through us from Source, into the person. It is not our light, it is source light. We do not take on and carry their energy, and they do not pick up our energy. All residual energy is sent into the column of white light and travels back to the Universe to be transmuted.

The opening prayer can be spoken out loud or silently (your call depending on your assessment of your person and how they will receive it). This is the prayer I use. You are welcome to create your own prayer with your own words that feels right for you. Be sure to include the invocation, the intention, boundary settings and prayer for healing, guidance and protection. This opens the session, so it is vital for the healing.

Opening Prayer

Wash me in white Light and wash (state their name) in white light.

I call upon and connect with our Higher Selves, our I AM Presence, The Divine Mother and Father God and our celestial teams.

I ask that you please make me a pure channel for the healing light to come through me from Source,

I ask for the highest healing, guidance and protection to come through at this time,

If there are any beings present that are not aligned with God & the Light, you do not have permission to be here and you must leave now,

(State the intention for the session that the client has expressed).

Please guide my thoughts, words and actions,

I work with you now in total love, service and devotion.

Thank you.

(Next step is to lay down the Green Energy Mat).