

# A Practitioner's Checklist

I recommend that you spend time working on family and friends before you begin to charge for sessions as a practitioner. You need to have a real feel for it and develop your skills before you can call yourself an energy healing practitioner. Practice, practice, practice.

Here are some tips for once you become a practitioner.

Spend some time before the person arrives, grounding, rebalancing your own energy, connecting to your Higher Self and tuning into the person who is scheduled for a session. Prepare the room as necessary with fresh sheets, music, cleaned crystals, candles etc..

Schedule the next session right after you complete the session. The energy you have channeled should be enough to support them until the next session. Depending on the condition of the person, the average healing time is three to six sessions. If the individual has a serious disease, then of course it may be longer. As a practitioner, it's important to have a structure to the sessions. When a person consults you, they have an idea of what they would like to accomplish. Below is a list of points and references that you may find valuable to work with when consulting with people in your own practice.

- First initiate a rapport by spending time talking with them about their life situation, their issues and what's important to them. This rapport makes them more receptive to listening to what you have to offer and you are building trust.
- Have the person fill out a client sheet. Information should contain background on what has been occurring for them and their contact information.

- Make sure they turn off their phone prior to the session.
- Always ask them if they have anything scheduled after the session in case you run over.
- It is important that your client is aware of your consulting hours and when you are available outside of these times if they should need to contact you. Also make them aware if you have a cancellation or no-show fee.
- Once you have all the relevant information, ask them what they would like to achieve. Your question could be, "If I could create a change for you, what would you want that to be, what would you like to change?"
- Listening closely to them is vital in discovering what is truly occurring in their life. Is it an emotional imbalance, one that is stimulated by the emotional state of the person? Or is it a physical imbalance, the body actually having some breakdown or problem? Was the health problem stimulated by an emotion or was there a physical accident that caused this trauma?
- It is important for the practitioner to assess with their own Higher Self, an approximation of how many sessions will be needed for the healing to occur. If you are not sure, you can always say 3 sessions and if more is needed we will go from there.
- Now is the time to set up a healing plan. Outline, with your Higher Self, what you hope to achieve with this client.
- Then you can conduct your session, working with the healing regime that you and your Higher Self have decided upon.

- For payment, set up accounts with PayPal, Venmo, Square, CashApp, anything that lets you take electronic payments.
- You may also build a website and have a scheduling system built in so people can schedule directly from your website.

When the session is finished, make them aware that the energy can affect them in different ways. I have had people with digestive issues report that after the session, they had to go to the bathroom more than usual. Some people may experience the best night's sleep they've had in a long time. A few times people have reported they feel really exhausted. Other times they feel so balanced and happy, very uplifted. Mostly, people report that they feel calm, relaxed and lighter.

Advise them to stay hydrated and not to go to loud, crowded places after the session, but to be gentle with themselves and stay in quiet meditative spaces if possible. Make sure they have your number in case they need to call you if they have any questions.