

Setting Up The Sacred Space

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, 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 not pick up each other's energies. The light comes through us from Source, into the person. It is not our light and we do not pick up and carry their energies, everything is sent out of the column of white light back to the Universe to be transmuted. When we wash ourselves and the person in white light, we do so with the intention to not pick up each other's energies. The light comes through us from Source, into the person. It is not our light and we do not pick up and carry their energies, everything is sent out of the column of white light back to the Universe to be transmuted.

Below is the opening prayer. You can say this out loud or silently (your call depending on your assessment of your person). 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.

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 from Source,

I ask for the Highest Healing, Guidance & Protection to come through at this time,

If there are any beings present that are not aligned with God & the Light, you must leave and leave now,

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

Please guide my thoughts, my words and my actions,

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

Thank you.

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