

# Energy Healing Preparation Process

Before the person arrives, you want to take time to center yourself to ensure you are properly prepared for the session. You can do one or more of these exercises below:

## **Ground and Center**

Quiet your mind and let go of your thoughts. Take a few moments to consciously work with your breath. Breath work is one of the best overall ways to relax, ground, and center.

Breathe in through your nose, out through your mouth.

Breathe deeply, all the way into your belly which expands when you breathe in and return to normal when you breathe out.

Breathe evenly, in a nice, smooth rhythm.

After you've got the rhythm of your breath nice and even, slow it down and elongate the breath.

Breathe like this for at least a couple of minutes, keeping your awareness on your breath.

## **Practice Gratitude**

Think about something(s) that you are grateful for. Gratitude is an extremely powerful way to expand your energy, build your light body, and strengthen your connection to the Source of All that is.

## **Open Your Channel**

Allow your Higher Being to be in charge, which allows you to get out of your own way, be more open to intuition, and be in a state of gentle enjoyment.

## **Meditation or Prayer**

Spend a few moments in meditation or prayer, helping you step out of ego and connect to your higher self. Meditation helps to connect you to the source of all energy; prayer helps open you to the support of your higher powers.

## **Set your Intention**

Intention is everything. When you set your intention to serve the highest good of the person you'll be working **with** (whether that's you or another person), you allow the highest energies to come through you for healing, guidance and protection. Always ask the person what their intention for the session is and state that intention in the opening prayer.

## **Practice Non-Attachment to the Outcome**

An attitude of non-attachment to the exact outcome of the healing helps you to step out of your ego. Allow the healing and the Grace of God to flow through you. Healing may show up in a different form or at a different time than expected. I've had clients leave with few apparent effects, only to call me the next day to report amazing results--more profound than any outcome I had imagined. Non-attachment to outcome allows you to just do the work, without worrying about your "performance." You are not the one doing the healing, it is Source energy

moving through you. It is also where the client is at in their evolution, whether they are ready to change or not and their willingness.

This may look like a long "to-do" list, but you don't have to do them all. All you really need to do in the way of energy healer preparation is relax, ground and center; do something to raise your vibration; set an intention for healing; and affirm your non-attachment to outcome.

Once you've done your energy healing preparation, you're ready to start your healing.