

Chakra Healing ~ Guide To A Client Healing

Preparation:

- A healing room should be airy, uncluttered and a space specifically set aside for your client (whether a whole room or a part of a room)
- Have your healing tools ready. For in-person: healing table or client chair, notebook, healing tools eg. Crystals, singing bowl, cards. For online: notebook, healing tools (see above), your device charged, internet, headphones and your proxy client eg. A teddy bear
- Do an energy clearing of the room. Send white/gold light out to fill the entire room. This is relevant for in-person and online
- Ground yourself, surround yourself with white/gold light energy to clear your emotional/physical/mental bodies
- Wash your hands or rub hands together before (and after) each client. This brings clear energy to each healing
- Have a glass of water for your client and one for yourself. For online clients make the recommendation they have a glass of water ready for the end of the session



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Opening The Healing:

- Ask your client why they have come, if there are any issues they want addressed. Sometimes they are there for a general wellbeing pick-me-up
- Check that your client understands what the process will be on the day and they are ok to proceed
- Position your client on the healing table or chair and connect with their energy field by placing your hands on their shoulders or their feet, or just above the body. Please get permission from your client before any physical hands on work
- Open the healing with an affirmation/mantra or similar eg. This is a healing for (clients name) and they are here to address (state issue of client). This is setting the intention of the healing
- Channel light/energy through your hands. Channel white/gold light and call their guides in (the room is already prepared for guide energy)



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Healing Method One:

- Begin at the crown and place your hand above the clients crown chakra or on their head (with permission)
- Visualise energy moving from Spirit through your hands and into the crown chakra
- Tune into each chakra as this takes place to receive information about the healing and messages for the client. NB: you may receive information through your own physicality, clairvoyantly, clairsentiently, clairaudiently. If you feel it in your physical body stay with the feeling until the feeling passes as this is an indication the energy is released
- When you feel the chakra is cleared move on to the next until all chakras are balanced



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Healing Method Two:

- Begin at the base chakra and place your hand above the clients body in the approximate position of the base chakra
- Visualise energy moving from Spirit through your hands and into the base chakra
- Tune into the clients chakra as this takes place to receive information about the healing and messages for the client. NB: you may receive information through your own physicality, clairvoyantly, clairsentiently, clairaudiently. If you feel it in your physical body stay with the feeling until the feeling passes as this is an indication the energy is released
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Healing Method Three (this is best for a client who is laying flat or if you are working with a proxy):

- Stand at the side of your client who is laying on their back
- Place one hand above the crown chakra and the other hand over the base chakra, palms down
- Channel the energy through the palms to each of these chakras and when you feel they are balanced move to the next position
- Place one hand above the position of the brow chakra and the other hand above the position of the sacral chakra
- Channel the energy through the palms to each of these chakras and when you feel they are balanced move to the next position
- Place one hand above the position of the throat chakra and the other hand above the position of the solar plexus
- Channel the energy through the palms to each of these chakras and when you feel they are balanced move to the next position
- Place one hand above the position of the heart chakra and the other hand above the position of the solar plexus



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For Each Chakra:

- Channel energy from the palm of your hands into the chakra
- Hold your hand there until you feel the energy transfer has ended
- Use the chakra notes as prompts of what to sense or look for during the healing
- There is no need to open or close the chakra. Their natural state is to be open
- The clients soul and guides are always in charge and you are intuitively receiving instructions from them. Your energy is not being used
- The intention is to return the chakra to a whole and balanced state. If you feel uncertain or are not getting any indications of energy transfer/release, just trust the healing is taking place. The fact you have set a date and an intention, that everything is in place and happening. This is the healing event
- You can seal the energy of each balanced chakra by placing a white/gold layer once you are finished



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What To Expect:

- You may feel energy through your own body. Do not continue if this feels too uncomfortable or painful. This is not necessary and you can ask your guides and the clients guides to work a different way. This is not something to be worried about as you will be clearing your energy field at the end of the healing (see below)
- You may feel energy tingles in your body, heat in your hands or other places, or heaviness. This is all normal energy transfer. If you stay with the feeling until it passes this is an indication you move on to the next position
- Take notes as you go, if you feel like it (I like it so I can remember the messages for the end and keep attuned to the client)
- You can do a wholly silent or talk to your client throughout the healing, this is a personal preference. Let your intuition be your guide
- You can shake out the energy from your hands or rub your hands in between chakras to release excess energies



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Closing The Healing:

- As mentioned above, you can seal each chakra with light
- End the healing with an aura sweep
- Wrap the whole clients energy field in a bubble of white/gold light to energise the whole system
- Say an affirmation or mantra to indicate the healing is finished
- Thank the guides who have worked with you
- Release the energy of the healing to the greater good by visualising/sensing the room clear and refreshed
- Gently rouse the client and offer them a glass of water (online healing remind them to have a drink). Good for grounding the client
- Make sure you are nearby or supporting them if they stand directly after a healing. They may be a little light headed
- Wash your hands or rub your hands together to release the energy of the healing from your own energy field. This also disconnects you from the clients energy field



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Wrapping Up:

- Sit with the client and pass on any messages or impressions you received for them
- Discuss clients options going forward. Advice is not required. Guidance is preferred. The client can then choose how to move forward with their spiritual wellbeing
- If you are charging, this is the best time to finalise any transactions. If not, let the client know the healing is complete and escort them from the room

End Of Day:

- Smudge, tone, use crystals, use light or vortexes to clear any residual energy from the healing area
- Spend a silent moment to yourself, hand on heart and give thanks to your guides for their attendance
- Put away your healing tools ready for the next time and place an affirmation or mantra over the healing table/healing chair
- The session is ended...



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