

## **Holding Sacred Healing Space - Being Present**

(Listen to the mp3 on this)

### **Why do we need to 'hold the space' when we're healing?**

As Crystal Healers we are working with energy. Energy is constantly changing within us, our body and auric field and also within the body and auric field of our Client.

Holding space means that we are energetically connected to the spirit energy of our client at all times throughout the healing so that we can act appropriately and facilitate healing for them.

### **Holding space means that we are:**

- connected energetically to your client.
- grounded and centred in ourselves.
- free from distractions around us and in our minds.
- prepared to channel healing energy.
- feeling relaxed and ready to begin and maintain holding the space.

### **What happens if we are not Holding Space?**

If we are not holding space properly. We cannot effectively 'tune in' to the Clients energetic needs and perform crystal healing adequately.

The Client may feel 'unsafe' and ungrounded because we are not 'holding the space for them safely.' If a person doesn't feel safe, they won't feel relaxed and their energy field will become stressed - **not what we want.**

**We need the Client to feel relaxed and safe, grounded and centred.**

Or they just won't get the best out of their healing session and it will be ineffective. They may also feel - dizzy, spaced-out, agitated.

It's a bit like when you are talking to someone about something important but whilst you're talking you are easily distracted, looking round the room and not making eye contact. Result - the person loses interest and walks off.

**EXERCISE:** observe yourself now. How relaxed are you? What do you need to do for yourself? Are you feeling happy, sad, hungry, thirsty, anxious, angry? - throughout your day today, stop every so often and take notice of how you feel. **Begin to practice being more present every-day.**