

Important points to remember for Healing Practice

Make sure the room you're using is warm, fresh and comfortable

Make sure you have everything to hand - crystals, blankets, relaxing music, a basket or bowl for used crystals and your record sheet.

Make sure your couch or bed is prepared and ready.

Prepare yourself. No dangling sleeves, jewellery. Take off rings and watches and bracelets.

Put your client at ease, ask them how they are, fill out your client consultation sheet with them - you ask the questions don't leave them to fill it in.

When your client is comfortable on the couch, ground and centre yourself, visualise protection and open to healing energy.

Create the sacred space around your client with a wand or other crystal. (I.e. Rose quartz chunk)

Feel through the client's aura with your hands from head to toe. Assessing the energy.

Remain tuned in and hold space throughout healing.

Place any used crystals in your basket or bowl well away from your client ready for you to cleanse afterwards.

Always end your session by grounding your client gently by stroking their legs from knees to ankles several times. Ask them to take some deep breaths.

Allow them time to fully come into normal consciousness again, help them up and offer a glass of water. Chat to your client afterwards making sure they are fully grounded, not feeling dizzy or spaced-out.