

Healing Practice Check List

Before your client arrives:

Make sure you are well and able to practise healing.

Make sure that your client is a suitable candidate for crystal healing, check your contraindications and explain in a sensitive manner if there are reasons why you should not perform crystal healing for them.

Make sure that your healing space is clean, warm and tidy.

Make sure that your lighting is adequate.

Make sure you have no wires or carpet edges that the client could trip over.

Make sure your crystals are clean and available.

Prepare your couch or floor space comfortably. Have blankets and pillows available.

Make sure you have all your paperwork ready with you.

Make sure you have some soft ambient music to play during the healing, have that set up ready.

You may wish to spend a few minutes meditating and preparing yourself energetically to do the healing.

Be careful about using incense in the room, its ok as long as your client is not allergic to it or suffers from chest problems/asthma.

During the healing:

Greet your client warmly and explain everything briefly.

Conduct the consultation in a friendly manner and write down everything.

Get your client to sign the form.

Make your client comfortable on the couch or floor space and help them relax.

Explain that you will prepare yourself and that all they need do is relax with eyes closed until its time to return. You may wish to give them a brief relaxation talk, ask them to take some deep breaths, let go, relax, imagine themselves in a calm and peaceful place.

Reassure them that if they feel uncomfortable that they must tell you.

If you will use sound or speak to them (techniques used later on) - advise them of this, so it is not a shock during the healing!

Healing practice checklist continued . . .

Continue with the healing paying close attention to:

Your own grounding, centreing, protection and channelling energy.

Creating a safe space around your client.

Using a grounding stone between clients feet.

Using Appropriate techniques throughout to support the chakras and aura.

Activating all the crystals you place on the body or around the body.

Holding space and observing and assessing energy adequately and consistently.

At the end, clearing the aura down with your hands or selenite wand.

Grounding the client fully.

Keep all used crystals in a bowl away from the client and ready for cleansing.

Allow the client a few minutes to fully come back and open their eyes, offer a drink of water. Help them sit up when they are ready.

Keep assessing their energy to make sure they are fully grounded. Use additional grounding techniques if necessary.

Do Not hurry your client out the door, spend at least 10 minutes talking to them, discuss the session and make sure they are OK to leave.

Give them an aftercare sheet detailing that they need to be gentle with themselves after treatment. Not to drink alcohol or caffeine, rest if necessary and if any emotional thoughts come up, to allow them to be.

Any other advice regarding crystals to be used to keep the healing supported until next time.

Write your notes up fully.

Cleanse your crystals.

Clear the space with sound or smudge ready for the next client.