

## The Journey of the Intuitive Healer....Learning from My Mistakes

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### Sharing Wisdom

I'm not sure every subtle energy practitioner starts with the baseline of love, purity, and authenticity. It's very important to me that these heart qualities form the foundation of my practice. There are no professional standards that require a heart based practice. I can't see having access to the most refined healing frequencies, deepest wisdom, and the most powerful healing energies without these ideals as my own personal standard.

As you read the following pages please remember that a mystical perspective inspires the material. My teachers have all been mystics and I too, am a mystic. Mystics tend to be a little wild, unique, creative and sometimes at odds with the cultural norms. They grow from the spirit seed of their soul and blossom into the vision their seed holds lovingly in the deep dark depths of their being.

My personal healing journey and my path to become a healer has constantly challenged my sense of the word "normal". I hope the wisdom I've gleaned from over 40 years in this profession inspires your own unique, wild and creative healer's journey in ways you can't even fathom at this moment. I pray that each moment of your journey unfolds in a living, organic process that surprises you with unanticipated twists and turns.... just to make life a little more interesting!

### Boundaries

Every category essentially deals with boundaries. It seems like it takes a lot of training and encouragement for most of us to develop healthy boundaries. It took an equal amount of training to develop the poor boundaries that we now have.

Think about how well trained you are to be the "good person", to people please, follow rules, and earn your karma merits (sense of humor here). When something bad happens, you are the person reading "Why Bad Things Happen to Good People"! It's wonderful to be a nice, kind person but what happens when your need to be kind and agreeable backfires on you? It doesn't backfire because you've been taken advantage of, slimed and ripped off, it backfires because you have not been living from your true, creative, unique self. Instead you've been living from a program that was instilled from childhood.

Our boundaries, good boundaries, are a function of know our true self, what is acceptable and unacceptable to our moral compass, the living ground of being we spring from, and from deep within our heart.

The most important boundary we must remember is our energy field. We need to have enough magnetism to keep us healthy, strong, and powerful. If we drain our energy to the point where we are exhausted and weak it's too late. Remember to be aware of what increases your energy and what drains your energy. What is acceptable and what is unacceptable? Once you value your own energy your boundaries will naturally be strong and protective.

We can compare good boundaries to the walls of a cell. The cell wall is an intelligent permeable membrane that lets in only what is helpful and releases what needs to be cleansed. You intuitive

capacity to recognize what you should let in and what should be released or barred from entering is in direct relationship to your magnetism, the amount you value your own energy field and your sense of your true self.

Practice your grounding, breathing, and energy cleansing daily and a healthy sense of “you” will arise. You will start living from the Ground of Your Being and recognize when you’ve lost your roots, your center, **and** your boundaries.

### Feeling Responsible and Fixing

Feeling responsible for fixing the client is the paradox of the healer. The client is coming to you for healing so it almost seems that your obligation is to “fix” the client. This is the model of modern of western medicine so why shouldn’t you use the same model? Good question!

Feeling responsible for another encumbers both you and the client. Feeling responsible is a “heavy energy”, it has a sense of burden. It keeps the session in a lower frequency where control becomes an underlying issue that compromises the healing capacity of the session. Unfortunately, it is an unhealthy habit that permeates relationships in our culture.

Feeling responsible creates heavy energy.

If we release the feeling of responsibility, we realize that no one can fix or heal anyone.

Healing is a function of the client’s higher being and their unfolding path. You can use your energy to *help* heal, *help* engage the client’s own healing energy but ultimately the healing rests in the heart of the client.

If you use your own personal energy, exert and push energy into or towards another you may have a negative impact on yourself and the client. You may exhaust your own personal energy, the energy you need to maintain your own health and well-being. You may also indiscriminately set off a series of events in the client’s body and psyche that is not in organic harmony with their unfolding and create a further healing crisis or disruptions that cause pain and suffering.

Learning to introduce universal healing energy to envelop the session and allow it space to work its magic is the art of healing.

Healing occurs at different frequencies for different people and issues. Being able to generate a field of healing frequencies so that the appropriate frequency is activated has nothing to do with feeling responsible

### Know that You Are Not Responsible

If the client wants you to feel responsible to fix them you must know how to not accept that expectation. It’s not about “pushing back” or reacting. It’s about simply knowing you are not responsible.

You are responsible for being clear, ethical, compassionate and in your power for a session. That is where the responsibility rests. If the client is not happy with the results and keeps pushing to make you

responsible, then the client might need the help of another type of professional or help adjusting their expectations.

The field of mind/body/spirit medicine is just starting to emerge and there are many unrealistic expectations. People expect miracles, and I do expect a miracle every time I work, but I'm not the master of miracles as much as I wish I was. If we were in another place and time where the fluidity between the consciousness and matter was more flexible and consciousness was typically at a higher frequency then more miracles would happen, but you aren't responsible for creating miracles in an age that is just emerging from the darkness.

### Protection

The most important protection you can provide for yourself is being present and embodied. If you are taking up the space you being inhabits, nothing else can. This is why I am adamantly grounded in every session. I realize the consequences of not being grounded and how invasive energies have a place to land if I am not inhabiting my being. My true being is inhabited when I am connected to Mother Earth and Father Sky. Truth and light are my true being and when I inhabit this space presence protects me.

Protection is a word that brings up a lot of feelings. Fear, anxiety, and anger to name a few. In addition, it might cause us to contract, defend, react, and become aggressive, lose resiliency and clarity. Associations of negative entities, attachments, losing control, personal harm, fear of the unknown all can arise when we bring up the term "protection" in the context of subtle energy work.

Remember the adage, *what you resist persists*. We can debate that ghosts, negative entities, entity attachment, interdimensional beings, extradimensional beings, and curses exist but the way to meet any dark, heavy energy is with clarity and grounding.

### What you resist persists.

This is another big topic that takes lots of experience to gain confidence in your ability to handle the multitude of situations that arise in a session. I tend to lump these energies into a category I call "Invasive Energies"; it's less of a trigger for me. It includes everything we just mentioned plus the negative client traits I mentioned in the Professional handout.

Keep it simple. Work only in a "light filled" environment during your session. Your environment is your sphere of influence, that is a good way to look at the energy that you bring to the session. This I why I include Mother Earth, Father Sky, the elements, directions, and nature spirits in my sessions. They help me create the energy environment and my sphere of influence. The most important thing to remember is that *you are in this sphere or environment and not outside of it*. You can benefit from every session by receiving the healing and light in the energy environment you've set up for the session. That is the most optimal way of approaching protection. The light filters out many forms of negativity but if you are working from a place of fear or haven't set up a light filled environment the door is open to negativity.

I remember the first time I encountered a negative entity with a client. I was well grounded and it still took all the courage and focus I could muster to stay centered in the light and not react in fear. I fortified my grounding which gave me an odd sense of peace. It allowed me to listen to what my inner guidance.

First, I turned over the session to the guides, realizing humbly that I personally had no power in the situation. Then the guides showed me how to invite the negative energy to return to the light through

the light that was filling the environment of the session. Next I had to be patient and allow the heavy energy to be digested by Mother Earth through grounding or to Father Sky through the light axis.

I learned to be still, without threat, without trying to control or engage in a battle when faced with invasive energies.

If this approach is not successful I look to myself and my own hidden fears. What was holding these energies back from releasing? I repeat this process until the negative energy finally leaves through the light axis that was formed between me and the client. This is why I guide the client to ground in the session. When we are both grounded, our fields form an independent axis that brings in and releases energies in the most benevolent way possible.

How you live your life from day to day affects how susceptible you are to the heavier energies. Even those you live with and surround yourself with can open portals or attract heavy energies. This gets very complex and takes a very mature understanding of energies once we mention how those around us impact us. The other side of the coin is that those close to us are susceptible to being impacted by our clients, so it's always good to remember that energy is subtler than we realize. Qualities such as integrity, honesty, cleanliness, diet, exercise, all matters of physical and subtle self-care make us less susceptible to heavy energies. The correlations are not always self-evident or logical.

Another pitfall is that you will become obsessed with living a "perfect" life to protect yourself from these energies and that becomes a heavy energy unto itself. When you are in the healing profession stuff happens. I've gotten sick, injured, almost died because of some of the experiences I've drawn to me. At some point, you learn to live with and trust the continual growth and expansion; go with the flow, see the down times as time to learn, and let go of trying to be the perfect healer.

### Being Too Empathic

Being empathic is part of being intuitive. Grounding is even more important, *absolutely essential* for the empathic healer. Grounding is a way for an empathic person to manage, organize and maintain the integrity of their own energy field so they don't invade the client's space and keep from taking on too much of the client's energy, feelings, and thoughts.

Being overly empathic poses a series of challenges that need to be dealt with if you are to have a successful healing career.

When the client's experience overwhelms or overshadows your own and you lose your sense of self you lose perspective, literally. Your energy and the clients can become so enmeshed that you easily slip into providing insight that is more in the realm of pop psychology than intuitive. The session will become muddled with the lack of clarity and good boundaries and if you can't clear through the field of empathic feelings by aligning with your light axis and sensing your own toroidal field you will not see beyond the obvious. Your intuition will be compromised.

Those who are empathic know a lot about another person. You almost become the other person from the inside out. This gives you the ability to know what another is feeling, thinking, know what ails them and what tortures them. It makes it look like you are psychic but you aren't.

Healing and intuitive wisdom comes from tuning into the higher frequencies of being; the light.... the deep heart of the client. Often an empath is feeling exactly what the client is feeling or thinking what

they are thinking. This is different from being tuned into the higher guidance regarding the client. Regurgitating what the client already knows and feels is not really that helpful.

Losing yourself empathically also creates a cord between the client and you. Heavy energies flow between you and the client and the frequency of the session gets lower and lower. It becomes difficult to separate off from the client when the session is over and you may find yourself thinking about and feeling the client often after the session. Your boundaries become blurred and you may lose yourself in the process. When I've lost perspective, I can tell because I will feel lots of anxiety, tension, and fear. I slip into my own unhealthy behaviors, thoughts, and feelings. I act them out with those close to me and am unable to be present. Life gets pretty messy and often I have to make amends once I figure out who I am again.

Returning to your core, true being is the main practice for the empath. Concentration exercises such as grounding and connecting roots into the earth, progressive relaxation, the Points of Light Meditation and the Walking Down the Spine meditation are good for developing concentration. Taking one of these exercises and really practicing it until you can do it successfully without the recording will teach you how to concentrate on your core true being.

Knowing my own grounded baseline and utilizing the light axis and toroidal field as your reference point gives me clarity, separation, and protection. It keeps me from cording the client and the client from cording me. Do you really need to be immersed in the client so deeply that you lose your own identity? Is your own identity enough or do you feel that you are "not enough" and need to cord to another to help you feel better about yourself?

The positive side of being empathic is that when you are clear your sensitivity to the subtle planes is remarkable. Your ability to channel beautiful healing energy is exquisite. Mastering and managing your energy so that your empathy is upgraded to focus on the light of the divine is the worthy challenge of the empath.

### Taking Things Personally

Of course, these categories overlap, it took a while for the categories to emerge. Originally I had 126 random items. As I spent more time with the material it began to self-organize. The current organization could and probably will change once I hear your responses but that means this is a living document.

**When we have good boundaries, have grown into our mature adult self, know how to deal with heavy energies, and manage our empathic sensitivities we can then begin to take things less personally!**

Taking things less personally means being able to let go of feeling responsible, fixing, and taking on the burdens of your clients. It sets everyone free to access the limitless possibilities of being. It frees us from judgements, a contracted sense of self, fear and anxiety, unrealistic expectations and allows our true self to show up bright and shining.

**What another person, thinks, does or says reflects them, not YOU.**

Co-dependency is the word we use to describe when we are so involved with another that we take everything they do personally. When we are taking things too personally we become reactive and

impatient, cloudy, anxious and confused. When working with clients it's important to let them have their space without judging how the outcome of the session reflects on you. Sensing spaciousness, feeling free of judgements, listening openly, keeping your energy seated in your own body, and feeling patient indicate that you are not taking things too personally.

Taking things too personally can indicate that you are too controlling. When you take things too personally there is no room for the other, no spaciousness or distance. It's another form of merging, of losing your boundaries and sense of true self.

Merging energies with another is a way of being insidiously invasive and self-absorbed. We merge with another to anticipate anything that might be harmful and dangerous. It's a state of fight/flight, a protective stance.

When we take life and others less personally we can allow life to unfold for ourselves and others. In our grounding with Mother Earth we find our safety and security so we don't have to find it in others.

### The Passion to Heal

Always, always let your desire for total and complete healing for all beings be full and powerful. Don't hesitate to feel this powerful feeling, it is the expression of the true healer within you. Feel the power, the love and the light behind the feeling and follow the feeling to the underlying, higher wisdom. Don't ever suppress it; it is the true voice of your heart.

But don't let it guide you into connecting in a personal way with your clients. Let it be pure and full. Enjoy the wonderful feeling of passion and love. Let it motivate you to learn and become the greatest healer you can become.

When I didn't understand what to do this feeling I suppressed it. I didn't realize that I could allow it full breadth within me; that it was a true voice. I was afraid of it because of its power and immense love. I didn't know what to do with it so I shut it down and shut down a powerful source of living energy within me and around me.

Finally, when I learned to turn over all healing to the light and higher beings my passion for healing was set free. I allowed it take up my whole being. It courses through me as waves of light and delight.

I was afraid I would hurt someone with this passion, that my limited beliefs would limit the divine healing. When my trust and faith was secure in the knowing that each person unfolds healing in their own unique way and in their own time I was no longer afraid of how my own entanglements and shadows could lead me astray. With that trust came the capacity to allow all my feelings to flow and show me how they wanted to unwind, and how they could teach me so much about healing when I acknowledged them.

### Why Healers Get Sick?

If we lived in the Himalayas and lived on berries and nuts, had a pure body and practiced breathing and meditation all day and night we would be able to take in the higher frequency energies that come with expansion. With our polluted world, food supply and incredibly dissociated, disconnected way of life,

adjusting to the higher frequencies can be extremely challenging. We do get lots of help from the unseen beings, there is no way we could do it without their help and guidance.

We are constantly exposing ourselves to higher and higher frequencies and we may be limited in our ability to adjust fully and smoothly because our training has been limited and our environment is not supportive. We are basically learning on the go most of the time!

**We are subject to growing and changing when we are exposed to so much light and healing.** It's not unusual to go through periods of not feeling well, dizzy spells, accidents and awkwardness, odd and abrupt changes in relationships, and even acute or chronic illnesses.

If we are empathic it confuses things even more. We can have thoughts and feelings that we don't recognize are the actual thoughts and feelings of our clients or those close to us. We can even pick up illnesses, mannerisms of speech and movement, and perspectives that we can't discern are actually someone else's. I'll feel as if the thoughts and feelings are mine. The sound of the words or the feelings are indistinguishable from my own. Only when I ground and align along my light axis does it become obvious to me that I'm not inhabiting my own space and body.

Sometimes getting ill is the path to expansion. You've probably noticed that when you are seriously ill there is a cleansing of the consciousness that occurs. During the illness, you don't notice it but afterwards you have new insights and might even feel transformed.

I've had serious illnesses, broken bones, traumatic relationship break ups, divorce, rejection and come very close to dying to pursue deep mystical realms. With each of these crises I grew and my attunement became more refined. It's not that I needed "bad or challenging" experiences to grow, it's how my being chose to learn. I've paid a stiff price for the intuitive abilities I have and yet I wouldn't have chosen any other path. I've always been guided and held in the loving arms of the unseen teachers and masters who light my path.

The journey of the healer has many challenges. It's not an academic path, it's experiential. The learning that occurs transforms you, as the shamans say, down to your bones. You're not accumulating facts, you are becoming the embodiment of wisdom. There is no monastery to protect you while you are learning your art, you are subject to the coarseness and chaos of daily life. Healing requires refinement, mastery of self, and a deep connection to the living light. Becoming highly sensitive to the divine while remaining impervious to the unrefined energies surrounding you requires enormous mastery.

Please be kind to yourself when your life becomes unhinged due to your growth and expansion. It's your saving grace. Remember, a healer can experience sublime perfection and yet still be imperfect.

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## Part Two: Professional and Energetic Guidelines

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## These are divided into three categories: Approach and Preparation, Sessions, and Professional and Financial Considerations

### Approach and Preparation

1. Spend time grounding and centering before each client. Don't assume that because you were grounded with your first client you are grounded with the second!

When I forgot to ground with each client I became more and more exhausted and eventually lost the higher perspective of the session. These sessions did not live up to the level of integrity and higher frequency that I had learned to appreciate and love.

2. Connect so deeply with Mother Earth and Father Sky that your Light Axis is vibrant, luminous, and flowing.

You can trust your objectivity, clarity and are free from your own projections when you are aligned with your light axis, your toroidal field is flowing and your Merkabah is activated. It gives you a reference point. You will be able to notice, feel in your body and energy flow, when you lose your grounding. Your light axis will disappear, you won't feel supported by Mother Earth and the Light, and your ordinary mind will take over. I find the feeling of being out of alignment with my higher attunement so uncomfortable that it will jolt me back to finding center again.

3. Enter a state of universal love to see clearly.

Be in the consciousness of Love, it surrounds you and protects you while helping you maintain your own boundaries and alignment.

Become LOVE. You don't have to personally *love* your clients, that will only serve to entangle your energy with theirs. Be in a state of radiant transpersonal love with your heart shining light and wisdom, filling the atmosphere with healing energy, embracing both you and the client in its light.

Sometimes I loved my clients so much I couldn't separate off from them. This clouded my intuitive site. I would only see the positive and not see anything negative. I took the healing code of "focusing on the positive" to a dangerous extreme. They were coming to me for information on their health that they couldn't get any other way. When I was overinvolved I couldn't even see the health issues that I needed to see to help warn or direct their healing path. This was so unconscious that I didn't realize I was doing it until I did.

4. Remember to include yourself in the healing energy.

Often, we focus just on the client, their issues and their healing. We can forget that we are included in the healing energy that is present in the session. If we are connected to universal healing energy than we are also included. I always say, "does the sun shine a ray on just one person or on everyone?".

5. Being grounded doesn't mean being perfect!

This one is hard for everyone. When we are grounded and feel embraced by Mother Earth and Father Sky we know perfection, spiritual perfection. There's a gap between experiencing this connection in a healing session and living our daily life. Personally, I want every second of my life to be connected to Mother Earth and Father Sky which is why I emphasize the goal of 24/7 connection!

6. Always shift into the present. Intuitive clarity comes through being present.

It is so easy to fool ourselves into believing we are present when we are only present with our mind and not our fully connected, grounded being. The mind is the trickster and I need to check myself all the time to make sure I'm not creating a false grounding with my mind. Thinking of grounding is completely different than *being grounded!* Being open to intuitive insight is different from thinking about solutions. I know I'm in the right place if I'm free of doubt, fear, and worry. I feel spacious and outside of time, fully free and open while still grounded. This allows me to interact with both the client and spirit consciously and respectfully.

7. Don't be a super psychic healer show off!

The more you present yourself as "the one who knows all" the more clients will depend upon you instead of finding their own inner power. (see the next entry for more detail on this)

8. Don't let clients become dependent upon you, it always backfires!

*NOTE ON CLIENT DEPENDENCY: Clients will become dependent and think you have all the answers and they don't. This makes you indispensable, it makes you lots of money, it boosts your ego, but the downside is that it imprisons you. How? You become dependent upon their need for you and start power tripping, fearing you'll lose your clients and income, and ultimately allow the client to lead the session instead of you. Once a client takes over a session you have lost your grounding and power. You will feel lost, confused and even "dirty", like you are doing something that compromises your integrity, and you are. When a client takes over the session they are determining the direction and energy of the session which is not very helpful. When you are leading the session, you are listening to your higher guidance and will provide what the client "needs" but not necessarily what they want. Are they there to get an ego boost, to confirm their own projections and lower frequency emotions? No, they are with you to heal and grow, to seek the wisdom of higher guidance even when they appear to resist it. Think of a child who throws a tantrum because they are not getting what they want. It's up to the parent to be the adult and set clear boundaries and expectations so the child will feel safe and secure.*

9. Have a daily purification and renewal practice you can count on, that helps you feel clear and refreshed.

I refuse to start a session without this feeling. I feel like I'm cheating my client if I don't start with a clear field that is free of expectations, projections, and personal consciousness. I am always in the "healing consciousness" state when I am in session.

10. Don't fool yourself into believing you are the only healer who can help a client. They are in front of you for the moment so you can help them take the next step on their healing journey.

At one point, early on in my healing training a renowned spiritual teacher predicted that I would become a great healer and told me this. What a trip my ego took with this information. He probably did it purposefully to excise the shadows that lurked behind my angelic spiritual façade! I actually believed I was a great healer even before I completed my full training and this led to all kinds of delusions and false starts on my path as a true healer. Now I know I am a channel of a benevolent force so great that it fully embraces both of us in the session. This is quite humbling and reminds me of who is doing the healing and guiding.

11. Have faith in the client's higher self and the timing of their unfolding. Don't push, prod or be impatient, that's a sign that you are not grounded and centered.

I was one of the most impatient people I know. I didn't realize it because I didn't understand the murky mix that overwhelming anxiety and unbridled passion could create. Anxiety is a sign of impatience from the spiritual point of view. My anxiety would inject into the healing and throw off the organic nature of the process. It would shortchange and limit the divine light and timing by creating a push and a rush to have something happen. This was challenging for my spiritual teacher. We spent years unknotting the underlying trauma that generated the anxiety. We also spent years helping me separate my personal ego needs from the true healing process.

12. Prepare for your sessions by creating a ceremony that becomes a routine.

This may include grounding and clearing, centering in your heart, shifting into an intuitive or heightened state, activating your altar, and greeting the elements and directions all in the hopes of opening to receive inspiration.

Without it you are toast. You learn to rely on your ceremony for entering sacred space every time you do a healing session. If you don't have this down to a science the feeling of uncertainty and lack of confidence about entering sacred space each session will cause you so much stress that you will not enjoy your sessions.

13. Clear your work space daily.

I don't consider dogs or pets a distraction but someone else may. I do like my space organized and clean, it feels less chaotic and less chaos is good when you have clients coming to you in crisis and overflowing with emotions. Any and all of the following help: light a candle, smudge, have an altar, open windows, have a bowl of clean water, use crystals to clear and clean your energetic space often.

Recently I was in a doctor's office and as I sat in the room waiting for the doctor to come in I began hyperventilating, fear came over me, my chest tightened and I was ready to run for the door. This is what happens when patient after patient sits in the same chair and fear over medical procedures builds up. If you are sensitive to these energies, you will take think they are yours. If you are working with a client and the heavy energies have built up in your space it will be difficult to see the client's energy clearly through the .

14. Take care of payment and other earthly details before the session.

At the beginning of my career I was very uncomfortable with the payment procedure. I had come from a tradition where taking money for healing was frowned upon. Yet, here I was interacting with medical and mental health professionals that had set fees for service. Sometimes I would jump right into the session without collecting payment and by the time the session was complete it felt so "lower frequency" to deal with money. I learned to attend to administrative and financial details first and then commence with the session. With time and experience I have become comfortable with being paid for my time and training, as any professional would.

15. Ask the client to tell you why they made the appointment and what they hope to receive from the session.

Setting an intention organizes the session on the mental, emotional, spiritual, and physical levels. The energies, the guides, the light will use the intention to bring focus and living energy to the session. Sometimes it doesn't seem like we are working directly with the intention because other issues must be cleared before we can get to the actual intention. It's always amazing to me that if we set an intention that it will be addressed in some form or another during the session.

16. Once you have identified an intention, let it go.

The client's personal intention for the session is a good place to start, but what they say is the intention may not be the true one. Sometimes the intention gets fleshed out in the session or with some initial discussion. Be open, and help the client be open to, upgrading and refining the intention.

Sometimes it's not so obvious that what happens in a session is in direct response to the setting of the intention. As the layers of illusion are peeled away and the client's true nature starts to emerge they may find that their true intention is not what they thought at the beginning of the session.

Intuitively I sense the need to refine the intention and state the new one clearly. This helps orient the session to a deeper soul level intent. If I recognize this is called for I'll bring it to the attention of the client and we'll spend time sensing the deeper intention.

**First Intention:** *I'd like to meet my beloved soul partner.*

**Upgraded intention:** *I want strong, clear boundaries.*

The upgraded intention has a direct relationship to the first intention but it may not seem so obvious at first. Once the client's boundaries are strengthened they will feel safe enough to allow a more intimate relationship to enter their life whereas before they were unconsciously pushing it away.

Stronger boundaries broadcast a clear message of who you are and how you wish to be treated. Healthy boundaries will always communicate more than we realize, they set the tone for all interactions. If the client doesn't understand how the upgraded intention relates to the first intention I will explain it so they understand. The client feels heard and understands that the session truly addressed their initial intention.

17. Ask the client if there is anything important for you to know before beginning the session.

Primarily I like to know if there is any abuse or trauma in a person's history. If there is then I go slowly with the grounding. I've found that clients who have suffered sexual abuse have a hard time connecting to their body below the waist. Clients have thrown up, curled up in a fetal position, or screamed hysterically when we begin to ground if they have unresolved sexual trauma.

I like to know how much experience they have had with subtle energies and intuition. This gives me a conversational framework for the session.

I also ask if the client has anything they'd like to share with me.

18. Trust Mother Earth, Father Sky, your intuition and your connection to the light and/or guides to lead the session.

When I am with a client we have some small talk at the beginning of the session. If they are a new client I get some background information as mentioned above or with a repeat client I'll ask them to catch me up on their life. During that time, I start to energetically tune into the session and at a certain point I'll notice the light or guides starting the actual session. This is when I tell the client that we are beginning the energetic portion of the session. When the guides show up and I'm tuned in then I trust the session to unfold smoothly. It took a lot of experience and a lot of self-doubt to arrive at this type of full trust. I have learned that when the higher beings take over the session, the session is always helpful.

## **Sessions**

1. Explain and define your expectations, your healing style, your boundaries, and time limits clearly to every client.

Most people have no idea what an intuitive healing session is. I'll often describe the session step by step including how I work with guides, light and healing energy. Even if they still have no idea it helps the client to know I have a clear process, it conveys confidence and experience.

2. Find a way to empower clients during a session.

How I share information helps the client feel empowered. This is my personal ideal and certainly is not a requirement for a successful session.

I like to help the client understand and connect to their own intuition and healing capacity. It's like the old saying of "give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime."

I set up the session as collaborative, as a journey of exploration where we both contribute. I guide a grounding so that client can tune into subtle energy and feelings that are below their normal awareness range and this helps with the feeling of inclusion and collaboration. They are reminded they can always speak up if questions arise, if they are uncomfortable or if when they receive insights.

My teacher taught me that a psychic leaves a "mark" in the energy field of a client. This happens when the psychic is invading the field of the client to pull information. He indicated that this was the lowest form of psychic communication and that it wasn't connecting with the higher frequencies of spirit but just regurgitating what was already in the client's field. With this information and a stern warning to never engage in this type of activity I developed the style I have today, which is truly collaborative and connected to the highest frequencies possible. It is "client oriented" in that the connection is through the client's transpersonal light and source, not their personal energy field.

3. Clearing your client first is a good idea.

Usually the first thing I notice in a session is the client's confused and chaotic energy field. I like to do an initial clearing by helping them to relax and ground. This has many benefits. It helps them release stress and tension (heavy energy), it restores the integrity of their energy field by gathering energies back that have been misplaced in others, and allows them to shift into an intuitive mode easily. When the client is clear I can see their field or body more clearly.

Some energy workers just channel healing energy and don't need to comment or explain much. When I'm doing a medical intuitive or spiritual guidance session I'm in a position of having to discover root issues and explain what I see to the client.

I find it so helpful to guide a grounding to help clear heavy energies and bring the energy field into harmony. This allows me to see beyond the surface to the root causes. There is so much intuitive information exposed through the process of grounding that most of what I need to understand and explain is revealed in the clearing process. Mother Earth takes over, raises the session to the higher frequencies and the light she shines reveals just what is needed. The clearing can take almost the entire session but in the process, we "peel the proverbial onion". With the energy field clear, the client relaxed, the healing energies can be effectively received and information revealed. I give feedback, we converse and together we arrive at the insights and healing.

4. If you find yourself working too hard you have to pause and ask yourself "why?".

Many clients will try to get you to do their work for them. When I wasn't aware of this personality trait, (I was pretty naïve because I believed it was my job to "heal" them), I would work and work to clear and cleanse their energy field so they would feel relieved of the burdens and misery carried in their field. It was exhausting and I would get sick every so often from using my personal energy in this way.

It affected how I looked at people. Pretty soon everyone became "work" because my energy field got in the habit of cleansing everyone's field around me. I saw people as energy vampires who were trying to get "good energy" from me and I was the victim or I saw them as an obligation to heal. Honestly this was a huge learning time for me and quite painful and isolating. I had roots in past lives as a healer and spiritual teacher in paradigms different from the current ones that filtered my experiences and which I had to grow beyond. This was before I opened my public practice and when I was doing healing as a spiritual service.

So, if you find yourself working too hard look at your motivations, past life influences, and shadow needs.

5. Wait for right timing to comment and offer guidance.

If you must say something difficult, that the client might not like or resist, pause and wait. The last thing you want happening in a session is resistance. I wait until I hear the intuitive insight three times and then usually an opportunity appears for smoothly introducing the information. You will find your own way of sensing how to do this. You don't want to create further trauma for the client by blasting them with information they will find disturbing. This type of information may include informing them about an illness, a career move, or a relationship issue, past lives, forgotten trauma, or anything that is not in line with what they wanted to hear.

6. Be comfortable with silence.

I learned to be comfortable with silence when I discovered it I received more insight when I allowed myself to sink deep into the silence. More information came through when the session seemed to stall and I would pause and turn towards silence. I let the client know that I will be quiet for a few minutes to tune in more deeply and then relax into a deep silence trusting that this will bring about the next unfolding in the session. Whatever I see, understand, or hear is what I present next even if it doesn't make sense to my logical mind or the flow of the session!

7. People pleasing has no place in intuition.

If you tend to be a people pleaser, and I was, (emphasis on *was*) I would be so worried about how the client felt about the session, whether they got what they wanted, if they got their "money's worth", or if they "liked" me, that I lost touch with the true guidance that was coming through for them.

Coming from the late 60's, a time when the intuitive arts were not respected and practitioners were on the defensive, the *people pleaser* in me had a field day. This made

such a mess of things. My sessions were not that effective, people didn't get what they needed or wanted and I ended up feeling like a failure.

For most people, it takes a lot of time and practice to keep your intuitive information stream grounded, open, and clear. To be truly helpful medical and mental health professionals have to grow beyond "people pleasing" to objective assessment and so do we.

8. Understand your clients so you can be compassionate and helpful.

*Watch for clients who exhibit traits that can hook, compromise, or entangle you. These can include being:*

- a. Dependent
- b. Immature
- c. Resistant
- d. In denial
- e. Impatient and always in a crisis or emergency
- f. Having unrealistic expectations
- g. Needy --use your time, energy, money
- h. Invasive and impatient
- i. Using a spiritual session to deal with an issue that would be better served with a therapist.
- j. Having a tendency to blame others and inability to take responsibility

*Traits that tend to create a "cleaner" session include being able to:*

- a. Accept responsibility
- b. Have realistic expectations
- c. Are willing to do the work
- d. Are sensitive to your time and energy
- e. Acknowledge excuses, projections, denial, and resistance
- f. Take information and healing and move it forward on their own
- g. Listen, participate, and contemplate
- h. Be patient
- i. Be Open

9. Know your triggers.

We are human, really! We can, *will*, attract clients who trigger our worst fears, bring up what we want to avoid, make us jealous, reduce us to victims, cross boundaries, and doubt and challenge our work. All of this will happen.

Every time I'm triggered I regroup and find my way back to myself. I gather my power and then recognize the low frequency feelings. I "red flag" them so they become a reminder to regroup to my passion and sense of true self. I look at these moments as times to recommit and re-evaluate. Do I need to a course re-direct, was I overinvolved, missing something?

10. Be a grounded listener.

Your grounded light and healing consciousness is a gift. Your full awareness on the client is a gift. Your presence has more power than you imagine when you are grounded, connected to Mother Earth and Father Sky and the guides and guidance of the session. When you are patient, open hearted, and your healing consciousness is activated anything is possible. The best possible outcome is that your presence helps the client come up with their own insights and answers! The quality of your listening makes a remarkable difference in the session.

11. Don't be bullied by your clients.

Clients can be demanding and try to pressure you into give them more time, more information, and more of your energy and attention. They won't want to end the session and will keep talking and asking questions, they'll give you reasons why they aren't finished or they'll insist that they didn't get what they wanted and try to make it your fault that they need more time.

This can surprise you at the last minute in a session so be prepared from the beginning. State the amount of time that you have for the session. When you get to about 10 minutes before the end make a comment that the session is wrapping up and begin a review of what was accomplished. At the end of the session be prepared to separate and cut your connection energetically with the client and bring the session to a close. "Thank you", "it's been wonderful working with you", "I hope I have been helpful" are statements that give a clear message that the session is complete. If the client continues to speak and ask questions suggest that another session will be helpful. If they continue to whine and pull for more time you'll have to make an executive decision about what is in the best interest of everyone.

Some signs that you need a break are:

- Resenting the time you spend with clients.
- Feeling exhausted and/or sick.
- Losing the capacity for compassion.
- Being annoyed with everyone.
- Bringing less presence to your life and sessions.
- Fill in the blank! \_\_\_\_\_

12. Take energy vacations.

Stop and renew when you are burned out.

If you are tired, bored, or drained it's time for some space from work to clear and regenerate your energy. If you work for yourself no one else will tell you to take some time off. It's up to you to recognize the symptoms of burn out.

Working with clients on a subtle level is taxing and requires an enormous amount of energy thus it requires a lot of self-care. Your being is the medium through which all of the work takes place and you are never completely separate no matter the strength of your boundaries.

If you continue working beyond your capacity, you may get sloppy and careless in your sessions. You'll be open to lower frequency energies and continue draining your reserves.

Some signs that you need a break are:

Resenting the time you spend with clients.

Feeling exhausted and/or sick.

Losing the capacity for compassion.

Being annoyed with everyone.

Bringing less presence to your life and sessions.

Fill in the blank with your own red flags! \_\_\_\_\_

### 13. Recognize when the session is complete.

When I first started doing sessions I was working with medical and mental health professionals so it made sense to set up my sessions in "hour" increments. There is no rule about time frames for sessions, it all depends on your personal preference. Some people set a price and not a time frame. Others have distinct time frames for their sessions. I find it makes it easier to schedule when I schedule in hour increments.

Given that we live in a world of "time" it makes sense to deal with this in a way your clients understand it. But that doesn't mean your session will abide by an artificial agreed upon time! Energy has its own sense of time and you'll have to sense when the session is complete energetically. With a little experience, it becomes fairly clear. The energy seems to wind down and return to an "everyday" kind of feel. Or you intuitively know that all that is possible for that session has been accomplished and sense the completeness.

One consideration is how much a client can handle in a session. I can see when the client is "cooked" and can't take any more information or energy without generating resistance or a side effect. If the hour isn't over, I'll explain what I am seeing and we'll spend the time reviewing the session and recommendations for the next steps.

If the session requires more time and I don't have another client scheduled I will explain that we need more time to complete the session but that it will take us over the allotted time and ask if they are interested in continuing and what the extra fee will be. They can choose to end the session, continue it, or I may also suggest that we schedule another session, a part two, to complete the work.

Another consideration is "client pressure" to get all they can get from you. Don't go over the allotted time or let the client pressure you into giving more time than was agreed upon.

### 14. Every client has a life-long lesson that won't be healed or solved in one session.

We are living in a transitional world; moving into planes of higher consciousness. It is an unusual and rare moment to be in a transitional phase that comes once every 26,000 years or so. The challenges this presents are enormous. Our souls have incarnated at this time because of the opportunity it presents to ascend rapidly and become once and for all free. This also means that we bring with us our greatest learning challenges, ones that may take an entire lifetime to shift. As healers and guides we learn to support the client's own healing path and help them walk each step with grace.

Once I understood this it took the pressure off to have all the answers. Feeling pressured to solve all the client's issues in one session, was an expectation I put on myself. I discovered that if I feel any pressure, tension, or insecurity then I am not grounded and aligned.

I always intend for a complete and full healing for every client in every session but I may not understand or know how the client's soul path needs to unfold. I put forth my best effort, align with the highest and purest frequencies I can, sit in a loving radiant heart, and then turn the session over to the client's higher being. I've come to trust that setting up the session so that the client's higher being can guide and communicate directly, through energy and light, with the client, the most optimal outcome will occur.