

# Body Wisdom Energy Healing

## Module 1

### Part 6: Working with Clients

#### A Review...

Over the past few weeks we have downloaded and activated a lot of information. You learned about the electromagnetic field of the body and the planet. You now understand a bit more about what those fields look like and you have begun to learn how to work within them and bring them to balance from imbalance. You have been given many tools to enhance your perception of this field and to deepen your development both as a healer and as a part of the human planetary family.

You have begun to look deeply at the human energy field and to learn how it is structured. You learned about chakras, how they work and where they are located. You have also begun to work on others and on yourself to keep your field in good condition. You know how to do a protection grid and the important purposes that it serves. If you came into this class, with a Reiki I or 2 attunement or other form of energy healing skills, or if you feel confident with your work with Therapeutic Touch, you now have developed your skills enough that you may decide to practice on others besides your close friends and family or classmates. Today we are going to discuss some guidelines to get you started.

#### Creating Safety

It is very important that you create a space of safety for yourself, as well as the individuals you “practice” with. As your process deepens and your skills grow, you will become increasingly more aware of what most would consider “private” information. This can be a bit overwhelming for both you and those whom you work with. It is very important to remember that if someone chooses to share this “confidential information” with you, through confiding verbally or **allowing you to work in their energy field**, you are entering into a sacred trust with that person. The techniques you are learning will allow you to begin to read other’s fields just like picking up a book with a history of their life. They become transparent to you. This can be beneficial if used wisely. However, if safety is not created, life can become very complicated for all involved. For your safety and that of those you work on, following the guidelines listed below will assist you in creating that “safe” space.

1. Create confidential boundaries and stick to them. Absolutely under no circumstances disclose information given by someone you work with to anyone. This protects you and protects them. As you do this on a consistent basis, you build an energy of trustworthiness in your aura that allows individuals to share more freely with you. The information they share will not feel overwhelming to you when you know that it is safe with you. You may even want to consider not disclosing the names of who you work on to anyone. I try to abide by this whenever possible. It creates yet another layer of protection for your clients. There may be many people that still feel unsure about this type of therapy, even though it is growing in popularity. They may feel uncomfortable having anyone know they are getting “energy work.”

2. It is helpful to share some basic information with your clients about your philosophy, the process of energy work and a bit about your background. As you are just beginning to “practice,” you may just want to do this verbally. If you are ready to begin moving forward professionally, it is nice to have something in writing that you let them read as they fill out a “client in-take form.” Do not share very much, if any, personal information with them. This assists you in keeping a healthy boundary with them.
3. Be sure to share with your client what you expect of them, if you are going to work with them on a regular basis. The process of energy work and the healer/client relationship is to empower the client, not to make them dependent upon you. Therefore, provide the healings as necessary, but always turn the responsibility for total healing back to them. Allow them space to process and let them know that ultimately the real work of changing belief systems and thought patterns is up to them—this is their part of the work.
4. As you begin the actual process of energy work itself (whatever technique you decide to use), tell the individual exactly what you will be doing. Make sure they have no issues with being touched (if you are going to touch them), or with you “being in their space.” Always tell them before you do anything different, so they will not be alarmed. This continues to build a feeling of safety with them. Some healers, feel it is important to ask permission before you begin to work, saying something like, “Is it ok if I touch you?” or “Can I touch you?” or even, “Are you ready to begin?” This gives clients a feeling of being respected. This is especially true for those who have been violated in some way. It also serves to build their own sense of self-respect. If you respect them enough to ask them permission, they begin to develop more of a sense of respect for themselves.
5. Initially, get information from them. Name, address, phone number, why they want you to work with them, what medications they are taking, past medical history, and healing work history, etc. In the future, you may want to make a form they fill out to gather this information and then use it to begin the discussion before the healing session.
6. Before they arrive, prepare the room energetically. You may want to sage the room or spray some essential oils in the room to clear it. I like to use the latter choice, if it is someone I don’t know. Some people have smoke sensitivities. Pull down a grid around yourself and in the room. If you have the Reiki 2 attunement, put the symbols in all of the directions and on yourself and your hands. Take a few moments of quiet time or meditation to prepare yourself to be open to healing another individual. You can also connect in with their field and their guides and angels to see if there is any information you need before you get started.
7. Create a safe and inviting healing environment. Whether you are using a chair or a healing table, make sure the room is quiet and inviting. Use soft lighting and some soft music. Essential oils in a diffuser is a nice touch. Any items from the natural world such as plants, a water fountain, or a lit candle help to bring Nature in to help you. Incense is ok but only use it with permission, as the fragrance can be overwhelming or distracting, and once again, some may have scent sensitivities.

8. Make eye contact with the individual and interact with them energetically. Practice active listening. You may want to repeat things back to them in a different way to make sure you understand them. A good phrase to use is, “So what I hear you saying is, “...”. Do not begin diagnosing or assisting them in change at this point; just listen.
9. Maintain confidence in yourself, in your abilities, and in the assistance you receive. Do not allow a client to tell you how to do your work—take it with a grain of salt. Listen to your own guidance and follow it. The more you do this, the more solid that guidance will become and the more often you will receive it. From a legal standpoint, keep most of the conversation off paper or recording. Trust your guidance. Anything you record can be subpoenaed in court so protect your client and yourself by not keeping too many notes.
10. As we have already discussed in class, use discretion when sharing guidance you receive. If, while you are working, you get information you think is for your client, ask them if they would like to know. You may want to ask this at the beginning of the healing. You can also ask if you they want it during the healing, or if they just want to be quiet and discuss it after you are finished. Once you have delivered it, if requested, let it go. Maintain NO attachment to what they do with it or how they interpret it!
11. Honor their journey and make no value judgments.
12. Avoid antidotal chatting—stay on track.
13. Know your own limitation, and don’t work on those who are dealing with issues that are current for you at the time unless your guidance allows you to do so. For instance, if you still have “men issues” or “mother issues,” it may cause you to have faulty belief systems in this area and your healing will not be as effective, or it may cause you or the client distress later. Make sure you heal these issues in yourself before you attempt to assist someone else.
14. Don’t work on pregnant women (unless you are doing Reiki only), or if you do, set up a shield around the uterus, and skip the middle part of the healing. You may have permission to work on the mother, but the child cannot give permission. This could interfere with karmic contracts, etc.
15. Be professional.
16. Be aware of transference and countertransference. Work not to personalize a client’s behaviors and respond from that personalization.
17. **Ending the session.** Spend a VERY short time talking after the healing, but don’t allow the client to dominate your time. If it was a very good session, the client will not want it to end. They will want to

spend more time talking to you to extend “the good feelings.” Give homework or make suggestions on thoughts and behaviors they may want to spend some time working on. You may want to write this down for them. Some things I do to facilitate the process:

- a) Get them a drink of water. This puts them back in their body, encourages them to sit up, and if you make sure you need to leave the room, it breaks the bond between you both, allowing them to get used to being in their own field again without you.
- b) You can encourage them to get up slowly so they can begin to move around. Tell them to take their time.
- c) Once they get their shoes on, they may want to continue talking. You can write down their assignments and begin to move toward the door and even open it.
- d) You can schedule clients close together so that you need to keep the energy moving.

## **Getting Started**

Right now, you may not feel comfortable putting yourself out there professionally just yet. Give yourself time, but make sure you move forward. We will dive deeply into the aspects of running a healing business in subsequent sessions. For now, you might want to set a goal of a certain number of healings you would like to deliver for free in order to develop your skill. Twelve to fifteen is usually an ample amount of healings to help you feel confident. You can send an email to your list, or put it out on Facebook, and tell your friends that you are taking a healing class and need to practice. You can say that you have a limited number of healings you need to complete for free before you start charging for them. Then ask for volunteers. You would be amazed at the responses you get. If you are not quite ready to move out into the public arena, then simply make it a point to work on several of your family and friends on a regular basis. And don't forget you can trade with your classmates.