

## Action Step: Feeling Low Energy? Raise Your Vibration

The quickest remedy for low energy is an easy but effective Qi Gong pose.

Use this exercise when you're not contagious, but you don't feel up to seeing clients. Simply raise your hands up above your head to raise your energy level. Do this pose at the beginning of your work day to charge up for clients. You can raise your energy this way anytime you feel ungrounded or lethargic. This exercise is an effective way to get you "in your body" and warm your hands before establishing the initial contact with your client.





# Maintain authenticity at all costs

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*You don't have to be perfect to be a healer.*

Being in this line of work isn't about being perfect. Always doing "the right thing" is not a requirement because there's no such thing as the "right thing"; there's just choices and consequences as learning opportunities. Being a healer is not about creating a false persona that you can't live up to. Legit healers don't create fake lives on social media that present a facade of their life being perfect. The true healer lifestyle is about being real and finding effective strategies that make real life better. I try to be very authentic with my clients but there's that fine line between transparency and TMI (too much information), a balancing act that's not perfect. What I mean by this is give your clients enough information for them to see that you are human and that you are doing your own healing work but keep professional boundaries at the same time. This balancing act will help you keep the session about them, while being inspiring and relatable. Light the way for them to heal themselves by showing them your own challenges and triumphs in your journey. Sharing your own healing stories in a skilled way will encourage

them to take their healing into their own hands. It is a valuable skill set to be transparent and genuine as a therapist without taking the focus off the client and putting it on to you. Practice sharing small amounts of information that relate to their session and then bring the focus back to the client with a question about them. Don't let the conversation trail off into social talk for too long. Always bring the focus back to your client in a positive manner.

The most challenging aspect of transparency, when working with clients so intimately, is that they grow to really care about you as a human being and they truly want to know about your life. It's touching and heartwarming when your clients love you and of course you grow to care for them, too. It makes it very hard to stay focused in a therapeutic direction when something personal is happening in your own life and they ask you questions about it. Life has taught me the hard way how to reel in the session and stay on task when clients wanted to know how I was coping with the death of my father or my divorce.

The challenge is that your clients will truly care and want to know about you, but the therapeutic session is not the time to discuss your life and your issues. If you view this time as sacred for them and you educate them on why you want to keep the focus on them, they will thank you for your consideration and they will remain your clients. One thing I observed a lot when I managed employees at several day spas is that they did not know how to do this one important skill: **KEEP THE SESSION ABOUT YOUR CLIENT**, even if they want to take the focus off themselves and put it on you. You are protecting their healing time and you are teaching them how to be present.

Also, the reality of our human condition is that we get sick and we have to cancel sessions. This is challenging because if you feel bad, the last thing you feel like doing is communicating with a bunch of people who are all going to be disappointed and want to know what's wrong and how can they help. For years I struggled with feeling like I was letting my clients down if I got sick. This pattern set up a lot of self blame and guilt that I had to clear out of my energy field. Now, I am very honest even if I'm slightly off my game or having a difficult period. My clients now understand that I require a lot of myself and I bring a very high vibration to my sessions so that we can do advanced, next level work. They know if I need to reschedule, there's a good reason for it and they'll get the best of me if we wait for the right time. With energy healing, you can let go of the old masculine work ethic routine because the essence of energy work is feminine energy, meaning that it won't happen until it's meant to happen and you can't force true healing. Even when you and the client both want to do the work very much, life circumstances will postpone deep healing work until the time is right. I have experienced this Divine delay with clients enough times to trust that there's something to this! When it comes to scheduling energy healing, I schedule a little more time with the client than if we are doing focused bodywork with a little bit of energy work thrown in. If someone wants a very deep session focusing on their energy body, I teach them how to do this work for themselves. That kind of training takes more of my time and effort so I charge more than if someone comes in and just wants a massage. Not everyone is going to want to do deep work, so for the ones that really want full spectrum healing, I make it count, give them my all and charge accordingly. Because of this, I have to schedule these special sessions at my optimal times. As you pay attention to how you feel during the work week. You will find the times of the day and week that your vibration is the highest. These are the special spots for

clients who really bring their A-game to the session. These clients also know that if, for some reason, I can't get my vibration high enough, I will postpone the work. This is not because I'm flakey and irresponsible. On the contrary, it's because I care so deeply about the quality of work I give, I won't do it if I'm off center. This is a bummer for us both because the client wants the session and I want to make the money. Even though I want to make that money, my integrity and commitment to my healing work comes first. With that said, please realize that I am not talking about cancelling if I'm just in a funky mood. I've already covered how I shift my energy before giving sessions if I'm just not feeling it. I'm talking about if I'm really upset about something and I can't shift my emotional state or I'm in a lot of pain for some reason. None of these situations happen often thankfully, but when they do, I'll be honest and real by informing and educating my client.

## *Mindset Exercise: When Should You Reschedule Clients? Here's how to do an internal check-in.*

If you are compromised and not operating at 100 percent, here's how to determine if it's time to reschedule or simply shift your vibration.

If there's even a possibility you're contagious, you have your answer. Cancel your clients immediately. They will appreciate your consideration and respect.

When I'm not contagious, just low energy, there are times when I feel so much better after giving a session than I did before. Many days, all I needed to do was shift my focus, stretch and breathe in order to feel better. In healing sessions, there is a symbiotic benefit, a win-win outcome for both practitioner and client. The giver and receiver each benefit from the healing energy from the session. This "chi" is not generated from the practitioner, it is sourced from heaven and

earth. My personal experience is that most days I can raise my vibration high enough to enjoy the session, even if I feel a little off beforehand. The beauty of this work is that we never take energy from the client, leaving them depleted as we feel better. The reason for this is because a true energy healer's technique is more effective than that- we clear our own meridians and channels first in order to work with someone else. By working in this way, we open to receive the flow of earth frequencies and spiritual energy. We benefit from that energy feed along with the client on the table. I feel that healing sessions can be equally therapeutic for the giver and receiver, if proper technique is used.

**What if you just can't get out of your funk?** What if your stomach hurts or you've had an argument and you're just plain angry or sad?

If you are not contagious but feel compromised in a way that makes you unable to give 100 percent, you have two choices: reschedule clients at a time where you can give them your very best, OR inform each client that you are sub-par and give them the choice if they want to keep the session or not. Only give the clients the choice if you feel you can do the session justice even though it may not be your best day. If your intuition tells you that you need to take care of yourself, don't wait for the client to make that decision for you. It's not fair to put the responsibility on the client to make that decision. Be accountable for your own self-care. The more consistent you are with your self-care plan, the less you will find yourself in these uncomfortable situations and dilemmas around rescheduling. If you educate your clients about the fact that our work is very different than most and that we hold great responsibility to be on our game for each session, your clients will understand that if you reschedule because it's in their best interest, too.