

My Remote Energy



Healing Sessions

If anyone would have told me I would be doing 90% of my healing work with a technology device, I would have laughed so hard! One of the most important qualities of a true healer is **flexibility**.

The very first thing we must cover is the need to inform and educate your clients on all the different ways you can help them! You may offer many different modalities than I do, but I am going to teach you everything I know about being a remote healer and coach: two **VERY** different types of services to blend together.

Offering a solid intake form to your clients that covers the information you need to know is a great way to discern what type of session will benefit this client the most and many times, there is overlap because of course everyone needs both energy work and coaching. How can we qualify the two? We don't have to; they are both important. The biggest difference for me in how I work with someone when it comes to coaching or energy healing, is where my focus goes and which brainwave state I stay in.

The Next Level Healer

In a remote energy healing session, I am not going to stay “in my head” (beta brainwave state) to share information with them. I am going to connect with their energy body, just like they were on my treatment table. For years, I set up my table just like their physical body was on the table and I would work around the treatment table in my normal style, just like they were there with me even though they were on the phone. This was better for me than the Reiki Level 2 meditation style of sitting still and working on them, but think about this for a moment. It worked better for me to move around the table in the way my body was used to doing, but if your body is not used to moving like that, my way may not work best for you.

If you are used to working at a desk all day, which I am not, chances are you can do distance healing just fine sitting in the Reiki Level 2 style. The more you make this work fit your own style and find ways that “get you there” to that sweet spot of connection, the faster your abilities will grow and the more people will seek you out for help.

So let's begin with clarity on the differences between my remote energy healing sessions and energy-based coaching. Comparing and contrasting how I do things can help you get clear on what you want and need to do. I always tell brides and grooms that come to me for wedding ceremonies that sometimes you only figure out what you DO want by experiencing what you don't want for your ceremony. The same holds true here. Pick and choose what to use based on what will work in your life. Remember, you are creating a healer's lifestyle so all of these suggestions for how you run your sessions must fit into the world you are creating.

The first big difference between energy healing sessions and coaching is that the coaching segment will be on Zoom (or some other platform with video sharing and recording) so that we can talk about their goals & challenges and I may need to show them something in their Human Design chart or highlight a specific point in their yearly Destiny Report (from 7thunders.com) that is relevant to what we are discussing. During coaching sessions, my brain is firing away, I am sharing resources, tips, I am dowsing and asking for guidance on certain questions and topics. I tell them that even though I've already done my Hara Line and Light Body exercises for that day, we will be much in our heads for those sessions, sharing intellectual knowledge and talking a lot to each other. Even though these

types of sessions are much needed, they are NOT my complete offering. I recommend that anyone who works with me purchases a package so we can have as much coaching time and energy healing time as needed.

When it comes to Energy Healing, the session can get pretty quiet. The client is lying down with comfy clothing and any crystals or altar objects they wish to have near them.

I let the client know that sometimes we may start out on Zoom or Facetime so we can discuss something we need to, and then we move on to the good stuff.

For an initial session, I like to book 90 minutes so that we have enough time to go wherever we need to go. Sometimes we will need more talking time, more head knowledge space. And then when trust and comfort has been established, I want the client to lie down in a comfortable, quiet space in loose clothing where they will not be disturbed and we will go deeply into their energy field together. I tell them I may get quiet for long periods of time while I'm working and that it's ok to talk to me anytime. I inform them that temperature changes, painful sensations and emotional releases are all quite normal and if any of these happen, please let me know. I tell them they may experience a physical sensation in the area I am working and that is totally normal.

You see, this is where the magic happens. Anyone can do coaching on Facetime or Zoom all day, giving people strategies and solutions to their problems. What I am offering you here is so beyond that linear type of coaching! You are changing timelines, restructuring DNA, transforming thought forms, transmuting emotions, repairing chakras and activating light bodies-WOW! This work is so beyond! This is why we spent so much time exploring all the levels of the energy field in the first six modules. I want you to be fully aware of how deep this work goes and I want you to be so effective and healthy as you do it!

And not only that, you are going to be teaching your clients how to do energy work on themselves, which is priceless. What you are offering is truly the "teach a man to fish" concept that Jesus introduced-true, sustainable healing.

We have to be our own healers. The most amazing thing that came out of the 2020 shutdown for me was the level of empowerment and responsibility my

clients developed who stuck with me and made the transition to working remotely. The few clients I already had who were doing distance sessions had accelerated their healing process considerably. Then, the pandemic shutdown catapulted a larger number of clients into total transformation in the most beautiful way.

It has been an honor to have these clients grow alongside me through such an intense time of discomfort and transformation! I never expected all of this to happen, but

a) I got what I truly desired! I had longed to make my work more accessible online on a global scale for years but I didn't know how to do that! I was booked solid with clients in a dark treatment room all day long. I don't think I would have made the leap into online services anytime soon because I was already so busy with hands-on sessions.

b) Some clients were skeptical about what a distance healing session would be like, but they missed our regular sessions and were stressed out, so they figured what the heck and gave it a try! I honestly did not know what to expect; here I was back in a beginner's mind trying new things after all these years! What happened next totally amazed me. These clients started having their first direct experiences of doing their own energy healing **on themselves** after all these years of being on my table, feeling better during the session but not really understanding what happened or how to do it for themselves because there was never enough time for treatment and teaching.

In a remote healing session, your client is the hands-on healer! You are having them engage with their own chakra by using their hands, instead of yours. This is profound and life changing. The results really surprised me because it's way more empowering for the client to put their hand in that location and actually feel the energy of the chakra or the body part. I will make a point here about the fact that we all still do need nurturing, even when we are doing our own self-healing work.

It is still very important that we receive physical nurturing from an outside source. If you want to be an excellent coach and healer but you are not taking the time to receive the kind of bodywork, energy work and holistic sessions that allow you to receive, you are not going to be good at doing what I am teaching you in this course!

So, let's get this straight right now-distance healing sessions do not replace physical touch and hands-on nurturing. If your clients are receiving that from you when you do energy work, this will not replace nurturing, not to mention the synergy between the two of you that comes from our unique Human Design charts. What this work WILL offer them is a way to learn and be empowered to do their own healing work and still benefit from your wisdom and energy even when they can't see you in person. Got it? Hope that makes sense! We are in no way eliminating or replacing the need for hands on bodywork. We are offering something completely different. If you are ready to move into a career with more freedom, where you can serve your clients anywhere, anytime and neither one of you has to wear a mask or obey restrictions or mandates, this work is for you.

Hopefully at this point in the training you know me well enough to know I'm not going to teach you to do something exactly like I do it-of course not! What's going to make your sessions stand out and make clients so excited to work with you is how YOU do it, your own energetic signature and style.

At this point, you have a lot of different tools in your tool box to choose from when it comes to how you help your clients during a distance coaching or healing session. I work with people in many different ways and I'm going to lay out for you several different options I intuitively use when it comes to how I structure a session.

In shamanic practice, we follow the principle that we must have structure in order to become unstructured, we must experience form in order to become formless. In other words, you have to start somewhere and give your client some guidelines for how the session is going to go. From there, you can be intuitive and let your guidance take over.

By putting that structure in place and **then** allowing your inner guidance, healing team, spirit guides, your soul and their soul along with their healing time and guides to direct the session, you will **always** be learning inside the session and you will constantly grow and get healthier while doing this work.

I think this is what I love the most about doing energy work. It has never been boring to me, not one day of my life. The reason I'm never bored is because I give myself over to the wonder and awe of the session EVERY. SINGLE. TIME. This requires a lot of trust, because I never know where the session is going to go and that's what makes it wonderful.

If I knew what I was going to do every single session, what fun and adventure would that be for me? I love it that the unexpected always happens and this keeps my ego in check. I can have the best laid out game plan for a client and yes, that helps, but the real magic of the session is in what I don't know is going to happen.

Distance healing sessions have been an organic and slow progression for me over the years. As with everything in my career, necessity was the mother of invention when clients who saw me regularly in person would move away and they still wanted to work with me. My first three clients who worked with me this way were such great teachers because they were flexible and adventurous to do something new that neither one of us knew what to expect.

Over time, I had clients in Washington state, Oregon, California, Colorado and quite a few clients in Sweden, due to word of mouth of one loyal client who lived there! I didn't try to make this happen, really, These were just people I had strong professional connections with and we liked working together so much that we just kept going, no matter where our physical bodies happened to be.

Fast forward to now-I have clients all over the world. You don't have to have such a slow growth process as I did, when it comes to professional remote healing sessions. You can skyrocket into success with your distance healing practice right now. I learned all of this stuff at a time when the energy was much more dense and "doing" energy work was more laborious and took longer-not anymore! You can have a successful remote healing practice right now.

Here's the necessary items I have found are essential to my success when it comes to doing a distance healing session:

1. A Phone and a good clear sound connection with your client. I do not need to be on Zoom or Facetime or on my laptop for energy healing to happen. As a matter of fact, the visual component of Zoom is distracting for me. Zoom is perfect for coaching/consulting sessions when tuning in to body language and facial expressions is very important. Coaching sessions will be addressed in another handout. This training guide is for energy healing sessions, keep that in mind. If my client is out of the country, Facetime audio or Whatsapp usually works fine. You might want to wear headphones or earbuds to free up your hands. I put the client on speakerphone and I let them know I may not talk for periods of time while I am doing energy work. Remember when I told you that my hands are the exclamation points of my mind? Well, I really use my hands during energy work and I move all around, just like the client is right there. I might be removing something from a chakra, I might be repairing something in the field, my hands are moving rapidly and it would take away some of my freedom of movement if I was on camera. The craziest thing is when the client can feel you connecting in with a certain area of their body and they start responding to the work you are doing. It's so validating and exciting when that happens! And I'm just weird about earbuds and headphones-it feels so foreign to me. Remember, I'm an old dog and I've had to adapt to new tricks here! I have to keep these distance sessions as close to what I'm used to, so I can be effective for the client! If you are already using headphones and earbuds all day anyway, go for it!
2. A designated quiet space where you will not be disturbed is essential for energy healing sessions. Now that many kids are online for school and many parents work from home, everyone in the household needs to be informed that when distance healing sessions are happening, this is the client's sacred time and they are paying for your undivided attention. I am so reverent about this and working at home has been mostly an advantage, although sometimes dogs will bark, but if your family respects what you do, a sign on your office door or bedroom that says, "In

session-thank you for being quiet” goes a long way. I am very particular about my space that I work in for distance sessions. I burn cleansing ceremonial plants before each session, I light candles and prepare the space “just so” for my own alignment and flow. I treat the space just like the client will be physically in my room, making sure everything is clean and neat. I really like the energy imprints that the healing sessions add to my home, What a win-win benefit! Another thing that has been interesting about doing remote sessions at home is that I have to prepare my own body in the same way I would if the client was with me, whether they see me or not. I would like to wash my hair less because it does better if I don’t wash it every single day, but the challenging part is that I don’t feel energetically clear if I don’t wash my hair! Some days, I would feel so ridiculous doing so when I wasn’t going to leave my house or even see anyone on Zoom, but I knew I needed to do it for my own spiritual hygiene and to bring my very best to the session! ALWAYS bring your best. This is what will keep your clients coming back for more.

3. Birth info of the client: exact time of birth, location and date. I do like to see the client’s astrological chart before the session, but this is not necessary. You can discern all the things the astrology chart shows, but it will take you a long time and just simply glancing at their chart is so efficient and makes you more effective. I also use this information so much in their coaching sessions, so go ahead and ask them for their birth information at the time of booking so that you have it and explain why you use it-this is a great teaching moment to show them how they can be more empowered in their life and get in the driver’s seat of their own healing process! Here’s an example of an email I sent out to a new client I have never worked with, giving them some to-dos that will enhance the session:

“So excited to work with you!

*First of all, where are you located so I can coordinate scheduling on your time zone? (Here, you could just link to your Calendly site and let them book, to save you time.)

*Are there any days of the week/times of day that allow you to have some quiet processing time after our session? We will need at least 90 minutes but it could be longer. I suggest taking some alone time to journal, meditate or be in nature when we are finished.

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*I would love to look at your astrology info before we work together so I can get a sense of how your chakras/ energy field works best. Can you send me your birth date, exact time and location of your birth?

*Please avoid substances like alcohol or pot (even too much caffeine) that affect your vibration for 24 hours before we work together.

*To further enhance your energetic sensitivity and raise your vibration, I also recommend you wear natural fibers such as cotton, hemp, bamboo, silk, denim or wool for further energetic sensitivity instead of synthetic fabrics. These are only suggestions to help you get the most out of your session, this is not a requirement,

*Please fill out my intake form at the link below so I can help you get the most out of my sessions. Thank you!

4. Intake form. You can make your own intake form at www.typeform.com I've included a sample PDF download of questions that will be helpful for you to know, located under this download in this module. Feel free to tweak and add to the intake form any way you like. Typeform is a free service that allows you to make intake forms pretty, fun and engaging!
5. You need to have a strong connection with your guides and healing team to effectively do remote healing sessions. I always call on my spirit guides, angels, well ancestors, plant allies and animal totems as well as the clients' at the beginning of our time together. This teaches the client how to invoke prayer and create sacred space and also ask for the help needed. A lot of people do not realize that we have to ask for help when we want it. All the kingdoms of nature are happy to assist from the devic plant realm to the celestial star people, but they like to be asked politely, just like we do! I inform my clients that I cannot always find a particular gemstone, animal or plant spirit that wants to connect with them. These things happen quite naturally and randomly in session. I make sure they know I cannot control this at all. Sometimes a client tells a friend about major bells and whistles that happen in a session and they come to their first session with expectations. I am quick to let them know I have no idea what will take place in session, but my spirit guides have never disappointed me yet! What to do if you haven't established a connection with your healing team yet? Keep raising your vibration! Go back to Module 1 in our first six week segment and look over other techniques you can try for raising your energy level.

6. Speaking of that, a remote healer must also bring full trust and authenticity to the session. This is not easy because performance anxiety will pop up. There's a section in this module devoted to "imposter syndrome" and "witch wounds or healer wounds". You **will** have to deal with those feelings of inadequacy and stage fright. "What if I don't pick up any messages for this client?" "What if I can't feel their energy?" Here's what I have to say about this-it will never stop, no matter how long you've been at it! After twenty-one years of offering distance healing services, I still get that way sometimes! All I have to do is remind myself that my only job is to relax, feel good in my own body and hold the client in my awareness. If I can just do this simple thing, the client is going to benefit from the session. I also give that disclaimer that I am not doing a psychic "reading" so I don't have to feel pressure to deliver information. I am simply connecting with their chakras and energy field and I will give them whatever information comes but at the very least, I'm going to teach them how to connect in with their own energy and sense it for themselves. The beautiful thing is that it really works! They will feel your presence and they will be surprised by the intimate nature of the session no matter how many miles separate your physical bodies. I am still in awe of how profound these sessions can be and how physical the changes and results can be from the sessions. I guess, as humans, we need proof of this over and over again! I do want to emphasize here that I make it clear I do not offer psychic readings. I don't like the term "readings" at all for what I do. The reason for this is because many people get readings constantly and they never grow, they never heal. They use psychics as a form of entertainment and they like to say, "show me what you got." I am not a dog and pony show and my work is not for entertainment purposes. I weed out a lot of the kind of clients I don't want by not putting myself in the psychic category. My sessions are only for someone who wants to do the work themselves and they are ready to delve deep and be accountable. I actually stopped getting sessions from psychics myself years ago, no judgement to the work they are doing, it just wasn't the level of depth and responsibility I was looking for. I want each client I work with to be their own source of intuition and higher consciousness. I have no desire for them to continually look to me for answers, but I will help them get their own answers. Habitually seeking out psychics is spiritual laziness, my friends. We have to do our own work.

7. Bring in elements of the sacred natural world that impact the subconscious mind. Let the client know if you are burning sage or cedarwood to cleanse the space, tell them about the aromatherapy clearing spray you use and let them be a part of the magic. Narrate to them and engage the five senses. I use a lot of descriptive words to describe what I'm envisioning. I will tell them what a specific chakra looks like to me and I will ask them to place their hand or hands in that area. It's always good to engage their hands as the healing tools they are designed to be. This gives the client more confidence and increases their energetic sensitivity.
8. Last, but not least, bring your open heart and your sincere desire to love and help this person and you cannot go wrong. Intention is one of the three foundations of energy work, so bring that imagination, intention and breathwork and let the journey teach you and delight you!



Other Factors to Consider

- **Having a free scheduling app like Calendly is something to consider so your online booking takes place efficiently.**
- **As your abilities grow, helpful information for the client will flood your consciousness when you are in an Alpha brainwave state. Have pen and paper handy while you are doing the session so you can make a quick note of a resource to send them when the session is over. It could be a flower essence or a supplement that might be supportive or a book that deals with just what they are going through. Factor in time to send them the resources at the end of the session via text or email.**

- **Some healers do not keep the client on the phone or internet while they do the healing work. My friend Stephanie connects with the client's energy, records the session and then sends it to the client so they can listen at their convenience. This is what I'm talking about when I say receive lots of sessions from healers with different styles. This will help you hone your own special skills when you see how varied all our flavors of healing can be!**

Check out Stephanie's work here:

<https://www.instagram.com/aforceofnaturewitch/?hl=en>