

## Chakra Talk Healing Session Notes

### Where to begin

Chakra Talk is a method I created that establishes an excellent foundation for a remote healing session. You can start the session by working in the energy center that governs the chief complaint of the client (illness or dis-ease in a certain area of the body or emotional challenges will lead you in the right direction).

If there are no concerns or complaints listed in the intake form or verbal intake of the session, you can always dowse on which chakra to begin working with first. A good practice is to determine at the outset of your treatment protocol if this client has more issues with grounding (lower chakras) or more challenges connecting spiritually (upper centers).

### Establishing best practices

You can easily determine this with the client's help. Asking questions such as: If you had to choose between feeling grounded, safe in your body and centered in your power OR feeling intuitive, clear and able to sense spiritual connection and energy, which of these would you say is your biggest challenge right now? I have never had a client who couldn't tell me the answer to that question and I have asked that question thousands of times.

If a client has issues being grounded, begin the session at the root chakra. If the client has issues connecting spiritually, begin the session at the crown. You will find your sessions will be way too intuitively guided to stick to such a black and white protocol for very long, but I want to give you somewhere to begin.

### Treatment notes for session

I have included a sample of treatment notes for you for a session. Since there are not many areas that have state board regulation on energy healing, you are not required to maintain good client records and notes but I do recommend you create professional practices and keep up to date records on all your clients.

Not only is this a best practice to remember what happened in session and what recommendations, actions and resources you have shared in each session, it holds the level of professionalism high for the work that we are doing and elevates your practice. Make a file for each client and keep their records up to date.

## Sample Session Notes

When I use Chakra Talk in the session, the quick notes I make afterward will look something like what I have listed for you below. I use the voice memo function on my phone for efficiency and I say what has happened at the end of the session so I can go back later and write my notes in the client's file. Some coaches record every session and send the client the audio file so they can revisit the work.

I think sending the client a recording of a coaching session is a wonderful add-on bonus because sometimes it's hard to take all the information that comes so fast.

**Example Client Session 5/26:** Laine, 67 year old female, college professor

Laine and I have worked together remotely and in-person for many years. Her vibration measures very high when I dowse and she is one of the most energetically responsive clients I have.

Her hands go into spontaneous mudra positions during energy work, remote or in-person. She is able to naturally open up her meridian channels and work on her chakras with her own hands while I am connecting with her energy field. She has no intellectual knowledge of what her hands are doing and I find it fascinating to watch her do high level energy work with no training or understanding of the process.

She has never been curious to learn how to do healing modalities or methods and I feel in some ways she operates beyond systems and protocols. We have worked together for so long that her body is accustomed to achieving an altered theta brainwave state very quickly once I connect to her energy field.

We have worked together remotely with both our physical bodies in various locations all around the world and there seems to be no difference in how the sessions go, whether we are in person or not.

Her receptivity to the work allows me to learn and grow with her each time. This was the latest session and results I will share with you.

When I connected with Laine's energy, all her chakras felt balanced and open. I checked on her hara line and it was quite strong and straight. Her vibration was extremely high and I asked where to begin the session. I was guided to begin at the root and work my way up, connecting with each major center and asking, "How can we support you?"

At this point, information begins to flood into my consciousness and it's happening too fast to share it all at once. I meet every single chakra as an alive, aware and responsive being, so the answers are rapid firing like I am talking to someone. This is what Laine's chakras told me they wanted/needed.

**1-Root**-I want salt baths, more walks in nature, please be around more trees, it will help me if you are out in the forest more often.

**2-Sacral Center**-Please give me a ritual around self-pleasure. I would like flowers and beauty around as offerings when you are masturbating in a conscious and connected way. Make the environment around you more pleasing. Give yourself flowers.

**3-Solar Plexus**-I'm fine for the most part, but I would like you to take your hands (speaking to Laine) and place your own hands on me as healing tools so that I can feel the energy coming from your heart.

**4-Heart Center**-I would like to establish my own energetic connection to all the other chakras, one at a time. Can you please start at the crown and help me create a stream of communication and love so we can work more independently and each area of the body can feel my love and support? We are a family and we need to communicate more. Can they feel my love flowing to them in a stronger way? I want to feel their energy coming to me in a clear way, too.

\*This exercise took quite a while and it was a new learning experience for me to establish connection this way.

**5-Throat Center**-I need to say things that are not appropriate to say and I have no space to say them. I need to clear out things that frustrate me about my daughter. I love her but my resentment is building up and I need to be cleared by just saying some things out loud somewhere private. I need to scream in a car or in the woods and I can't get alone so I feel blocked. Please get some alone time and help me release. Let me scream and make ugly sounds.

**6-Ajna/Third Eye Center**-the 6th Chakra was doing very well and I checked on many things we have worked on in the past, but it didn't tell me it wanted/needed anything at the moment. I was pleased to see there were no more harmful psychic cords with the ex-boyfriend where we had cleared those toxic connections in the past. Very happy to see that no more mental energy was being harnessed from her and the boyfriend is staying "out of her head". Also checked on the flower essence that had been recommended for the third eye to see if she was still taking Trillium. Laine said she takes it only when she thinks about it, as needed.

**7-Crown Center**-all good at the crown,no support needed.

I dowsed to check ancestral trauma in her body, registered at 25% when we began and we took it to a zero.

Dowsed on sadness and measured at 75% and we neutralized sadness and transmuted to love, joy and fun.

\*This is just an example of how a session can go for me. No two sessions are EVER alike, no matter how long I have worked with a client. This keeps me learning and keeps the client coming back for more!