

Soul Intent Healing Centre



A Typical Healing

While all healings are individual to your needs there are some common practises that I use. There is a quick form for you to complete before your first healing. This form is for general information purposes and mainly designed to help me target some common issues.

Healings are in the privacy of my healing room. I use a massage table which enables easy access to more of your body eg the bottoms of your feet. It is also more comfortable for both of us not to perform contortions to enable me to access various energy blockages in your body. So you only need to remove your shoes and lie on your back. If this would be uncomfortable for you then please let me know and we can use chairs. I also use a blanket to keep you warm and comfortable if you would like.

If this is your first healing then I will start with an initial conversation to determine what has brought you to me for healing and to get a quick and general idea of the work you would like to do. I then provide an introduction of what I do and the common things that might occur. I find I am guided to inform you of things that you need to know but if I miss anything you have a concern about then please feel free to ask. It is important that you feel comfortable and safe in all things.

I then connect to spirit and place intention into the healing namely that *"the healing only comes from the light and is only for your highest purpose"*. I also get you to *"give yourself permission to release anything that doesn't serve you and to release it now"*. This intention alone has an amazing ability to move resistant energy and makes the healing more effective and quicker.

From there the healing session progresses in an intuitive way. Usually I will run my hands ABOVE your body to help tap into your energy to identify areas that need to be worked on. Sometimes there will be an area that demands instant attention and I just go to that spot. Often I will tap into your nervous system with my fingers from behind your neck but that might occur a little later in the healing. I quite often hold acupuncture points along your wrists and elbows, under your feet and around your ankles. Knees are also a common place to place my hand.

All healings are a little different. If you would like to know what I am doing and I haven't already told you, then please feel free to ask. Sometimes I will talk with you regarding the block I have found to help isolate the issue and belief affecting your energy. This can become a channelled guided meditation. Other times I just work quietly with your Higher Self and tell you what happened at the end of the session. This means you get to have a quiet rest on the massage table while I facilitate the healing. It is not uncommon for many people to slip into a deep sleep and yes they snore.

During the healing you may feel hot or cold. You may feel tingles or mild pain and not necessarily where I am working. Your tummy may rumble, you may need to go to the bathroom and sometimes you might just need to have a cry which are all good signs that you are releasing the blocked energy. I am there to look after you and will happily get you a blanket, tissue or just leave the room for a little while to give you some time to release these emotions in private. It is also common for you to not feel anything at all. Even for me as a person who has experienced healings from many talented practitioners; I still find there are times when I do not feel any of the work that they have performed. Rather I see the impact in how I feel and act later.

It is common for me to use the assistance of various tools to help me speed up the healing potential in the session. I use healing music and it is usual for the music to flow with the healing. I use crystals under the massage table and on or around you. I will also use

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therapeutic grade essential oils. If you have sensitivity to essential oils then please let me know.

Healers have various methods of releasing issues for you and these include:

- Identifying energy spots that require assistance.
- Using essential oils, music, crystals, singing bowls, drums and rattles to speed up the process of releasing negative energies.
- Sitting quietly and working with your spirit directly; or
- Channelling messages from guides who have come through to provide you with information.

All of these methods are used for:

- Healing dis-ease in the body.
- Removing sabotage or psychic attack (conscious or unconscious).
- Fixing or removing belief systems and/or filters that hold you back or cause repeated behaviour that is unhelpful for you.
- Removing genetic patterning which includes dis-ease and belief systems that have come through your genetics or past lives.

The entire healing is gentle & may or may not require touching your body. Again if this would make you uncomfortable then please let me know as it is easy to work above the body as well. The healing time is dependent on the nature of the problem/s. We have found initial healings can be up to 60-90 minutes then additional healings if necessary at 30-60 minutes. I often give you homework which are little "things" to do that support the changes that the healing has caused. For example – if we have worked on changing some behavioural patterns or beliefs I might give you some situations to try to approach differently. I might give you some methods of learning to ground your energy or bring it back into your body. I might give you some techniques to protect your energy from people who drain or upset you. It's not terrible homework but generally easy and hopefully fun. I can also make up some Flower Essence remedies as well to help with holding the new energy. Some common remedies assist with balancing hormones, stopping cyclic thinking or insomnia.

For more information please call me. I'm happy to explain anything in more detail if you have any concerns or questions.

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