



PREPARATION FOR HEALING

Standard Table Set Up

1. Have the head of the table as close to North as possible.
2. Clear the room with a clearing prayer and/or smudge.
3. Ground yourself and call your guides.
4. Have a chair available for healings that keep you in one area for extended periods of time.

Client Position and Preparation

1. Client lies face up and should be offered a pillow, eye pillow and leg support under the knees, especially if they have back issues.
2. Ask them to take a few deep breaths and let go of any tension they feel in their bodies.
3. Use a healing prayer to create a sacred space of healing for you and the client, setting the intention not to take on problems or leave any footprints, and call your healing guides to be present.
4. Ask that this healing be only for the higher good of you both.

Beginning the Healing

General Use for All Healings:

1. Always start off at the foot of the healing table where you ground and connect to the client by gently holding their feet. You can feel the sacredness of the individual as well as set your intention for the healing. Ask for any specific guidance at this point that can focus the healing session. Use both open and closed eye techniques.
2. Create the Lower Ellipse (Bow) with the client's legs by holding them under both ankles and gently lifting and pulling and aligning the lower body. When replacing the legs on the table, keep traction until they are at rest.
3. Go to the head of the table and create the Upper Ellipse by cradling the head and gently lifting, pulling and aligning the spine. When replacing the client's head on the table, keep traction until it is at rest.
4. Begin your healing.