

## Long-Distance Healing Write-up Years 1–4

As healers, we know that our healings are not bound by the third dimensional laws of time and space. The transmission of energy consciousness from the healer occurs, depending on the type of healing, *through all the dimensions*: the physical, the Human Energy Consciousness Field, Hara and Core Star. The energy received by the client can, depending on the type of healing, affect all the dimensions as well: the physical, the Human Energy Consciousness Field, Hara and Core Star.

Therefore, all the healing skills that you have learned so far can be practiced via long distance.

The main challenge in making the “leap” from in-person healings to long distance healings is to realize that in the same way healings are not bound by the laws of time and space, neither does our client need to be present in time and space for the healing to be effective. This brings in the importance of trust in long distance healing – trusting that healing will be as effective as if you were giving it in-person. The same qualities that support in-person healing also support long distance: alignment, loving presence, contact and transmission of energy.

HSP: This is a great opportunity to practice your HSP.

- A useful way of knowing whether what you are perceiving is accurate is to check it with more than one sense. For example, are you receiving the same information visually, kinesthetically and through direct knowing? If so, it’s more likely to be accurate.
- If it feels appropriate, compare your experience to your client’s experience after you have completed the healing.

### Long Distance Healing Steps

1. Connect with your client over the phone/online (Skype, Zoom, FaceTime, WhatsApp video etc.) to get their presenting complaint – max 10–15 min.
2. Either stay on the line with the client as they lie down to receive the healing or hang up. Here are some reminders, if you hang up the computer/phone:
  - Give the client a specified time that you will call them back—best if they have a gentle alarm on the phone.
  - Remind the client to put their computer/phone on mute to eliminate any potential outside distractions.
  - If your client likes music during healings, they can play what they like, but please make sure they have their audio muted.
  - Let your client know that there is nothing they need to do, just rest and receive.

3. Do a healer's prep the same way you would for an in-person healing, including:
  - Connecting to yourself, feel your body, ground.
  - Bring awareness and align to all four dimensions.
  - Set your intention for the healing to be able to read your client's field and connect with them energetically.
  - Invite guides for support.
4. Connect energetically to the client by staying centered within yourself, while also expanding your energy field out all the way to include your client in a unified field. Perceive your client as lying down on your healing table.
5. Using your HSP, assess your client's field, including any of the methods you have learned, such as hand scans and pendulum readings. Make notes on what you perceive and determine a healing plan OR practice the assigned skill in the DLM or the class.
6. Follow the format of the healing skills just as you would for an in-person healing.
7. Once you have completed energy work, make your notes and then reconnect with your client for debrief—share your experiences, receive feedback, including validation.

#### Extra Tips

- Make sure you stay grounded and charged as you would during any healing.
- Make sure you stay connected with your client.
- Your healing may move faster as you orient toward 4<sup>th</sup> dimensional reality.