

## Advice for Healers

by Theresa Crabtree

The majority of my SoulCleanse® clients are healers. Through the years, they have absorbed the low vibrational energies of others. In many cases, there has also been a transference of attached entities, from the client to the healer and vice versa. There are a few practices you can do as a healer to protect yourself.

If you do not have a strong, conscious connection with your Higher Self and your Healing Team, this is something you want to develop ASAP. It is not “you” doing the healing. The client’s Higher Self, your Higher Self and the Healing Team of both of you are doing the work in tandem. Unless you feel “called” to direct the healing, it is unnecessary, for the client’s Higher Self will direct the session. You just need to be the mediator and facilitator, under their direction. Foremost, be sure that you have permission to do work on the client and ask for clear Guidance throughout the session.

Before the meeting, make sure that you are emotionally balanced. If not, take several long, deep breaths until you feel relaxed. Also, make sure the client is emotionally balanced, as well. If either of you is off balance, you can transfer that anxiety, etc. to each other. It will also be harder for there to be a good energy exchange and the energies coming from your Teams can also be blocked. If either of you has attached entities, they can also interfere. In addition, if there is physical work to be done, such as chiropractic manipulation, tense muscles can cause injury. Thus, if either of you has just received upsetting news or cannot get calmed down, it may be best to make an appointment for a future date.

Whether you are meeting in person or remotely, set the space before the meeting. “Call in” the Team that you work with and ask that the space be energetically prepared. If you like to use sage, incense or other items such as essential oils or gemstones, do whatever preparation ritual appeals to you. If this is to be a remote session, ask the Team to also prepare the space where the client will be.

Once you and the client make the connection, whether in person or remotely, take a few moments to settle in so that both of you are comfortable and have everything you need to proceed. Be sure both of you are hydrated with water. Humans are like batteries and the cells are under stress, if not hydrated. If the session is to be long or it has been a few hours since either of you have eaten, consider offering your client some nuts or other type of protein. Both of you may be expending quite a bit of energy during the session.

When you both are ready to begin, direct your client to take several long, slow, deep breaths in and out with you. The goal is for both of you to let go of the stressors of the day. Allow your body and mind to relax. This will make the energy exchange easier for the body to receive. This will also make the mind better to give or receive any messages from Spirit during the session. If appropriate, encourage your client to share any messages for themselves or you, that may come during the session. Also, relay a message for them if one comes to your consciousness.

Then proceed with your session and consider some of the following options when the session comes to a close. Give gratitude to the Spirit Helpers, both your client’s and those on your Team. Let them and your client know that the session is now complete. Direct your Guides to remove anything non-beneficial that you may have absorbed from the client. Also, request that any of your energy left on the client be extracted and returned to you. Ask that the energies between the client and you now be disconnected. Then disconnect from the client’s Team. Also, disconnect your Team from the client. This can be done via a verbal request or you can do this mentally.

Offer some water and protein to your client. As you are winding up your conversation, note if they are stable enough to walk or drive. Depending on the work that was done, it may be several minutes before the client is fully back in their body. Then escort your client out of the space or disconnect via phone or internet.

Depending on the type of session, you may want to have a post-session chat with your Team, asking for any additional information or work to be done for the client. Then, do another clearing of yourself and your space. Remove or clean anything the client used. Next, wash your hands. While you are washing your hands, imagine that anything non-beneficial releases from you and goes down the drain.

I offer several free tools and resources on my website. You are encouraged to use them and to share them freely with your clients. Everything can be found at the bottom of any page in the "Sitemap" section.  
<https://www.theresacrabtree.com/>

Thank you for sharing your gifts. We all are One and when one is affected in a positive manner, this ripples forth across the universe. Love transmutes anything of a lesser frequency, so let your love and light shine bright!

Love, Light and Blessings on your Path,

Theresa Crabtree  
November 17, 2019