

Advice for Healers

by Theresa Crabtree

The majority of my SoulCleanse® clients are healers. Through the years, many of them 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 and better serve your clients.

First, I will say that your greatest protection is to call on Jesus Christ for assistance. Many of my clients and myself included have called in angels and other unseen spirits to help guide the healing sessions. However, the demonic realm has infiltrated every healing modality and become very savvy at impersonating beings of light. Instead of helping, they have hindered and created a lot of chaos for unsuspecting clients and healers. I witness the results of the insidious activities of demons every day. Having a strong connection with Jesus can help to stop this infiltration. Let Jesus call in the proper angelic helpers and let them guide the session. Your role is 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. Whether you are meeting in person or remotely, prepare yourself and your space before the meeting. If this is to be a remote session, send prayers that the person's space remains filled with peace and no distractions. You can ask Jesus to send protection angels so no demonic entities can enter either space. Prayerfully ask for guidance during the session and submit your will humbly so that pride or ego does not blind you.

Make sure that you are emotionally balanced. If not, take several long, deep breaths until you feel relaxed. If you have just received upsetting news or cannot get calmed down, it may be best to make an appointment for a future date. Otherwise, you may transfer your anxiety to the client and you may block the flow of energy between you.

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, invite 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. Breathing together will help to connect the two of you more deeply. That will make the energy exchange easier for you to send and for the client to receive. This will also allow both of your minds to be better in tune to give or receive any messages from Spirit during the session.

Then proceed with your session and consider some of the following options when the session comes to a close. If appropriate, offer some water and protein to your client. As you are winding down 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.

Give gratitude to Jesus and any angelic helpers he called in that were present. Disconnect energetically from the client so that none of their energy is absorbed by you and vice versa. Also, be careful not to absorb the emotions from any traumatic events they may have shared with you. If you find that you are often drained after working with a client, it is possible you are taking on their emotions or their entities.

Remove or clean anything the client used. Then, 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 in the “Sitemap” section. (Including this article.)

Thank you for sharing your gifts.

Let your love and light shine bright!

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