

Lesson Two: Staying Safe as a Practitioner

Working with high-level energies requires that you know how to stay safe. Many of us are porous with our boundaries, and emotional healing often involves clarifying and strengthening them. As a healer, this is even more vital, because you will encounter energies that can be difficult or even negative.

Your most important protection is keeping your vibration high. This is why the inner practices from earlier steps are essential: they keep your vessel clear and your field strong. You are already a radiant being of light. Protection is less about building walls and more about staying attuned to your true vibration. When you do this, you can remain steady and safe in the midst of any challenge.

Here are some other tips for staying safe. I've learned these from the healer's school of hard knocks - and sharing them in the hopes you won't have to go through all that I did!

1. Always open sacred space before entering into Quantum, or other energetic healing work. You are way safer as well as more effective and intuitive while in that pure field of consciousness.
2. Always call upon your healing team of the highest, purest light to protect and support you.
3. Have no agenda. Don't try to push or force healing.
4. Use your body pendulum often to keep checking in on the appropriateness of your healing methods. Keep asking God/Christ/your highest self to guide you.
5. Trust your intuition. If a new client approaches you for help and you don't feel right about it, refer that person elsewhere. Always check with your higher guidance before accepting new clients or students. Ask "is it safe and appropriate for me to work with this person? Is it likely he will gain significant benefit from working with me?" If you get "yes" answers to both of these questions welcome him as a new client.
6. Be part of a high-level community. This is a major factor. We've all heard the old story about the father who gathered his children together and explained the importance of them working together. He picked up a small stick and was able to easily break it. But when he bundled many sticks together the bundle was very difficult to break. This kind of trusted community support is even more valuable for energy healers.

And remember: as you heal yourself, the effects ripple both backward and forward in time - healing your ancestral lines and blessing the generations to come.