

Creating a container for the session

Before you start your session take some time to create a container for the healing.

You could create this container by setting an intention, stating out loud or internally that you are creating this container.

Pick a force that you like to work with, that feels supportive to the space you like to create. It usually makes sense to work with one set of forces, with masters or the angels, or source or something else.

You can call in whatever you like to ask support from. I like to work with Divine Consciousness. You may like to call upon God. You can also call in specific goddesses or earth energies. Pick a presence you want and invite it into the space you have created.

Consecration

Sitting in meditation visualise being connected through your crown chakra to the force you would like to call in, and offer up the fruits, the benefits, the merits of the healing session to that force.

Consecration is a yogic practice, applied by healers and facilitators as well, where you position yourself into a space:

- you are not the one who is doing the 'healing'
- the divine energy is acting through you
- the outcome of the session is not yours (not your success)
- the outcome is a success of source acting to you
- the energy, that comes in throughout the session, comes from source, through you; therefor the outcome belongs to the source as well

Consecration will help you to

- detouch from the outcome of the session
- acting from 'selfless' service, instead of pried
- detouch from 'wanting' the session to bring a certain benefit/outcome

Of course, you need to be prepared for the session, you need to know what you are doing, but healing does not take place because of your 'doing', rather because of the presence of the energy you call upon for support.

