

Soul Intent Healing Centre

THE SPACE

Whilst all healings are individual to your needs there are some common practices that I use. There is a quick form for you to complete before your first healing. This form is for general information purposes and designed to help me target some common issues.

Healings are in the privacy of my healing room or online. When in person, I use a massage table which is generally more comfortable for both of us. It prevents the need to perform contortions to enable me to access various energy blockages in your body, eg the bottom of your feet. So, you only need to remove your shoes and lie on your back. If this would be uncomfortable for you then please let me know and we can use chairs. I also use a blanket to keep you warm and comfortable.

HOW IT WORKS

I will start with an initial conversation to determine what brought you to me for healing and to get a quick and general idea of the work you would like to do. I then provide an introduction of what I do and the common things that might occur. I find I am guided to inform you of things that you need to know but if I miss anything or you have a concern, then please feel free to ask. It is important that you feel comfortable and safe at all times.

I then connect to spirit and place intention into the healing namely that *"the healing only comes from the light and is only for your highest purpose"*. I also get you to *"give yourself permission to release anything that doesn't serve you and to release it now"*. This intention has an amazing ability to move resistant energy and makes the healing more effective and quicker.

From there, the healing session progresses in an intuitive way. Usually I will run my hands ABOVE your body to help tap into your energy to identify areas that need to be worked on. Sometimes there will be an area that demands instant attention and I just go to that spot. Often, I will tap into your nervous system with my fingers from behind your neck but that might occur a little later in the healing. I quite often hold acupuncture points along your wrists and elbows, under your feet and around your ankles. Knees are also a common area to place my hand.

WHAT YOU CAN EXPECT

All healings are a little different. If you would like to know what I am doing and I haven't already told you, then please feel free to ask. Sometimes I will talk with you regarding the block I have found to help isolate the issue and belief affecting your energy. This can become a channelled guided meditation. Other times I just work quietly with your Higher Self and tell you what happened at the end of the session. This means you get to have a quiet rest on the massage table while I facilitate the healing. It is not uncommon for many people to slip into a deep sleep and yes, snore.

During the healing you may feel hot or cold. You may feel tingles or mild pain and not necessarily where I am working. Your tummy may rumble, you may need to go to the bathroom and sometimes you might just need to have a cry which are all good signs that you are releasing the blocked energy. I am there to look after you and will happily get you a tissue or just leave the room for a little while to give you some time to release these emotions in private. It is also common for you to not feel anything at all. Even for me as a person who has experienced healings from many talented practitioners; I still find there are times when I do not feel any of the work that they have performed. Rather I see the impact in how I feel and act later.

HEALING AIDES

It is common for me to use the assistance of various tools to help me speed up the healing potential in the session. I use healing music and it is usual for the music to flow with the healing. I use crystals under the massage table, on or around you. I will also use therapeutic grade essential oils. If you have sensitivity to essential oils, then please let me know.

Healers have various methods of releasing issues for you and these include:

- Identifying energy spots that require assistance.
- Using essential oils, music, crystals, singing bowls, drums and rattles to speed up the process of releasing negative energies.
- Sitting quietly and working with your spirit directly; or
- Channelling messages from beings from the light who have come through to provide you with information.

All these methods are used for:

- Healing dis-ease in the body.
- Removing sabotage (conscious or unconscious) or attached negative energy.
- Fixing or removing belief systems and/or filters that hold you back or cause repeated behaviour that is unhelpful for you.
- Removing genetic patterning which includes dis-ease and belief systems that have come through your genetics or past lives.

COMPLETING THE SESSION

The entire healing is gentle and may or may not require touching your body. Again, if this would make you uncomfortable then please let me know as it is easy to work above the body as well. The healing time is dependent on the nature of the problem/s. We have found initial healings can be up to 60-90 minutes then additional healings if necessary, at 30-60 minutes.

I often give you homework which are little things to do that support the changes that the healing has provided. For example, methods of clearing, protecting or grounding your energy or new thinking to set boundaries, create self-love or abundance etc. It's not terrible homework but generally easy and hopefully fun. I often recommend Flower Essence remedies to help hold the new energy and thinking from the healing, or to get you ready for the next step in your healing pathway.

By the end of the healing I am given an understanding of what further work you may need to do if any. I am shown how many might be required, the theme of the healings and the duration between healings. I find this is helpful for giving you an idea of the bigger picture of your life lessons and what is required to finally embrace the lesson.

For more information please call me. I'm happy to explain anything in more detail if you have any concerns or questions.