



Receiving a Long-Distance Healing

1. Start to prepare yourself a few days before, by being clear about the time, and decide on the place you will be in to receive the healing. This anticipation helps to align your intention to receive, and also establishes a connection to your healer, who will be aligning her intention to give.
2. Spend a few moments from time to time feeling into what might be coming up for you. This is not the same thing as 'thinking about what you want'. Beneath the thinking mind there is a 'felt sense' which is quiet, slow and subtle. Invite this part of you to identify and bring forth what you truly need for your own growth and healing. You could communicate some of this to your healer by email if you wish.
3. Plan how you will prepare yourself and your space on the day of the healing. You might take a walk or a shower, dress in comfortable clothes, light a candle, read your journal, or silently reflect. Notice anything that you might be consciously avoiding asking for, and consider if this might be your real need at the moment.
4. At the appointed time settle into your healing space. Allow for an hour of uninterrupted time. I sometimes set an alarm clock to go off in an hour. Lying down palms facing up is a method that may assist in receiving the flow of energy; you may sit although the later is preferred. Your eyes may want to close which is fine, if not a gentle soft gaze without focus would be welcome. If your mind starts to wonder with thoughts of what else has to get done, or continued self talk, ask that those thoughts may float away in a passing cloud, so that you're open to receive the energy during this healing.
5. During the healing you may experience some strong physical or emotional sensations, long-forgotten memories may return, or the body may twitch or spontaneously adjust itself. These are all normal in this type of healing work, because deep changes in the energy-consciousness system filter through into thoughts, emotions and the physical body. Realizing this is only energy that appears to be shifting. You may start to have some new awareness' of certain issues, your dreams may become quite vivid, you may also be placed in situations that spark a new direction, like one you could have never imaged. The possibilities are endless, as a shift in your system may start to bring about changes you could never plan.
6. The period of integration, in which your body gradually adjusts to the changes, which will continue for several days after the healing. Plan for some gentle self-care afterwards, to retain the greatest benefit from the healing session. Do not be hasty in returning to vigorous activity, either physical or mental.
7. Consider whether you are fit to drive straight after, because the experience can leave you in an altered state of consciousness, which feels very pleasant but may leave you spacey. Take a walk, bringing consciousness to every step as you take it, or sit and just be present with yourself, and enjoy your own company.