

PROTECTING YOUR ENERGY WITH ENERGETIC DISCONNECTS

Always remember to consciously disconnect from your client's energy after every healing session.

The Shower of Divine White Light

Disconnect from your client's energy by envisioning a shower of Divine White Light falling gently over your entire being. This method can be used after working with a client or when you do healing work on yourself.

Wash and Return the Energy

You can ask Creator to dissolve hooks and cords between you and your client. Use this statement:

“Pull any of the client's energy left in my space, wash clean and clear in God's light and return it to them. And pull any of my energy that may be left in their space, wash clean and clear in God's light and return it to me. Thank you.”

The Energetic Break

You can also disconnect your energy with the Energetic Break method. You can do this by rubbing your palms together in front of your chest. Then, simultaneously push one palm away from your chest and bring the other palm back toward your chest. This energetically sends the other person's energy back to them and brings your own energy back to you.

