

# Conscious Light – Checklist

Before your client arrives:

1. Prepare your vibration before your clients arrive: Imagine surrounding them with light filled love and prepare your vibration by practicing the last two meditations, White light and Higher Self.
2. Smudge your body and the room
3. Remove jewellery
4. Have the tools ready
  - Sandalwood incense – helps with removing negativity.
  - Bowl with salt water – where you place the negativity
  - Tibetan singing bowl (optional) – raises the vibration and alerts the client when the healing is finished.
  - Meditation music – calms you and the client and the rhythm softens your pace.
  - Oil in hand lotion - to have your hands smelling lovely.
  - Candle – creates an ambience.
  - Massage table – (optional). A mat on the floor is perfectly fine if you have good knees and young agile clients.
  - Two pillows.
  - Soft blanket - unless it's hot or the client feels more comfortable without it.
  - Tissues - for the client should they need them.



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Client arrives:

After spending some time with your client to help them feel comfortable, 'observing' your client's journey to keep from losing your energy. Cut regularly if you need to.

Ask your client: "What emotion in particular would you like to let go of today?"

If they struggle with finding an emotion, give them time to listen to their body, go into their physical pain and ask what emotion is connected to this pain.

Suggest to your client "breathe in light filled love and breathe out <the emotion>" e.g. fear, anxiety, regret etc.

5. Hydrate and feel comfortable.
6. Decide, face up/face down.
7. Intention for your client: "I intend to help create the highest possible healing to the deepest possible cellular level of your being."
8. Intention for everyone: "I intend to expand this healing to everyone who needs this assistance."
9. Permission: "Do you accept this healing?"
10. Mind chatter. Suggest the client if their mind has doubts and full of chatter, to best allow the healing to take place, repeat "**I don't need to think about that right now**" over and over, followed by "**I accept this healing.**"



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## 11. Beginning invocation

I ask the Source of all creation to create for us (meaning you and your client) a crystalline temple of light to surround us. We invite Archangels Michael and Raphael, all of our high level guides, angels, masters and great beings of light to join us. I ask that you clear and cleanse all energies which are not of the light and that this temple be filled with the highest, brightest, most radiant light needed for our healing, our growth and our light” Thank you, thank you, thank you.

## 12. Sweep and feel the energy

## 13. Build the energy - hand positions.

## 14. Sweep the energy at the end of a healing

## 15. Let the client know the healing is now over

## 16. Cutting the cord of attachment

## 17. Cutting action

## 18. Closing invocation:

Thank you to Archangels Michael and Raphael our Angels, guides, masters, and great beings of light for this healing. Thank you, Thank you, Thank you.

## 19. Hygiene

## 20. Hydrate again



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## 21. Sharing

We must inspire each other to empower ourselves by sourcing and accessing the advice, guidance and support each of us need from our higher selves.

To help your client with answering their own questions and receiving guidance from their higher self, recommend the following free services on [www.robynegibson.com](http://www.robynegibson.com) :

- The first five visual guided meditations in the Align Module of Higher Communications; with the last meditation being ‘Higher Self’.
- The eBook ‘Guide for Empaths – navigating life with more ease and grace’ with self-healing techniques which include Automatic Writing.

## 22. Grounding

Imagine sending love from your heart into the earth. The earth loves you too, so imagine that love wrapping around the core of the earth and with the earths love added, back up, up, up into your heart. Like a loop of love from the earth to you.

## 23. Tip the salt water down the toilet

“Thank you Archangel Michael for transmuting this into healing energy and love for the earth”

