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Conscious Light

When invoking the high level light beings, masters and guides as you do in this work, the light which you call upon is a living entity, a form of consciousness.

When you surround yourself with this light, fill your body, project and radiate it, you include the beautiful qualities it holds.

Qualities of higher purpose, joy, trust, goodwill, oneness, radiance and *Love*.

About Robyn

Robyn is a Quantum Hypnotherapist, Grand Master of Conscious Light and the co-founder of the Higher Communications visual guided meditation program.

All work on www.robynegibson.com is created ensuring the needs of the hard of hearing and deaf are met. The meditations are guided in a visual way, and all video instructions have accurate subtitles.

Robyn has been practicing healing in many forms since the mid 1980's which includes Hypnotherapy to reach forgiveness, Past Life Regressions, Reiki Master, Advanced Pranic Healer and Reflexology and currently studying to become a Light Body Teacher.

She is committed to assisting those ready to heal and embrace confidence in their own spiritual path and inspiring those ready, to awaken the master within.

Welcome, I'm so excited you're here and are interested in practicing energy healings with Conscious Light.

It was over 30 years ago when I felt this very strong desire to practice energy healing, but had no qualifications, so went with what my higher-self guidance, and my Guide told me to do and invited friends over for a healing when they were going through a difficult time.

Part 1 – Introduction, Preparation, Tools & Invocations

I was working full time as a Receptionist at a large Consulting Engineering firm at the time. I remember being surrounded by really intelligent people and feeling a little out of my league being the only one having not gone to

I was at work and I remember the moment I asked my higher self "What am I here to do?"

I received a very firm, clear message "Love people."

university, and was really lucky that I passed anything at all at school.

Now that hit me powerfully, because that was the one thing I actually knew how to do – love people. And I had a sense from the message I received, that it was a really important job. No university degree required.

I needed to heal me first

The journey for me really started much earlier than that, because I had the need to heal and empower myself first. I struggled emotionally and felt immobilised with grief, and felt extremely sensitive to other people's energy.

Not having the tools to uplift me, created a burning drive to seek the inner help I needed. When my heart hurt, I researched.

The universe answered my call by having a lady I worked with, the beautiful Carol Turner, buy a book, which she found she simply couldn't get into, and handed it to me saying "Robbie, I think this book is for you!"

The book is called Personal Power through Awareness by Sanaya Roman who channels a Spirit called Orin. Orin's words are still nectar to me and I am and for the rest of my life will always be a student of Orin.

I felt like Orin was speaking directly to me, and soothed me in such a way that I quickly healed from my challenges. I changed the way I handled situations and meditation became a dedicated practice in my world.

Orin taught me how to become confident by showing me I had my own wisdom available to me in my higher self and introduced me to my guide, White Cloud.

Orin explained that the most important lesson one can teach another is how to access to their own wisdom through their higher self.

That's why in Higher Communications, the first five meditations in the Module called Align are free, the last one being "Higher Self."

Orin, White Cloud and my higher-self gave me the confidence that what I had learned (and would continue to learn) is of value and will be powerful processes in supporting others to heal too.

The healings began

My husband, Shane worked on Saturdays which meant that I had the house to myself.

At work, I found because I was at the reception, an area separate from where our other colleagues sat, the wonderful people I worked with would feel safe to share their private challenges and secret illnesses with me.

They knew they could trust me and that I loved them. I would say "Come over to mine on Saturday and let's do a healing on that." This went on for almost 20 years.

It wasn't long before my Saturdays became full. I found it best for me to limit my healings to a maximum of two a day. Not because I was exhausted, but the energy which runs through your body is so soft and delicious, snuggling up and enjoying this feeling is a self-nurturing thing to do.

After over 30 years' experience, I now introduce you to [CONSCIOUS LIGHT – healing energy program for the beginner](#), the first degree in this beautiful system of natural healing.

How to use this information

Your first step is to become powerful, and to do that, use the following self-healing techniques and meditations on yourself first. Practice how it feels.

We need you powerful.

Visual Guided Meditations

You have free access to the Align Module of Higher Communications which has the first five meditations:

- Letting your thoughts go
- Walls of colour
- Release burdens
- White Light
- Higher self

Practice them over and over until the processes in each meditation feels natural to you.

See
Align
Module

GUIDE FOR EMPATHS – navigating life with more ease & grace eBook

You have free access to the Guide for Empaths eBook which has self-healing techniques and ways to enlist the Universe's support.

Practice the techniques for yourself so you know what each one feels like. You will find the information in this eBook amazing and ideal to recommend to your clients.

See GUIDE FOR
EMPATHS

in FREE
RESOURCES

CONSCIOUS LIGHT – healing energy program for the beginner

This eBook you are now reading, clearly outlines what you need to gain both the confidence and competence to begin your energy healing practice.

Videos

You will find videos of instructions throughout to show you in a visual way to help you clearly understand and gain confidence. Click onto the images which have the below background to view each video.

See Links &
Video
Instructions

You will also find a gold button called VIEW VIDEO INSTRUCTIONS on the FREE RESOURCES page of this website which links to a separate page listing all the video instructions together to make it easy to learn.

Checklist

If you are new to these practices, it can feel so overwhelming. Please don't worry, there is a checklist at the end.

Choose a friend to practice together

It's so fun to practice with a friend.
It's such a loving thing to do with someone you care about.

Your bond will become even stronger as you practice on each other.

Further growth opportunities

Growth is endless and inevitable when you do this work. Your next step:

The MASTER CLASS

See
CONSCIOUS LIGHT
MASTER CLASS

In the Master Class, you will learn the second and third degrees of Conscious Light taking you to Master Level, meaning you can teach this work and it includes the full Higher Communications meditation program.

You will have advanced techniques to support your clients and empower them with the inner work through the meditations to release and let go of any trauma from all directions of time which may be holding them back.

There is everything you need to hold workshops and group healing sessions either in a casual workshop or more formal retreat environments if this feels like fun to you.

On completion. You will be offered an affiliate opportunity of 35%, should teaching other healers be your path. Your clients will receive a 10% discount, to inspire them to use your specific code.

The beginning for me

When I first started all I had was a meditation practice, a mat on the floor, a candle burning, a couple of pillows to make it comfortable, a blanket if it was cold and my intention.

To prepare, I would meditate, fill the house up with love and imagine pouring love into whoever was coming over.

I knew I could call upon White Cloud and my angels to help me.

I would send my client home with a meditation practice which I had written specifically to what they needed at that time.

My mother in law was always an enthusiastic participant whenever I learnt something new.

She accepted the different way I viewed the world and I was so very grateful she wanted to be a part of my healing interests. I called her mum, and through these healings, she and I formed a very special bond.

Many years later, after she had passed away, I was doing a healing on Shane. The moment I touched him with healing intention, instantly standing beside me in spirit form was my mother in law. She took me by surprise.

Naturally, the tears flowed, but I kept my hands on Shane so I wouldn't lose the connection with her. She gave me this message:

“Even though before I didn't really understand, I do now. I can help you, especially when you work on my son.”

Your high level guide and high beings are with you

I have had a relationship with my Guide, White Cloud for a very long time, but I want to reassure you that you don't have to have had any experiences with your guide in order to do this work.

Meditation 7: 'Meeting your guide' will give you an introduction.

See MEDITATIONS

It's important to understand that you're not actually the healer, you're the conduit from which you call upon high level beings to work through you. This healing energy has been called several names, Reiki, Chi, Prana come to mind.

It's the same energy, same power.

I'm sure there are other names, but they are all the same. This energy enters your body from the high level beings and extends out through your hands.

You can use this energy which I call 'light filled love' to place on your own body for a self-healing, and to help others.

What is this energy anyway?

I became a Reiki Master and Advanced Pranic Healer and my clients would often ask me to explain this energy and what it is I am doing.

My answer has always been the same, "Its love."

My most precious memory of having been asked this question was by my grandson. At age eight I gave him his first healing (that he knew of) when I had him on my own at home one day. He asked "What are you going to do Nona?"

"I'm going to pour love into your body through my hands."

He allowed this love so naturally, and laid there in the deepest possible restful, peaceful state.

When the healing was over, and he eventually surfaced – which took quite some time – he slowly sat up and wrapped his arms around me for the longest hug I have ever received.

I could feel his most incredible love pour back into my heart from his. It was the most profound, precious experience.

In all my life I will always remember that hug.

Sensitivity - your power is within

For you to have read this far, indicates that you are a Sensitive or Empath. People like you and me will always be faced with challenges from time to time where we will need to heal our emotions.

When Sensitives are powerful, we are prepared to ask ourselves the hard questions like "how have I contributed to this situation?" or "how can I change to make it better the next time?" or "How can I be better?"

Rather than judge others or cast blame, **powerful** sensitive people look within to create change.

This is where your power is!

HUGE value when you ask your higher self “how can I change?” “How can I be better?”, “What can I do different?” and then act upon it.

There is no value in asking someone else to change - good luck with that one!

Higher Communications - visual guided meditations

The world needs powerful sensitive people like you

The visual guided meditations each have an important practice in letting go.

There are trillions of cells in our bodies which hold the shadows from trauma of the past and the inner work in these meditations replace the shadows through forgiveness, changing beliefs, and becoming more intuitive and viewing situations and people from a higher perspective fills the cells instead with Conscious Light.

Sensitive people play an important role in uplifting the vibrations of this earth. We need you at your best, because when you are, you have a huge positive impact on the people around you and that ripple effect goes further than you know.

Practice the meditations in Align to prepare your energy for this work and ensure you are confidently connecting with your higher self on a regular basis.

Self-healing with Archangels Michael and Raphael

The eBook **GUIDE FOR EMPATHS** have the techniques to ensure you have the best possible power base and will give you an insight into Archangels Michael and Raphael.

The Archangels Michael and Raphael are devoted to supporting healers and are important to have by your side.

All you need to do is ask for them and they will be there for you.

Practice on others

In order for you to be powerful, you must stay above the drama of others. I can hear you groan from here - you can do this!

OBSERVE your client to keep your power, because you need to be powerful to care for yourself and serve others in the highest and best way.

The ‘Pain Body Meditation is the ideal practice to learn the Master Practice of ‘observation’.

Meditation 12: 'Pain body' is a safe practice in 'observing' others to keep the distance so you are not falling into the drama of your client – and others.

See MEDITATIONS

What emotion would you like to let go of today?

Observing your client, work out together the answer to this question. This is a more proactive conversation than listening to their 'story,' which can often be lengthy and energy zapping.

Holding on to the negative thoughts and negative emotions can mistakenly feel almost like a shield protecting your client from getting hurt again.

In Conscious Light it's your aim to release this emotional pain, allowing the cells in their body to fill instead with the feeling of peace and the feeling of love.

You will find the below 'Emotions List' to assist you, because if for some reason your client can't think of one, it's handy to have a list to work through.

Emotions List

View Links &
Video
Instructions

Understand that their journey is their journey. Your journey is your journey. Before we were born we chose the path, our family, the lessons, and the traumas we experience in our lives.

Yes, I know, some people, and this could be you, may have experienced the most devastating, heart wrenching experiences.

Allowing healing and self-love is all part of your divine plan.

Meditation 9: 'Forgiveness' is gained through an age regression technique. This is very powerful process.

See MEDITATIONS

When you feel doubt

Sensitives always worry if they are doing it right!

You can't do anything wrong.

All you need is love as your intention and your client's permission.

If this sounds scary, and your mind is creating doubt, please don't worry, I'll show you how to *set your intentions* and call upon the high level beings in the *invocation* which follows.

Intention for your client

Set your intentions at the beginning of the healing as the client lays on the table. Say it so your client can hear as it's reassuring for them to know you have their best interests at heart.

"I intend to help create the highest possible healing to the deepest possible cellular level of your being."

Intention for everyone

You can lift the vibratory note of everyone by imagining that everything you do to help heal and empower others goes out to everyone else who needs this assistance. Set the intention that as you are assisting your client, you are also assisting everyone in the world with the same problem.

"I intend to expand this healing to everyone who needs this assistance."

Permission and Allowing

After sharing your intention, receive permission to do the healing by asking:

"Do you accept this healing?"

Once they acknowledge to you that they accept, you then have their permission to begin.

Your client **ALLOWING** the healing to take place is important and gaining permission begins the process. Allowing can often be a challenge because it's so easy to have doubt, they could be nervous, or have been holding on to negative emotions for some time.

I've often heard "What if I can't do it Robbie?" I always respond with "it's okay. All you need to do is relax and listen to the music."

Clients doubts and Mind Chatter

Suggest to your client, when their mind is experiencing thoughts of doubt or mind chatter, a helpful tip is to say in their mind over and over...

"I don't need to think about that right now." Followed by "I allow"

Surrendering and allowing the healing is so much easier for them when they do.

Shifts can happen before your eyes and sometimes they can happen later.

Prepare your vibration before your clients arrive

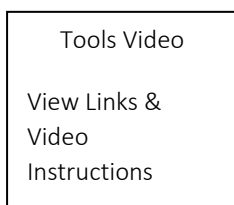
The meditations in the Align Module of Higher Communications take you through to clearing your energy centres, releasing burdens and fear, filling your body with light filled love, and reaching for wisdom from your higher self.

These are the perfect meditation practices to creating a clear channel.

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.

The tools

There are a couple of important tools and practices which are wise to include. Some tools are optional, but really add to increasing the vibration in your work.



Sandalwood incense – 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.

Sandalwood incense to smudge

Sandalwood incense is used for [smudging](#). It assists with removing negative energy.

Eyeglasses and jewellery

Before your clients arrive, remove any jewellery and eyeglasses you may be wearing and smudge them. Place the jewellery somewhere safe.

If you're unable to remove any jewellery, smudge them on your body.

Your body and the room

Smudge yourself and the room. Remembering to smudge under your feet and above your head. If you have a big room, and it's not too overwhelming, keep it burning. My room is quite small, so it can be a little much, so when that happens, I stop it from burning.

At the end of the healing remember to re-smudge your glasses should you be wearing any to remove from your body any negative energy which may be present.

Bowl of salt water (very important)

A handful of rock salt in a cup or two of water in a bowl is where you intend all the negative energy from your client to go. Salt is a crystal and it absorbs energy.

Set the bowl aside for this purpose only because it's not wise to also use it to serve salad.

Disposing of the salt water

At the end of the healing, tip the contents down the toilet, and as you do, affirm:

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

Be sure to change the salt water between clients.

Special Note: If you need to have water to drink in the room, to keep it negative energy free, please make sure it's in a sealed bottle and not in an open glass.

Tibetan singing bowl (optional)

The Tibetan singing bowl raises the vibration in the room and has the most beautiful tone. I like to run the sound up the spine of my client before they lay down. I alert them at that time, that I will use this tone to let them know when it's the end of the healing.

It's a gentle way to indicate that they can come back to the now and rise slowly from the table when they're ready.

Meditation background music

Google has 'Meditation Music' on one of those 'Home' devices which are beautiful. www.OrinDaben.com has music I love.

If you or your client is hard of hearing, the music will still improve the vibration in the room. So use your intuition, and practice how the music feels to you.

Oil in hand lotion for lovely smelling hands

It's important your hands are clean and smell lovely. There's a range of amazing essential oils on the market but make sure when you use them they're diluted appropriately so your skin can handle them. I've burnt my hands in the past, and now add a couple of drops to hand lotion which feels lovely.

Candle

Apart from candles setting a lovely ambience, I always imagine as we are calling upon light filled love, it makes sense to include a candle in the room, the kind which you light. Not the battery operated one.

Massage table

It's important that you're both as comfortable as possible. If you are tall, practice horse riding stance and keep your back straight.

When you are using a massage table, make sure there is a hole at the top for your clients to breathe through for obvious reasons. You also need to make sure their face is resting against something soft.

I use a soft travel pillow which is in a U shape, but secured with a hand stitch to close the gap. I find this absolutely perfect to nest the face, and to test it, I laid down on it and promptly fell asleep.

A good sign, and I woke up with no pressure marks on my face – that's the aim.

Pillows

Making sure your client is comfortable and relaxed, placing pillows and checking with them that the positioning is suitable for them is important.

When laying facing up, one pillow under the neck and one under the knees takes pressure off the hips is usually the most comfortable.

When lying face down, one pillow under their ankle just above their feet again to take pressure off the hips, remembering to nest their face in something comfortable like my travel pillow.

Towels

I lay a towel over the massage table and over each pillow. I find rolling a small towel to place on the outside edge, beside or under their arms to hold them in place. Sometimes I suggest they tuck their thumbs slightly under their thighs.

It feels really lovely.

Soft blanket

A soft blanket is very comforting to some unless it's hot. Check with your client what feels best for them. When I was really little I remember falling asleep on the floor and the feeling of love when my mum would throw a blanket over me.

I tried that on my step kids, they were 2 and 5 when I first met them. Instead they would cry out "Robbie, I don't need a blanket!"

I had to hold back feeling slightly deflated, but also saw the funny side.

So not everyone likes a blanket.

Tissues

When you're showing love as you do through a healing, you may find your client becoming emotional, especially if they're going through a difficult time.

Cut from your client

Cut from the client if you find yourself drained from their drama, remembering to 'observe' them and give them full permission to sob away and let it all out.

It's an important part of the healing process.

You may reassure them it's okay:

"Sob away, that's what this safe space is for."

Continue with the healing or if you're finished, give them the space they need.

It's also not essential for the client to feel emotional at the time for a shift to take place. It's an individual experience. I've reacted in various ways when I've received healings.

Face up, face down or both

Depending on the client, I use my intuition as to whether to have them face up at first, then turn them over to do their back. Or do the whole healing face up, or face down.

Remember it's only your intention which matters – your guides are working through you - there is no mistake.

I feel men are more comfortable facing down throughout the whole session, providing that's possible.

It's easier to surrender when you're lying face down.

They are more likely to relax their muscles and often will fall asleep. You may like to let them know beforehand if they fall asleep, that's perfectly fine.

Let them know it's a perfect opportunity to take this time out to have a break from the world.

I have some clients who for various reasons can't lay face down, for example if they are in a hospital bed, suffer from vertigo or who are wheelchair bound and will need to stay seated throughout the session. These can all be accommodated and I will show you how in the final chapter.

Hand positions

Placing your hands gently. You will find the video will give you confidence with the positions. Remembering, as I shared earlier, you have options:

- a. Start face up and turn them over to also do their back, or
- b. Face up for the whole of the healing.
- c. Face down for the whole of the healing.

Face up video

View Links &
Video
Instructions

Facing up

1. One hand on the nape of the neck at the back (asking the client to gently lift their head so you can place your hand under) and the other hand on the ajna centre – which is the centre of the forehead. You may know it as the 'third eye'.
2. The eyes.
3. The ears.
4. The throat (keep your hands away from the throat, perhaps one finger gently touching the shoulder. You don't want them to feel in any way strangled or restricted. It's a delicate area to be mindful of.
5. The shoulders.
6. The heart chakra.
7. The solar plexus chakra.
8. The sacral chakra.
9. The basic, with your hands touching the side of the body, never in the centre of the body for obvious reasons.
10. Making your way from the top of the legs, down to the feet.
11. Top of the feet.
12. Soles of the feet.

Or one hand on top and one hand on the underside of one foot at a time.

Face down video

View Links &
Video
Instructions

Facing down

1. One hand on the nape of the neck and the other on the crown centre.
2. The ears.
3. The shoulders.
4. The back heart.
5. The solar plexus.
6. The sacral.
7. The basic, again with your hands touching either side of the body, the hip area.
8. Making your way from the top of the legs, down to the feet.
9. One hand on top and one hand on the underside of each foot.

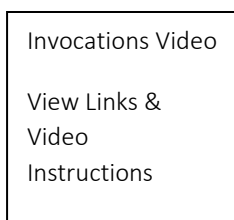
It's wise to let the clients know where you're placing your hands before you start so they feel comfortable with the process.

When I first started I wasn't doing that and the first man I worked on I started with face up, and he later explained that by the time my hands had reached the solar plexus area ready to move down, he was rather concerned.

We had a laugh about it, and I was grateful for the lesson to reassure the clients before starting.

Invocations

To begin start with the following invocation to call upon the high level guides, masters and great beings of light, including Archangels Michael and Raphael.



We ask for 'high level' guides, because we only allow the highest possible beings to enter your crystalline temple.

*It doesn't matter if you can't see them,
you have asked for them and they will
be there for you.*

All you need to connect with these beings is your desire and intent to do so.

When it comes time to do the healing, their light filled love will come down through your crown centre, to your heart, filling your whole body and out through your hands to your client.

It's a wonderful feeling.

Making the connection

When I asked my guide how they knew we were calling upon them, he told me that they know when humans are reaching for them because they actually see our light rising upwards alerting them of our intention to connect with them.

That made complete sense to me, because I remember when I was a little girl, I used to go to church with my aunt. Auntie Anne and I used to love harmonising together when it came time to sing the hymns. That was my favourite part.

The rest of it I really didn't understand, but I do remember watching the priest, and seeing his colours rise up.

I used to say to myself:

“My eyes are doing that funny thing again!”

I now realise I was watching his light rise up.

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”

At the end of the healing we thank the non-physical beings for their protection and their healing.

Closing invocation

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

Part 2 – The Practice

Before your client arrives.

I always surround my client with light filled love before they arrive, just by using my imagination and prepare my vibration so I am ready for them for when they arrive.

Prepare your vibration

Practice the meditations White Light and Higher Self and say the following invocation to surround yourself with a crystalline temple and the high beings will see you and be there for you.

I ask the Source of all creation to create a crystalline temple of light to surround me.

I invite Archangels Michael and Raphael, all of my high level guides, angels, masters and great beings of light to join me.

*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 my healing, my growth and my light.
Thank you, thank you, thank you.”*

When the client first arrives.

Have a cup of tea with them to ease any anxiety they may have. This is the time to listen to their needs and make sure they feel comfortable.

Step into **OBSERVATION** mode. Acknowledge to yourself it's their pain body, their journey, not yours to carry. Practice observation - practice, practice, practice.

Determine the emotion

Ask your client:

"What emotion in particular would you like to let go of today?"

If they struggle with finding an emotion, there is an emotions checklist provided to refer which will be a great source.

Also suggesting your client listens to their body, focus inside their physical pain and ask what emotion is connected to this area.

Suggest to your client to "breathe in Light filled Love, and breathe out that *particular emotion*" there and then and throughout the healing.

Begin the healing

Make sure you are both comfortable

When you are ready to start, make sure you're both comfortable and hydrated. So empty your bladder and take a small drink of water and ask your client to do the same. Then ask your client to hop up on the table.

Face up or Face down

Determine to yourself if you are starting face up or face down. Use your intuition, there is no mistake!

Invocation and intention

Say the invocation and express your intention to your client so they feel comfortable and safe.

Say quietly in your mind your intention that this healing assist everyone in the world who needs and is ready for this healing.

Go with how your heart feels or how you feel intuitively guided to ensure your client is comfortable.

Sweep and feel the energy

The very first move is to sweep the aura of the client. It's a very comforting thing to do and as you do, flick any energy from your hands from that sweep into the salt water bowl. Sweep seven times above the body and seven times below the body.

Sweeping & feeling
the energy video

View Links & Video
instructions

As it's not possible to reach under the body, you just imagine stretching the energy of your arm long enough to reach below the body.

To touch or not to touch

The light filled love will come down through your crown centre, fill your heart, build up in your body, and out through your hands just like the 'White light meditation.'

Be gentle with your hands. Use a soft touch. At first you may be concentrating with so much intention it's easy to be a little heavy handed.

Have a friend gently cup their hands around your face so you can experience what pressure feels good to you from someone else's hands.

When you change the location of your hands, move them one at a time, aiming to keep a connection with the body at all times, although you may experience a client who doesn't want to be touched.

If a client doesn't wish to be touched, you can accommodate them by placing your hands a comfortable distance just above the positions on the body.

Build the energy

The light filled love energy from your high beings come through your crown centre as you breathe in, and you **build it up** before releasing it through your hands on your outbreath. The two places energy can escape is where there are gaps in your body. One is your mouth and the other in the genital area.

Connect or close the gaps in your body

To stop this energy escaping you keep the physical connection by holding the tip of your tongue to the top of your pallet for the whole of the healing (unless you need to speak) and clenching the same muscles you use in pelvic floor exercises.

Build the energy
video

View Links & Video
Instructions

The first time I taught a man to Master level Reiki, I actually didn't quite know what to say at this point.

He got the message and it was hilarious watching him when it was his turn to teach another male.

I cracked up laughing because he said "Lift your testies!" and gave a short sharp whistle with an upward closing hand gesture to prove the point.

So there you go men – lift.

So clench as you breathe in, hold your breath a few moments to build the energy (you will begin to feel hot), and unclench only after you have let your breath out.

Breathe out through your nose. I keep my tongue to my pallet throughout the whole of the healing unless I need to speak, and re-clench just before the next in-breath.

It gets easier as you practice and it's a great exercise for your inner core.

Example healing

The below video is an example and I would stay much longer on each position except for the sake of the video length it is a very quick example just to give you an idea.

Please linger longer as you intuitively feel on each position that I have shown on the video below.

Face up healing
example

View Links & Video
Instructions

If you now wish to also do their back, ask the client to slowly roll over facing downwards, be ready to remove the pillow from under their head and place the nest for their face so they are comfortable and relaxed.

If they have a blanket, take charge of keeping it in place and change the position of the bottom pillow under the ankle area so it's comfortable for their hips.

As I type this I must say it does seem like quite the business, but you get used to it. You do need to have your act together though.

I usually start and end facing down with men generally, they are more likely to relax and allow.

Final sweep and practice feeling the energy

Sweep the energy seven times above the body and below the body at the end of the healing, just like you did the first time, flicking any negativity into the salt water bowl.

Final sweep video
View Links &
Video
Instructions.

Practice feeling the energy and see if you can detect change.

If you can't feel it, don't worry, this work is about relaxing and enjoying what you're doing.

There are great healers on earth who don't see or feel a single thing, but one thing they do know how to do, and that is how to love.

Let the client know the healing is now over

It's now time to bring out the Tibetan Singing Bowl, or gently let your client know the healing is over.

When they come to the surface, quietly reassure them they can take their time and if they need a hand coming off the table you're there to assist them.

End of healing
video
View Links & Video
Instructions

Part 3 – Closing procedure, seated healings, psychic attacks and self-care.

We have come to the end of the healing now, and it's time to say the invocation thanking all the beings who helped you.

Closing Invocation

“Thank you Achangels Michael and Raphael, our angels, guides, masters, and great beings of light for our protection and our healing. Thank you, thank you, thank you.”

Cutting the cord of attachment

During this time, you and your client's souls have made a connection.

This is a really beautiful experience and you will find as I have, that those you have done a healing with, on some level, understand this and never really forget it.

This was particularly obvious to me when one of my clients asked me to do a healing on their dog Ruby. We lived in a caravan park in Coral Bay at the time because we were making our way around Australia (extremely slowly).

The managers of the park who owned Ruby were worried, because she had recently had an operation on her hip and leg and she was really struggling.

Up until this point I actually was a little nervous about Ruby because she wasn't at all friendly. When it came time to do a healing on her, on my own, I bravely entered the house (his mum and dad were at work) and somehow she knew and completely surrendered.

From that day onwards, Ruby's tale wagged no end with a smile on her face every time she saw me.

And if I had a tail it would have wagged too, because we had a connection, which started the day I did that healing.

You do however need to cut the energetic cord of attachment at the end which happens just after the Tibetan Singing Bowl or after letting them know gently the healing is over.

Cutting action

With your hands in a chopping position (four fingers together with thumb up), slice in front of your heart and in the back of your heart as best you can (remember the energy on your hand is extended), saying the words quietly in your mind over a few times "cut, cut, cut; cut, cut, cut."

If you feel you need assistance with cutting, ask Archangel Michael to please slice the cord with his sword.

Hygiene

You now need to wash your hands and up your forearms to your elbows. Have a little salt in your hands as well to ensure all the energy is removed.

Hydrate again

Offer your client a glass of water and they are likely to want to empty their bladder again. Make sure you have a glass of water as well.

Sharing

After the healing, I usually sit with a cup of tea each giving the client an opportunity to share their experiences. If they ask for your opinion on any subject, encourage them to seek the answers they need from their own higher self.

Their higher self will give them the best possible guidance, bring about circumstances, coincidences, and growth opportunities we can't possibly provide.

They also inspire confidence for them to take the right action at the perfect timing.

Recommend the free Align meditations to them on my website should they feel they need some guidance in that area.

Automatic Writing

There is an 'Automatic Writing process' in the eBook 'Guide for empaths' which you already have on your page.

It's a wonderful practice and it works by saying a specific invocation calling upon the highest beings. You have a pen, notebook and a list of questions to ask. Writing your questions one at a time and wait for their response, writing down the first thing that comes to your mind. I do this all the time.

I recommend Automatic Writing to all my clients. It really helps with connecting to their divine self - healing grief and receiving the highest possible advice.

Grounding

Your client may feel light headed as the cells in their body are shifting.

After the healing, sit with a cup of tea each, giving them time to share their experience, then before they head home, guide them through the grounding practice below before they leave.

Grounding practice

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 earth's love added, back up, up, up into your heart. Like a loop of love from the earth to you.

Hand positions when seated

This is a wonderful process if your client is in a wheelchair, or you don't have a table. It's the same process above, placing your hands however you can reach and still feel comfortable.

Remember you can place your hands slightly away when working on the back and you can stretch the energy of your arms.

Hand positions when doing a self-healing

Using all you have learnt, with your hand positions, you can use these same techniques on your own body wherever you can comfortably reach. If you are struggling with falling asleep, or anxious, place your hands on the first position, the nape of the neck and the ajna.

It's a very calming position.

Casual seated sweeping

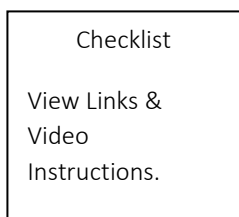
When Shane and I were younger and more social, if I felt comfortable sharing my healing interests and what I was learning at the time, I would do a casual seated sweeping impromptu with my mates at a gathering. It's really soothing. Just sweep their aura, and scoop away any negative energy. They loved it.

Ask Archangel Michael to carry it away for you when it's likely getting a bowl of salt water is a little too alternative to do at a party.

Checklist

A checklist is the perfect organisational tool when it comes to having to remember so much information.

This has already been created, so click the image below and you will have the list all ready for you.



Regular questions

With my students there are a couple of regular questions which surface which I will address below.

What do I think about when I am doing the healing?

Follow the rhythm of your breath and the feeling in your body. Relaxing your body and enjoying the present moment is your priority.

What do I do if I can feel extra heavy energy on a part of the body?

Allow yourself to trust and listen to these feelings and sweep and pull this energy away, as if it's a rope, pull it out and throw it into the salt water until you feel it's gone.

What do I do if I sense something protruding from the body?

Psychic attacks are very real and painful. They can feel like swords, knives or pins in the body.

Imagine pulling them out, actually physically pull them out and throw them into the salt water.

Your client would also have been sending psychic attacks as well and it would serve them for you to recommend they read the eBook

Ask Archangel Michael to remove all psychic attacks, psychic contaminations and psychic intrusions from your client's body, and ask Archangel Raphael to heal their wounds.

[GUIDE FOR EMPATHS](#) as it will empower them by taking responsibility for clearing and healing the psychic attacks they send to others.

Every time they have an unkind or judgmental thought, they need to remove that attack from that person to stop the cycle. Otherwise the attacks continue back and forth.

Psychic Attacks - thoughts of judgement and blame

We must be mindful of our thoughts of judgement and blame. We are human, and we have them, but we need to stop ourselves the moment we realise we are doing it.

Ask for the Archangels to remove them from your body and anyone else concerned, and send healing energy and love.

The [GUIDE FOR EMPATHS](#) illustrates how to go about it in more detail.

Personal psychic attack experience

I had a very recent situation myself where I have distanced myself from a friend whom I love very much. I played a part in that distance and accept responsibility for that.

Sometimes it's more important to look after yourself and choose loving others at a distance.

I struggled during the process of grief with the psychic attacks which I knew I was sending and needed to pull out those horrendous attacks from my friend.

Every unkind thought I had, I followed with an intuitive apology to her soul, and using my imagination, pulling out any pins from her body which I had caused.

The grieving process passed very quickly for me, as I knew from the bottom of my heart I was honouring myself, and doing my best in an intuitive way to help her overcome the grief she would be feeling too.

I asked Archangel Michael to remove any attacks I had sent, and Archangel Raphael to heal her wounds. And I wrapped her up in a blanket of love.

There is a saying, and I'm not sure where it comes from, but I really love it.

Allow friends to come, and allow friends to go.

Nurture yourself

Sensitive people need to do everything in their power to nurture themselves. We also need to accept that this is our responsibility to make that happen.

We are no value to others unless we are powerful ourselves.

We must recharge!

Below are some ideas on how we can do just that:

Salt baths

Throw a handful of salt into your bath water and allow the salt to remove all the energy your body needs to clear and let all that go down the drain.

If you don't have a bath, and showering is your only option, have salt in your bathroom, grab a handful and throw it in your shower.

Salt Lamps

There are fantastic salt lamps on the market which are designed to be on 24 hours a day to soak up the negative energy. You can purchase them from most crystal shops.

Smudging

Smudging with a sandalwood incense stick. Smudge your home, making sure you intentionally smudge your windows and doors.

Smudging article

View Links &
Video
Instructions.

Self-healings

You know how now, practice it when you feel you need one. In [GUIDE FOR EMPATHS](#) there is another self-healing practice and as mentioned above, the automatic writing practice.

If you are struggling and need to find out how to love and care for yourself or how to resolve trauma or challenging situation, do automatic writing, ask “How can I best love and look after me?” “How can I heal the feeling in my heart?” or “How can I easily nurture and nourish myself?”.

Ask your higher power through the automatic writing process how you can best manage, surrender, overcome and heal every challenge you have in your life.

You will receive the answers you need.

Meditate

I cannot stress enough the benefits of a meditation practice. Find the ideal time for you.

Set a lovely meditation space.

Mine actually isn't all that flash, but it suits me perfectly. It's a particular corner of our lounge suite when there is no one else around, otherwise in my healing room, or in bed just before I get up or go to sleep. I say goodnight early to Shane and say “I'm off to meditate.”

The visual guided meditations in Higher Communications are spiritual in nature and there is a healing and/or empowering lesson in each one.

You have the first five available to you, so please enjoy.

Your connection to your higher self will deepen and your life will expand because of it.

Meditation is like soul nectar.

Focus on the miracles in your life

A diary entry of the miracles in your life – like a special hug, lunch with a friend, it was beautiful outside today etc.

I write in my diary before I go to bed (unless I'm exhausted). When I write in my diary, I say the Automatic Writing invocation beforehand and, when I have a challenge, I chat to my higher self about how to best overcome it, and then write what I have loved about my day.

Honestly, it's the best!

Spend time in nature

If you are not blessed with the ocean nearby, or live in a big city, find a park. Spend time listening to the birds and watch the insects as they go about their busy day.

Believe in yourself

If you are struggling with thoughts which are making you feel unworthy, or doubting your ability, please do whatever it takes to change those thoughts and beliefs to allow you to feel worthy and able

Meditation 10: 'New belief' helps you recognise those beliefs which are stopping you from creating positive change.

See MEDITATIONS

Connect with your future five year you – your path is important

I often call upon my highest brightest five year future me and using my imagination she stands in front of me, and I ask her for advice.

She is especially helpful to me when I get mad at myself if I feel I'm not getting anywhere. I wish to honour her and support her as best I can.

Meditation 13: 'The future five year you' is a meditation in which you will gain a clear direction, find out what actions to take, what some of the things you can do to help yourself on a path which is light filled and inspirational.

See MEDITATIONS

She always reminds me that everything is in divine order and I am to relax and not put myself under so much pressure.

Awaken the Inner Healer

Every single human has an inner healer who works to help our bodies heal, love ourselves and inspire goodwill to others.

The smallest act of kindness to others is also inspired by your inner healer.

Meditation 14: 'Awaken the inner healer' meditation assists you with encouragement to take positive action, create healthful habits and love and look after you.

See MEDITATIONS

The world needs people like you.

Thank you for your courage and willingness to explore how to nurture your inner health and wellbeing and your willingness to perhaps help others.

It's very exciting when you do this work. You connect with people's souls when you do a healing on them. Because of this your clients will always have a connection with you in some way, because of the nurturing experience they receive from you.

Conscious Light – MASTER CLASS

When you feel ready for your next step, **CONSCIOUS LIGHT – MASTER CLASS** has all the meditations available for the inner work to empower your clients with the ability and the techniques to make peace with the past, and move forward in their lives with harmony in their hearts.

You will be experiencing the second and third degrees to Master Level of this beautiful system of natural healing.

You will be guided how to hold group workshops or gatherings in a retreat environment or in a casual setting on subjects which are very important on earth right now, for example easing worry, easing grief, improving relationships, meeting your spiritual support group etc.

If holding workshops feels overwhelming, receive the experience as personal retreats, just for yourself and perhaps share the experience with a friend.

As a Master, you will have the opportunity to help other healers gain confidence in this work with generous affiliate opportunities should teaching be your path.

You will proudly display three beautiful Certificates on your wall to Master Level of Conscious Light.

Higher Communications Facebook Group

You are supported on this journey, with our Facebook Group Higher Communications – chat group.

You will be surrounded by the support of people who like you are learning and growing, where you can ask questions and share your experiences.

Feel welcomed, it's such an exciting time - we are so pleased you're here.

We are looking forward to getting to know all about you.

Infinite love,

A handwritten signature in blue ink that reads "Robyn" with a stylized flourish at the end.