

Before and after holding a session :

1. Clearing of the space and Protection with Incense sticks, Sage, Clapping, Crystals, Classical Healing Music, etc.
2. Here is a small exercise to connect with Source. This is perfect to do before any spiritual work, this exercise allows you to go back to your centre and focus your attention on the present moment.
3. Place both of your hands on your heart and breathe in and out deeply, take a few moments to connect with your beautiful heart. You will now begin to feel your heart open and expand, stay connected to your heart for 2 minutes breathing in and out.
4. Now say these words out loud, "I connect with my heart and source in deepest gratitude now." You will immediately feel your crown chakra opening. Gold energy will now begin to stream through you. This is your unique and beautiful connection.
5. Trust what you feel and trust the power of your connection, as in this space, you can ask for anything you would like. It can be energy protection, more love, guidance, insights, anything you wish to receive.