

The Healing Act: Couch Healing

Scanning The Seven Chakras



Attune to the healing source. Place your hands gently on the shoulders to make a connection with the patient



As you scan the chakras one by one from crown to base, let the source guide your hands to seek the appropriate distance to the body. Seek balance for the patient's energy and chakras. Let the healing energy guide how long you stay at each chakra

After scanning the base, sense how the energy flows effortlessly in a circuit through the chakras

The Body Circuit



Begin with both hands on right side shoulder



Shoulder to elbow



Both hands on elbow



Elbow to wrist



Both hands on wrist



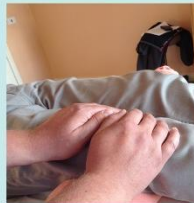
Both hands on hand



Both hands on hip



Hip to knee



Both hands on knee



Knee to ankle



Both hands on ankle



Return clockwise to your patient's left shoulder and follow the same pattern down the left side. Ending with one hand on each foot to ground the patient



Return anti clockwise and place your hands gently on the shoulders

Ending the session

Withdraw from source, then disconnect from the patient both mentally and physically. Take a step back, give thanks to source and see your patient surrounded by light.