

Facilitating Group Healings

Group healings are a great way to support positive transformation in a larger setting. In a group healing you muscle test, intuit and expand your energy out into the room. Group healings are less detailed than individual healings; yet are very effective at lifting burden energy.

Group healings NEVER include Clearing Curses, Entities, Disembodied spirits, Cord cutting or sabotages. Group healing is only releasing emotions and replacing them, it's always that simple.

It takes practice to feel into more than one person at the same time. You'll eventually be able to connect with the energy of the group, pick up specific vibrations and intuit what needs to be released. If you are in person, when you release from one person in the group, it releases from everyone.

Be **diligent** about shielding and clearing your energetic field after group healing.

There are 2 ways to perform a group healing:

Virtual Group Healing

Have your scan lists in front of you with pen and paper. Always do the group healing with your screen off or camera covered.

Find out what the group needs help with either through email which has previously been sent or when using Zoom, ask them to type in the chat box what they need support with. If you're using phone software, simply ask each individual separately and write their answer down.

Live In-Person Group Healing

Have your scan lists on your lap or placed on the floor in front of you. Purchasing a music stand to bring with you is also an option. Either previously ask each person individually or ask as a group what they need help with and write down their answers on a pad of paper. During the process you will muscle test and trust your intuition.

Have your group either sit or stand in a circle. Each person must be physically connected by having their right hand placed on the next person's shoulder or knee (if sitting) of the person next to them all the way around the circle, including the facilitator to close the circle.

Using your Soul Awakening Magnet, come down the governing meridian of the back of the person to your right or left while releasing and then back up while replacing the vibration.

Group Healing Process:

1. Virtual Healing: Have the group get into a comfortable position by saying something like this:

Get into a comfortable position preferably with your feet on the floor, begin by taking a deep breath in (pause as they breath in) and releasing it. Take another deep breath in (pause) and release it. Take one last deep breath in (pause) and on the exhale, imagine energetically, you drop down into your heart space, landing in a beautiful lotus flower where you will rest comfortably as your body releases what doesn't serve you anymore.

1a. In-person Healing: begin by taking a deep breath, (continue as above)

2. Subconscious Connection:

2a. Virtual tap on your head

2b. In-Person you'll tap on the head of the person to your right or left

Accessing 100% spirit, accessing 100% soul, if you are in agreement with me connecting and releasing from you, say YES out loud.

3. Release: (over your head if virtual and down the vertebra if live). For your group needs, expand on the below verbiage by muscle testing, zoom chat and intuition.

With the love and intention of the Universe on all levels and dimensions...

**Releasing _____, Releasing _____, Releasing _____, Releasing _____
from every cell, organ, tissue, gland, chakra, light body and meridian.**

4. Replace with positive declarations

REPLACING with _____, _____, _____, _____ ...

5. Integrate Group Session:

Now, let's integrate this healing, repeat out loud after me.

I completely integrate and fully receive the energetic shifts and positive changes that have been made.

6. Closing Group Session: I'll take it from here

Connecting your heart, mind, body, and soul, raising your vibration to the high vibration of love, trust and divine alignment with ease and flow.

Bring your mind back to your breath and when you're ready, open your eyes.