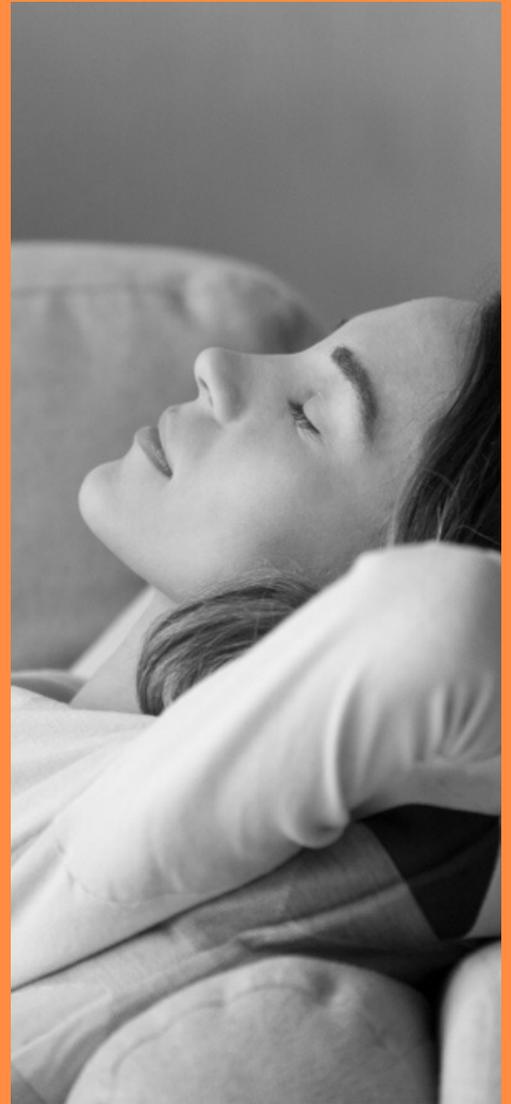


# PERSPECTIVES ON REMOTE HEALING SESSIONS

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## ABOUT REMOTE SESSIONS

Remote healing sessions are commonplace in my practice and for many seasoned practitioners. Although it can only comprise 5 of the 100 sessions counted for Level 5 homework, the more we do this work, the more likely remote healing opportunities will present themselves. I am often asked in all levels of Healing Touch classes about the idea of remote work. Since we don't directly address it in the curriculum lessons, this article is a way to bring the discussion forward.

## PROTOCOL & PERMISSION

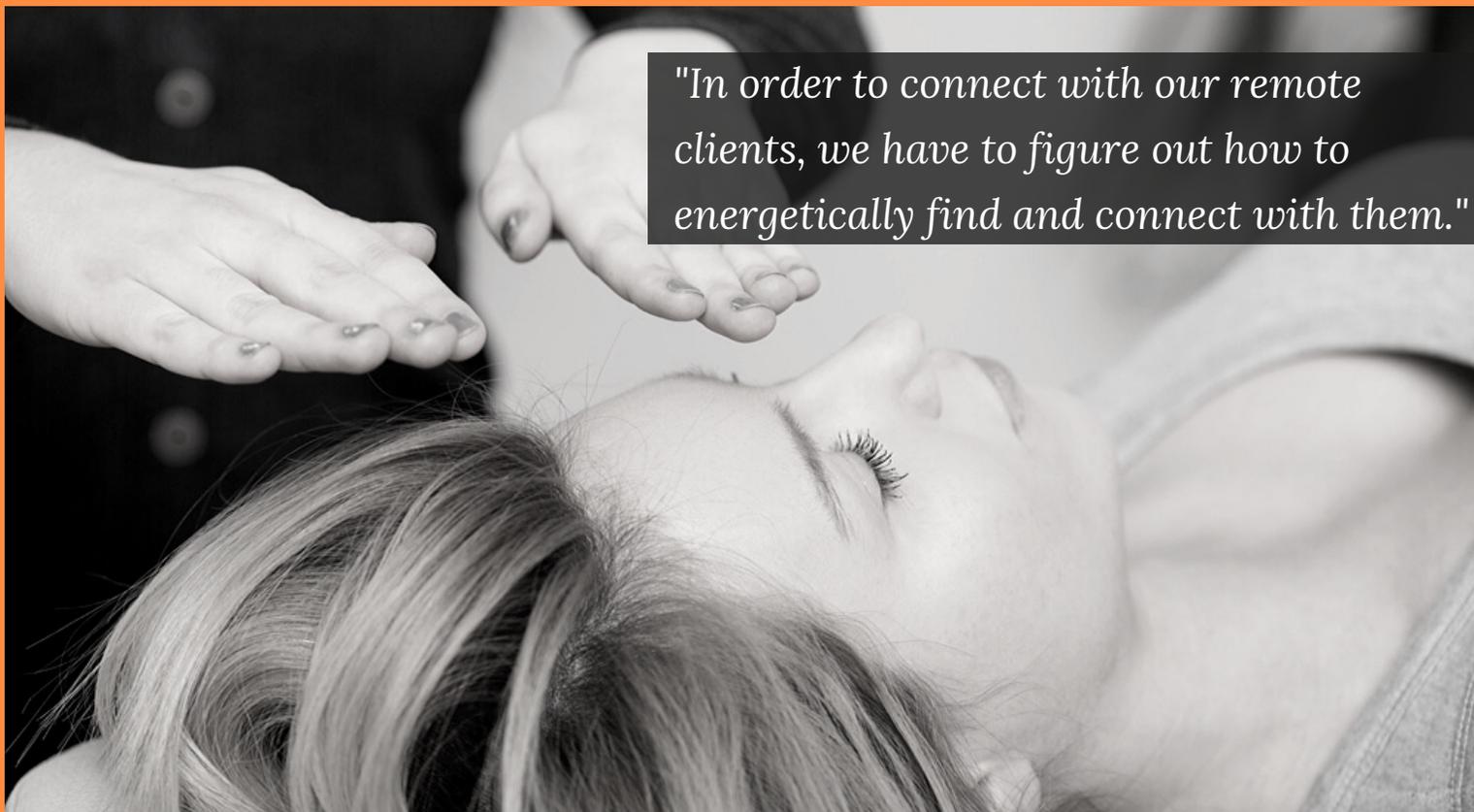
When doing Healing Touch work, we should be **following the ten-step protocol** and all other aspects of our scope of practice and ethical standards. The main difference is whether the session is local or not. When the session is remote, some of the normal ability to communicate with our clients during the session may also shift. There are a lot of ways to do remote sessions, so there is not really one "right way."

We still need to get permission to work with our clients. This sometimes poses a problem. When possible, **it is best to get verbal or even written permission**. Sometimes we don't have that opportunity to get a stated permission. In some cases, family, caregivers or others can provide the permission. In all cases the practitioner still connects with the person's spirit essence to create a spiritual attunement and offer the self as an instrument of healing. If we sense an intuitive acceptance of the offer, we can do the work. Occasionally one might sense a "no" declining the offer and in this case we wish them well and do not engage in any energetic exchanges.

Also important is the **practitioner preparation step**. The practitioner needs to be at least as prepared as one would be for a normal client and perhaps even more prepared as we need to deeply access our gifts.



## CONNECTION



*"In order to connect with our remote clients, we have to figure out how to energetically find and connect with them."*

Remote work requires us to draw deeper on our intuitive gifts. It is also essential to develop our abilities to visualize. The key to all healing work is our intentionality, and visualization helps focus our intentions. In order to connect with our remote clients, we have to figure out how to energetically find and connect with them. Some healers like to have a picture of the person they are working with. Some will also want the full name and even the address of the person they are working with.

Connecting by phone or internet video is another option that has become increasingly available. Conducting the entire session via phone (voice) or video connection is an easy way to do remote work, although I do a considerable amount of my work while not directly communicating with the client. I personally find that if I know the person, or can connect with someone who knows them, I am able to energetically follow the thread to connect with the client. Experiment and find what works best for you.

## HOW TO WORK REMOTELY

When I explain how to work remotely, I usually talk about it in terms of levels of abstraction. The more abstract it is, the more difficult to stay focused on the work and the more important the intentionality and visualization aspects of the work. Here is a good way to practice the levels of abstraction, keep working your way up the levels of difficulty until you can do it totally in your mind. Each of the options below may or may not include a voice or video connection to the client.

01

### HUMAN SURROGATE

The easiest and least abstract way to do remote work is to use a human surrogate. This method involves getting a surrogate volunteer to be on the table while you are actually working with a remote client. Once the surrogate client is settled in, we invite in the energy of the remote client. The remote client is sensed and receives the energy during the session. Do not be concerned that the remote client “overtakes” the surrogate. I don’t believe that happens. In reality, we are working with both persons, so the person on the table receives a treatment as well as the remote client. To demonstrate how the remote client’s energy comes in, try assessing with your pendulum on the surrogate before inviting in the remote client. Assess again and notice the difference! This method is easy as there is a person on the table, and we can do the normal interventions without stretching our imagination.

02

### STUFFED ANIMAL

The next level is to use a surrogate such as a stuffed animal. This requires a bit more visualization and imagination to use the form of an inanimate object to be surrogate for the remote client. Again, we would invite in the client and do the work using the surrogate while intention is directed to the client. Here we don’t have the distraction of a human surrogate.

03

### SET OF CLOTHES

Another level of abstraction is to use a set of clothes on the table. This is like using a stuffed animal, but it is closer to the human shape. It allows us to work over the clothes as if our client were present

## HOW TO WORK REMOTELY continued

04

### EMPTY TABLE

Moving up the degree of abstraction, try working with an empty table. Invite the client's energy in and imagine working with them as if they were there. Again, we would do our interventions in the same way we would if our client were present. Optionally a cell phone is on the table allowing us to converse as we work.

06

### IMAGINING THE CLIENT

Next try just sitting in a chair imagining the client to be in front of you. Minimalize the hand motions and do more of the interventions in your head. Here you may even try imagining a miniature version of the client in the palm of your hand. Visualize working with the miniature client working with the energy until you sense it is completed.

05

### WITHOUT A TABLE

Another level of abstraction is to do the work with our remote client without the table, still allowing ourselves to physically make the motions of the interventions in space, those motions may help with the visualizations and intentionality. We can imagine we are with the client, or they have come to us.

07

### INTENTION

Finally try performing the entire session in your head. Using visualization and intention, energetically work with the client without the need to move. You may sense yourself remotely with the client, they may have come to you or perhaps it is all happening in some other space.

## CONFIDENCE AND A TRUST

As with all things we learn, confidence and a trust in our gifts is key. The more we work remotely and get positive feedback the more our confidence and abilities will grow. As Janet says, "*Just do the work.*" If you're not sure, just step out and try it!