



Outline of an Alchemical Healing Session

Creating a Supportive Space

- Invite them to settle in and find comfort.
- Establish any necessary boundaries and parameters.
- Share the approximate length of the session.
- Discuss their intentions for the session.
- If they are new to Alchemical Healing, offer a brief overview of what to expect.

Opening the Session

- Introduce the **Heart Breath**, explaining that it helps establish both connection and their unique energetic language.
- Reassure them that there is no right or wrong way to experience this.
- If they find the Heart Breath inaccessible, that in itself provides valuable insight for the healing process.
- Emphasize that every healing session is unique. While we cannot predict what will arise, Alchemical Healing provides the tools to work with anything that presents itself.

Navigating the Healing Process

- After the Heart Breath, explain that you will begin by scanning their energy field.
- Clarify that while the work is predominantly in the energetic field, there may be moments when the body calls for touch. If this occurs, you will always ask permission first.
- Emphasize the importance of their **own experience** throughout the session and that you will be guiding them while remaining in communication.

Working with Spirit Allies

- Bring awareness to the fact that healing is never done alone. Spirit Allies of the Light—such as the spirit of plant medicine, Angels, or Ancestors—may offer their presence and support.
- If an ally appears, you will acknowledge it and invite them to engage if they feel comfortable.
- Reassure them that they are always in control. If at any point they do not wish to interact with an ally, they need only say so.

Encouraging Open Communication

- Invite them to stay in communication throughout the session.
 - Remind them that everything that arises holds meaning, and together, you will give attention to whatever seeks to be acknowledged.
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Guiding the Heart Breath

Establish a connection between Earth, Sky, and each other. Adjust the depth and pacing to suit the individual's receptivity and the situation.

Abbreviated Version

- Bring your awareness to your **Heart Center**.
- Nourish it with **Love**—perhaps by thinking of someone or something you love.
- **Breathe Love in... Breathe Love out...**
- Now, shift your attention to the Heart of the Earth.
 - Experience its **vitality** and **compassion**.
 - *(Gently ask if they can sense this, and how—feeling, envisioning, or otherwise.)*
 - Breathe this energy **up** into your Heart Center.
 - Receive it on the exhale, soaking it in... absorbing it...
- Next, bring your awareness to the **Heart of the Cosmos**.
 - Experience its **vast intelligence**.
 - Breathe this energy **down** into your Heart Center.
 - Receive it on the exhale...
- *(Ask again if they are able to sense this, and in what way.)*
- Now, simultaneously breathe from the Heart of the Earth and the Heart of the Cosmos into your Heart.
- Once this rhythm is established, they may continue Heart Breathing while you begin scanning—or simply let it go.

Engage the individual in process, tapping into as many senses as possible

Concluding the Session

- When both you and the client feel a sense of completion, pause and invite anything further that may wish to come through.
- Allow them time to sit, ground, and, if they choose, discuss and reflect on their experience.

Continued Care

Encourage them to support their integration with gentle self-care:

- **Drink water** to stay hydrated and help energy flow.
- **Rest** and allow time for the healing to continue unfolding.
- **Journal** to explore any insights or emotions that arise.
- Continue to work with any relationships or allies that emerged during the session.