

# Healing Mediumship Exercise - Psyche

## The First Step - Channelling Healing Energy

### Introduction

This exercise introduces the foundations of spiritual healing. It is suitable for beginners and those beginning their journey into healing mediumship. The focus is on becoming a channel for healing energy through intention, breath, and connection to Spirit.

### Purpose

To help you become aware of healing energy, attune to Spirit and your inner stillness, and practise consciously channelling that energy to a recipient or to yourself.

### Learning Outcomes

- Understand your role as a healing channel, not the source.
- Begin to attune to spiritual healing energy.
- Learn to hold intention and focus while channelling.
- Practise grounding and closing after healing work.

### Procedure

(For one person - self-practice or sending distant healing)

1. Prepare Your Space - Sit or lie comfortably in a quiet setting. Light a candle if you wish, and take a few slow breaths.
2. Attunement - Close your eyes and silently ask Spirit, or your healing guides, to draw close. Imagine a light above your head representing healing energy.
3. Channelling - Visualise that light gently flowing into your crown and down through your body. Feel it settle in your heart space.
4. Sending Healing - Either place your hands on your body (e.g., heart or stomach) or hold them open in your lap, sending healing to someone you have in mind. Trust that intention is enough - no need to force it.
5. Maintain the Flow - Remain in this space for 10-15 minutes. If thoughts wander, return to the

breath or image of light flowing.

6. Closing Down - Thank your healing team. Visualise the light gently withdrawing. Ground yourself by imagining roots going from your feet into the earth.

7. Reflection - Write down what you experienced. Did you feel warmth, tingling, emotion, or peace? Did anyone come to mind?

## Reflection

Healing is not about power - it's about presence. Practising this regularly helps you strengthen your sensitivity, trust the flow, and deepen your relationship with Spirit and yourself. Keep a healing journal to track your growth and the responses of others (with consent, of course).