

Experiential Healing Manual 1.0



**Step By Step Guidance
On Experiential Healing**



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Experiential Healing 1.0

The 12 Steps

- 1. Inviting In Your Healing Team**
- 2. Putting The Client At Ease**
- 3. Breathe and Connect With The Body**
- 4. Connecting With The Bodies
Consciousness**
- 5. Connect With The Feeling**
- 6. Personifying The Energy**
- 7. Interacting With The Energy That Shows
Up**
- 8. Guidance To Acknowledgment**
- 9. Command Codes**
- 10. Breathing In Integration**
- 11. Bringing In Healing Team
Consciousness**
- 12. Take Them To See Soul's Assigned or
Purpose**

1. Inviting In Your Healing Team

Spend at least 5 minutes to acknowledge your healing team and invite them in.

If you have some prayers or specific guides you usually call on, that's ok too.

The bottom line though, is to show what you're about to do some respect and honour and to ask for assistance, knowing that you are a vessel for what is about to happen.

TIP: The more you do this, the more you will feel the assistance before, during and after the sessions.

2. Putting The Client At Ease

Frame the energy work, what you're about to do and how everything is held and remembered in the consciousness of the body.

If they are feeling particularly nervous or you feel they are in their head, get them to journal everything for 5 minutes. Basically a brain dump.

TIP: Let them know you won't be reading it, as there may be stuff about you ;-)

Let them know of course, everything is confidential and for them to feel safe in telling you anything that might come up for them at any time. "I've heard it all before"... even if maybe you haven't quite yet, you soon will ;-)

3. Breathe and Connect With The Body

Ask them to take some deep breaths and feel into their body if they're connecting and if in person, watch their stomach. Their stomach should come out as they breathe in and in as they breathe out. You'll be surprised how many people do it the other way round!

TIP: Down to private parts permeating the stomach walls I find takes them a bit deeper if they're struggling to connect to their body.

4. Connecting With The Bodies Consciousness

3 main variations to begin with:

Feeling (strongest)

Pain in body - then take to emotion or feeling

Person - where lives in body (if all else fails or feel inspired to ask)

5. Connect With The Feeling

Personify pain/emotion/feeling -> colour and intensity. Shape and texture if need more. How does it move?

TIP: You're not doing this to fact find, you're doing this to connect the client with the energy. You have seen ages ago what the interference is, but it's not for you, it's to take the client on the journey to realisation.

6. Personifying The Energy

Draw out the colour/shape in front of them as they breathe out reiterating that the power of the consciousness enables it.

TIP: I like smoke best as a fail safe, as it's ambiguous and cuts out the brain trying to think it up what you might be seeing ;-)

Get them to breathe onto the smoke and as they do, it clears and someone is stood there. "Who's stood there?"

TIP: Be direct and authoritative, rather than vague and asking them what they see as they will go up into their head.

7. Interacting With The Energy That Shows Up

Then if more than 1 person, ask where they see chords connecting. If just one person then ok to leave the cord till later, go with your intuition.

b) If something left, often an inner child. Follow intuition but usually easiest to bring up from their heart and place that consciousness out in front of them

c) Could also bring out the inner parent to say and give exactly what the inner child needs

d) Follow cord attached to parent, person.. whatever caused it

OR all of the above

CAN ALSO Ask what the vibe is of the person, “How do they look, how do they feel , what’s their vibe?”

“If they have something to say to you, what would it be?”

“If you had something to say to them what would it be?”

8. Guidance To Acknowledgment

Infuse whatever you are getting them to say to their inflict-or with "I love you", forgiveness, sorry, thank you, and freedom ("I'm free").

Re-frame the prescribed meaning to them

Say the situation and access what it is and what means to them

**"BUT I forgive you cause I know, just like me/you
"but unlike you"**

Take it down ancestors, past lives and anything else you feel inspired to add in

I love you

Forgiveness

Sorry

Please

Thank You

Letting Go/Let You Go

I'm free, you're free

9. Command Codes

Get the client to say aloud “Healing team, please release remove and clear all pacts, agreements, vows, promises, agreements, obligations, programs in any language that I made to (father, their father, mother, their mother, their father etc...) around (speaking truth, judging, being not good enough etc..), whoever is applicable across all timeframes, dimensions, parallel universes, future lives, past lives all the way to the point of creation and beyond, down to my DNA structure and my cellular level and replace it with... “

10. Breathing In Integration

10. Breath Integration

Ask them to see the sky or their soul as colours (make it real) and get them to breathe them in.

Whatever it means to them. Whatever you're replacing the old with, replace with the new.

"Breathe in and see it going through your; chakras, heart, place where the issue was held... etc..

"Down into the DNA structure, see the DNA armour rethinking and see the particles, atoms, all that you no longer need leaving your body"

"As you breathe in now, see the colours working their way down into your cells. Through the cell membrane, through the jelly like substance and down into the mitochondria and see the god particle connected to everything, and now see the colours

infusing and breathing out everything that you no longer need"

Conclusion of what to integrate in the body:

- 1. DNA structure**
- 2. Cell, mitochondria and "God particle", universal particle etc..**
- 3. Heart and the 4 chambers and dissolve the sack around the heart if closed/scarred/brittle**
- 4. Take it down into earth as well and reconnect the left and right sides.**
- 5. Integrate through the chakras**

11. Bringing In Healing Team Consciousness

FINAL part is to then breathe in the final parts of their soul/colours/unconditional love etc..

Then often see it go down the cords (if any left) and see the family members auras filling up with same essence.

Bring in St Germain and a ball of violet light to be hugged by the client and acknowledge any ascended masters, other beings angels and if they have a message to share. Often around being there for them and for the client to call on them. Sometimes a relative as well.

12. Take Them To See Soul's Assigned or Purpose

Get them to acknowledge and see souls assigned to them if you feel it in your intuition.

TIP: There may be a relative, Angle, Guardian Angel, Ascended Master etc.. who's still hanging around.. at this point find out what they want.. and if they've been talking to you, now ask them questions while the client recovers and integrates.

You either do it here or in the step before. No hard and fast rule, but spirits aren't always as knowledgeable as they think ;-)

One more thing..

Any questions feel free to email me on Duke@DukeSayer.com or even better ask your question in the Experiential Healing 1.0 Facebook Group.

Here if you need x

