

Ethics, Boundaries, and Supervision
Presented by Megan Lyon
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ETHICAL QUESTIONS:

- * Am I ensuring that I am a safe and healthy vessel for offering this work?
- * Am I honoring the sacredness of the dreamer?

PROTECTING YOUR ENERGETIC BOUNDARIES BEFORE SESSIONS

Egg of Bright Light

- * Closing your eyes and visualizing your body surrounded by an egg of bright light
- * Sitting for a moment allowing yourself to bathe in that light affirming, “Only love in, only love out”

DISCHARGING ENERGY AFTER SESSIONS

Celtic Weave (Energy Medicine Exercise)

- * Standing tall, placing hands on thighs, breathing deeply for a moment
- * Rubbing hands together to generate energy and bringing hands up to ear level
- * Bringing elbows together, weaving hands together slowly from the top of the head down to the feet
- * Gathering energy at the feet, pulling the ball of energy to the crown of head, and throwing it behind you
- * Shaking or bowing afterwards if desired

AFFIRMATION OF NON-ATTACHMENT

All beings have their own journey.
May you have peace on your journey.