



Guidelines in Supporting an Awakened Soul Journey

First, thank you for your love of people and your willingness to provide a beautiful container or love, safety, acceptance and healing. This is meant to provide grounding points for you to anchor into as you support. It is such an honor to hold space for another in their healing and these are some guidelines to support you in the amazing journey you have the privilege of going on with our journeyers.

Keep these tips in mind while supporting a journey:

- This is a safe space. No analysis or judgement. Listen and be curious.
- Use the client's language (feeling words etc. – not jargon) and follow their lead.
- Always ask permission – (Do you want some company right now? How you doing? Do you need anything right now? Can I just sit here with you for a bit?) Be courteous and respectful with them being the guide of their own healing.
- Bear witness – sacred space and you have the 'felt' sense of what is occurring.
- Words of safety may support – “You are safe”, “you are not alone,” “I’m here.”
- Use touch wisely and ALWAYS ASK – “Is it okay if I just hold your hand?” “Can I hold you?” “Is it okay I touch your arm like this?” Holding someone as they weep, or simply be, can be profoundly healing.
- Avoid suggesting any thoughts and feelings to them. Keep mindful that someone is vulnerable and impressionable in a session.
- Use a calm, gentle voice when talking to someone during a session. Grounded.
- Ask open-ended questions, keep them in their body and oriented to emotions.
- Do not “teach” your client while they are vulnerable or processing their treatment. That can be later in integration.
- Keep your client out of their head - avoid saying anything that will put them into their head - for instance: “what do you think about...?”
- Guide them into feeling their emotions. “Where do you feel it in your body?” “What does it feel like?”
- Expand and validate the metaphors your client offers. Follow their lead.
- Focus them on their inner state, keep them in their body.
- The use of somatic techniques like holding your client's feet or putting your hand on their chest (with permission). Deep breathing can also help them stay in their body.
- It may support, if there is anxiety or a need for body embrace, cover them with a weighted blanket so they will feel the weight of it all over their body.



- If dark memories come up, ask your client to stay with it and breathe into it. It may be a good time to hold their hand or place a hand on their upper chest.
- Encourage them to stay in process and release as much emotion as possible.
- If they are going into storytelling, redirect them gently back into sensations and emotions.
- Avoid talking about yourself or your experiences. This is your client's experience, not yours.
- Never work harder than they are. Follow and be with, not driving.
- Bring the person back to their intention(s) if they are getting lost or ruminating in a loop (saying the same thing over and over again).
- Notice what you feel called to do, think, or feel during a treatment. Be curious about the energy behind it (what is your motivation 'behind it?'. Notice if you have a need to be useful, do or engaged – allow it to move through you without necessarily doing anything.
- If your attention wanders, sit up and breathe deeply, focus on that person's intention and reflect it back to them.
- Frequently people want to process during the treatment. They will talk about an event in their life that the inner healer has shown them. Engage with them and validate their view of the event.
- If they appear to run out of things to say, encourage them to go back inward again to get more material. Encourage using eye shades and headphones.
- You may feel called to perform other techniques such as holding their feet, shoulders, energy work, putting your hand on their forehead etc. Follow your intuition.
- Triggers - Be aware of your own. Avoid triggering clients. See transference. Be aware that feelings of shame or judgement are never very far from the surface in your clients and you may represent someone who has judged them in the past. Do not take anything personally and processing is for later.
- Witness their pain and let them know through touch or words (or your own emotions like crying) that they are not alone and you witnessed their pain. It is very powerful and healing.
- Anticipating/Responding to their needs - they may have never experienced in their life someone being there with/for them. Touching, hugging, saying a word to them, offering them electrolytes, water etc., asking for what they need, it can be very powerful. When a person is in a different state of consciousness, they may not be aware of their needs. Use your intuition, anticipate and respond to their needs. Be WITH them, so they know they are not alone. If they are shivering, put a blanket over them. ☺

Keep people out of their heads and into their body and emotions, so they can process and move whatever needs to be moving through them. Remember, their inner healer knows where healing is needed. Trust.