

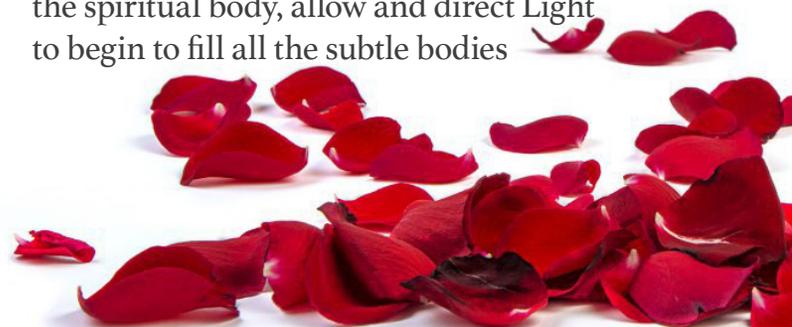
Magdalena Energy Session Protocol

1. **Room preparation:** Ensure the room is carefully lit; ideally, there is no direct lighting on the client or emanating from above. You may wish to spritz the area with rose water. Consider keeping tissues and water handy. Activate, energize, and anchor the cylinder of Light and the violet flame around the table.
2. **Your preparation:** Before you greet the client, take a few minutes and align yourself with your Higher Self and I AM Presence. Use the Centering Technique followed by the Hooking Up Technique. Then, activate, energize, and anchor the cylinder of Light and the violet flame around you. With an open heart, embody the energy of reverence and gratitude for the opportunity to serve. Imagine the Flower of Life pulsating in your heart, then connect your energy to the energy of the Magdalena grid.

Welcome the client as Divinity, as Maa. Every touch, word, aspect of your being should convey the energy of reverence.
3. Gently lead your client to the table, and assist him* onto the table, using a stool if necessary. As he moves, support his back.
4. Support the neck as the client moves into a lying position. Place a pillow under the knees and ask if he would like a blanket. Some clients may ask for a second pillow under the head.
5. Once the client is settled, step to the side of the table and bring your hands together in prayer position, signifying that you are commencing the session. As you continue, know that the client is whole, perfect, and complete (not needing to be “fixed”). Be careful not to touch or lean on the table, or touch the client’s body.
6. **Activate your hands:** Activate, energize, and anchor the Light. Similar to *The Invitation*, silently say an invocation such as: “Mary Magdalena, Maa, I offer my hands to you to serve this being. I offer my whole being as a vehicle for the Light...”
7. **Sweep the body:** Move your hands about 6 inches above the body and slowly sweep the aura from the head to the feet three times.
8. **Center the energy bodies:** Stand at the client’s head. Move your hands outward and slowly bring the hands together, drawing the hands up the centerline of the client’s body. *Note: If working with another practitioner, each of you uses butterfly hands and goes down the sides of the body, moving slowly and in tandem.*

The preparatory work for the session is now complete. The session will be approximately another 30 minutes from this point. You may begin on either side of the client’s body.
9. **Working with the subtle bodies:** Stand about 3-4 feet from the table, outstretch your arms with open palms facing the client. Beginning at the spiritual body, allow and direct Light to begin to fill all the subtle bodies

*For the sake of simplicity, we will use masculine pronouns throughout this document.



and with micro movements, slowly move inward through the causal, mental, emotional, and etheric bodies. It is not necessary to name or denote a perceived “boundary” of each subtle body. This process should take about 3-4 minutes. When you reach the physical body, keep your hands approximately 6 inches off the surface. As you pour Light, you may scan the body to notice areas needing extra attention.

Note: Be careful around the breast area as the energy can be so intense that the client may perceive that you are touching him when in actuality you are not.

10. Working with the chakras: Pour Light into each chakra beginning at the root and making your way to the throat. *Note: You may use open palms or “laser fingers” as you feel guided throughout the session. Open palms pour energy in a diffuse, generalized manner; “laser fingers” direct energy with a more concentrated focus.*

Allow the energy to speak to you. You may feel called to spend more time on one chakra than another. You may pour Light into places such as knees, ankles, organs, glands, hands, etc. When you reach the heart chakra, pour energy and Light for several minutes.

11. Working with the head: When the work feels complete at the throat chakra, move to the head. Place your hands on either side of the head, about 6 inches away and connect with the aura of the participant. After 1-2 minutes, move 2 inches closer to the head. Keep eyes open and be careful that your hands do not stray any closer to the client’s head. Stay here for 2 minutes. Now move to the temples. Without touching them, pour Light for 1-2 minutes. Repeat this process with laser fingers at the first eye and crown chakras.

12. Grounding the client: When the work at the first

eye and crown chakras feels complete, move the hands to either side of the head and stabilize the energy there for a minute or so. Then move to the feet and position the palms of your hands toward the soles without touching them. Be certain you are grounded to the center of the Earth, making sure your knees are not locked and feel your feet firmly planted on the floor. Stay at the feet for 2-3 minutes; your intention is to anchor the energy in the body.

13. Completing the session: Move to the side of the client. With the palms of your hands facing the client and arms outstretched at about the height of your waist, begin to anchor the Light and stabilize the client’s entire system. Then, place your hands in prayer position, signaling that the session is complete. Take a moment and express your gratitude silently.

With careful attention to being gentle throughout the following steps, approach the client (from the side of his head, not over his face) and whisper words indicating the session is complete in his ear. You may say something like “Namaste” or “We are complete.” If the client is a member of the Sai Maa community, you may say “Om Jai Jai Sai Maa.” You may need to touch his shoulder to rouse him. Assist him in sitting up when he is ready. As he sits up, place one hand firmly on his back, and one hand gently supporting the back of the neck. *Note: Be careful not to touch the crown chakra area.*

14. Assist your client in descending from the table and lead/assist him (as necessary) to a comfortable chair. Offer water (spring water preferred) and expect the client to need a few more minutes to “acclimate/awaken.” You may offer high-quality dark chocolate and/or Rescue Remedy, both of which support grounding. *Note: It is essential that the client does not drive without being grounded first.*