

## Creating Sacred Space and Limitless Energy for Professional Readings - A Workshop with Christiana Gaudet

If you are feeling drained, sick or tired after a reading or a series of readings, you may need to change your energy strategies. There is no need for the practice of giving readings to make you feel this way! Primarily, the problem comes from the ways in which we use energy. Often, when we study psychic work, we don't study the energy piece as much as we should.

Paying attention to the energy work of reading will keep you energized, protect your physical and emotional health and help you to increase your psychic abilities.

There are three things to consider: 1) creating sacred space, 2) working with energy before, during and after the reading and 3) maintaining the physical body and tools.

### Creating Sacred Space

Prior to beginning a reading or a series of readings create sacred space around you. There are many reasons to do this.

- Sacred Space will make you and your client more comfortable.
- Sacred Space will welcome helpful entities (angels, guides, spirits etc.) and protect you from unhelpful entities.
- Sacred Space creates an atmosphere where psychic work is easy.

### Ways to create Sacred Space

- Prayer, ritual or meditation
- Tools such as candles, crystals, a reading cloth, flowers or other sacred objects

#### *A Prayer before Reading*

*May my Higher Self, guides and guardians connect with the Higher Self, guides and guardians of my client. May I be an open channel for wisdom. May I be shown what my client most needs to know. May I be able to deliver those messages in a way that is easily understood. May my client take the helpful messages and put them into action, and discard any message that it not helpful at this time. Thank you for the opportunity to do this healing work.*

### Energy in Preparation for the Reading

- Always pay attention to your breathing. The breath is the conduit for all psychic work and energy work.
- Always work with your chakras. Of particular importance are the root chakra for grounding, the heart chakra for compassion, the throat chakra for linguistic eloquence, the brow chakra for psychic vision and the crown chakra for spiritual connection.
- Your first step is to ground your energy into the Earth, and pull energy from the Earth into your chakras.
- Your second step is to send energy from your crown chakra into Heaven.
- Your third step is to energetically package all your "stuff" and send it outside your body.
- Your fourth step is to use the energy of your breath to move energy from your crown to surround you and protect you.
- Your final step is to connect with your client, heart to heart or aura to aura.

### Energy during the Reading

- Remember this - you are pulling energy from the Earth and from Heaven. This energy is limitless. You are a conduit, a straw, a channel. You give nothing of yourself to your client, and you take nothing of your client's energy into yourself. Keep the energy flowing through you throughout the reading.

### Energy after the Reading

- After the reading, disconnect your energy from your client's. Shake off your hands, or wash them. Say a quick prayer for your client and release your client to the Universe. Strike your tarot deck on the table to shake off the client's energy from the cards.

### The Physical Piece

- Keep your tarot cards (or other tools) energetically clean.
- Drink plenty of water (not soda or alcohol) while performing readings. A lemon wedge will help your vocal chords. Aspirin prior to many hours of talking can help reduce the swelling of vocal chords and therefore reduce the risk of permanent damage. Keep your chin pointed downward when you speak if possible.
- After reading you will be hungry, and will crave foods that are grounding (chocolate, meat, etc.). Sadly these foods are high-calorie. Nurture your root chakra with red fruits instead.