



**TIPS FOR GIVING A**

|

*Distant*

*Healy Session*

A quick guide to giving safe and effective distant frequency medicine session with the Healy bioresonance device.

Robyn Grogitsky-Ramirez  
EmpathicNutritionist.com @Empathic\_Mamahood

# Some Ethics to Consider

*You are using a Frequency medicine device as as such need to consider the ethics of such a device before using it on others!*

1.

Don't hold sessions when you're not feeling well. Reschedule with your client for a better time.

2.

Always get permission to use the Healy on someone. ALWAYS.

3.

Do not use the Healy all day everyday. The body can only assimilate and absorb so much energy in one day. Allow the body time and rest to full absorb the frequencies.

4.

It is strongly advised to start with the gold and bioenergetic support cycles as they are gentle and easier to adjust to.

# Before a Distant Healy Session

1.

## **Always Ground your Energy (and your clients)**

Before performing a distant session be sure to ground your energy. You can do this by placing bare feet/hands on the earth/trees. Or you can envision connecting your light to the center of the earth and pulling up grounding energy.

2.

## **Always Get Permission**

It is so important that you get permission from your client to use the Healy and connect with their energy. If your client is non verbal, their legal guardian or power of attorney can give permission for them. If it is an animal you're working on still ask permission and the animal will show you whether they are permissive of this or not. Use your discernment and never run the Healy on anyone who is not aware and allowing you to do so.

3.

## **Explain, Explain, Explain!**

Take the time to explain a bit about the Healy and how it works and what it's doing as you go through your session. Especially for those who have never experienced distant energy work or frequency medicine. So I highly suggest developing your "elevator pitch" (a short explanation you have memorized) about the Healy and how it works/what it is!

4.

## **Prepare Them for What's Ahead**

Explain that they may experience physical and energetic sensations during the session (such as tingling, buzzing, warmth, relaxation, peace, happiness, release of emotions, etc.)

# During a Distant Healy Session

1.

## Working with the Blue Dot/Resonance App

Click to add your client. It is not important to add all the info to this unless you're using it for your own records. The Healy doesn't need this info to work. I just get first and last name (I only use photos of my family) and then I show them the Healy in my hand and explain to them that the Healy is going to scan them now. It is scanning their unique individual energetic blue print that it uses as a reference to see where you are needing support. I then ask them to close their eyes while setting the intention to to be open to the Healy scanning them and imagining the Healy in their own hand (as if it were right there with them). Once the initial scan of their frequency is recorded, I save it and do a bio resonance scan.

2.

## Programs to Use for Sales of Healy

When you're just showing people this for sales, I suggest using one of the programs that gives a bit more feedback, like I-Ching, Alaskan Gem Elixirs, Homeopathy-Psyche.

3.

## Programs to Use for Support/Healing Sessions

When you're using this to help support a family member or friend at a distance, I suggest one of 3 ways to choose the program.

1. Use your intuition. Let your gut guided you.
2. Let them use their intuition and gut guide them.
3. Use the "all Healy program search".

4.

## Send the Frequencies

Choose to vibrate the program for the length of time you feel called to. I typically do it for 2-3 minutes per program. While you vibrate the frequencies, make this an experience for the client by playing gentle or uplifting music (as an advanced Reiki Master Teacher I infuse Reiki into this portion of my distant Healy sessions)



# After your Distant Healy Sessions

Steps to take once your frequency session is over

## Ending Your Sessions

Once you have ran your frequency programs ask your client if they have any questions or concerns. Answer what you can and let them know how to get in contact with you if they need further support. Get their email or point of contact so you can send follow up information to them.

Always cleanse/clear your energy in between Healy sessions. This can be done by smudging (with palo santo, sage or incense or example) or using a visualization technique to cleanse and clear your energy.

## Follow Up With Your Client

Now is the time to check in on your clients post session! You can send them PDF's of the info from the programs you ran in the blue dot app if you'd like. This is a great way to follow up with them about their experience, if they need support, and to remind them about drinking lots of water! If this was a sales demo session you can follow up with pricing and Healy options now.

## Energetic "Hangover"/Detox Symptoms

Remind them that to avoid any energetic "hangover"/ detox symptoms that it is important to drink lots of water, remain very hydrated, and urge them of the importance to get their bodies into water (preferably all the way) as water helps the frequencies settle into the body. While it is not likely that they will experience this if they stay hydrated, a headache or hangover like feeling can happen after energy working sessions like the Healy.



HELLO THERE! I AM...

# Robyn Grogitsky- Ramirez

The Empathic Mama

IG: [@Empathic\\_Mamahood](https://www.instagram.com/Empathic_Mamahood)  
[EmpathicNutritionist.com](http://EmpathicNutritionist.com)

It's so nice to meet you!

Thank you for allowing me to guide you in the beginning usage of your frequency medicine device, the Healy!

I wear a lot of hats around here! My credentials:

Advanced Reiki Master Teacher & Practitioner  
Energy Healer  
Emotion Code Practitioner  
Empathic Psychic Medium  
Intuitive Reader  
Spiritual Teacher  
Empath Mentor  
Guided Meditation Facilitator  
Spiritual Course Creator  
Certified in Transcendental Meditation  
Nutritionist  
Recipe Alchemist  
Medical Mama  
Wife, Friend, Sister