

# Clearing Practices Post-Session

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from the Infinity Healing Practice as created by [Gabrielli LaChiara](#)

The following simple practices have been VERY effective in helping me clear the energy taken on during sessions with clients (both my “healing” clients, as well as my coaching clients). Try them out and see how they work for you! And feel free to let me know if you have any questions:

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## Physical Practice - aka “The Reset”:

1. With both hands at the same time, slap your thighs a few inches above the knee. Left hand to left thigh, right hand to right thigh. You want to do this several times, 3-7 times is probably about right.
2. With the tips of your fingers on each hand, tap about an inch or so below the collar bone on each side (simultaneously). Most likely there’s a little divet there to guide your fingers to the right place - by using several fingers at once you can spread out the area where you are tapping to make sure you get it “right.” :-). Again, 3-7 times is about right.
3. Choose a hand, and tap (lightly) on the top of your head, towards the back (right around where the swirl in your hair probably is). 3-7 times.
4. “Energy Flush” - Finally, imagine a river of light starting above you, pouring down through you. Inhale, and as you inhale, reach up as if you could grab the river above you. As you exhale (and I usually exhale somewhat forcefully), pull down with your hands as if you could pull that river through you - this is a way of flushing energy through your body. I often imagine that the force of that energy is literally power-washing away any loose energetic remnants that do not belong to me.

### Physical Reset - explanation:

The physical reset is a way of activating your physical resourcefulness, bringing your body back into balanced embodiment, and resetting your connection to whatever is happening in the present moment. It’s like an energetic cold shower - revitalizing, and leaving you with eyes wide open for the moment.

## Clearing #1 - “Activating Healer, Releasing Victim”

Speak out loud, with authority:

“I command my body and being to release anything that isn’t mine, and to gift it to the Light of Consciousness. Activate change and generate healing immediately.”

Then do Step #4 from the physical practice above - the energy flush.

### Clearing #1 - Activating Healer, Releasing Victim - explanation:

In Infinity Healing, the “Light of Consciousness” is akin to the field that runs through all of us, around all of us, connecting us to the fabric of life. If there’s something that works better for you than “Light of Consciousness” - feel free to adapt as necessary. Important to note here - you are not necessarily returning those things that “aren’t yours” TO the people/places where they belong. You are simply gifting it back to the light of consciousness, and allowing it to find its way back to where it belongs. If it belongs to someone else, then all you really know is that it’s not yours to heal. That’s where your responsibility ends.

### **Clearing #2 - Closing Circuits**

Speak out loud, with authority:

“I command the Light of Consciousness to close all circuits on the facilitation of this session with <insert name of client>, such that their healing might continue, along with anything else that is required or generative for my own highest good, light, and healing. Activate change and generate healing immediately.”

Then do Step #4 from the physical practice above - the energy flush.

### Clearing #2 - Closing Circuits - explanation:

The idea of “circuits” is that they are different channels for experience (e.g. there is the “present time” circuit, the “soul” circuit, the circuit that you might have open between you and your spouse, etc.). So there are circuits that get opened over the course of a session with a client - particularly you as a facilitator of their healing process. Note that you do NOT close “all circuits on the session” - your client might then actually experience a sudden lack of connection to the process/results of your work together! You are simply closing circuits on your facilitation of the session - so that your participation is no longer required. Also, this clearing leaves open the possibility that some of the circuits opened might actually be generative for you - and that the healing initiated for YOU might also be able to continue.

### **IMPORTANT NOTE on WHEN to do the clearings:**

While the Physical Reset can be done during a session (if that’s appropriate for the kind of work you do) and the *Activating Healer, Releasing Victim* clearing can be done silently during a session (for instance, if you find yourself feeling triggered or recognizing that you are taking on your client’s energy) - the “Closing Circuits” clearing (in regards to facilitating the session) should only be done AFTER the client is NO LONGER IN YOUR PRESENCE. Otherwise they might feel dropped by you - or experience it as a break in the safety of the coach/client container.

## In Conclusion

Usually those 3 steps alone are all that it takes for me to feel clear after a session. Let me know how they work for you, or if you have any questions that I can answer! I hope that you find these practices to be helpful in terms of how you work with the energy generated by your sessions - especially the energy that doesn't belong to you.

If you're interested in learning more about the [Infinity Healing Practice](#), [here's a link for that!](#)

All my best!

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