



# YOUR FIRST HEALING PRACTICA

## WHAT TO EXPECT

### BEFORE THE HEALING PRACTICA

- Register for each healing that you want to attend via the links from BPI emails or by using [this page](#).
- [Check out this recording](#) for the step-by-step healing practica process. There is a great Q&A at the end too!

### GETTING ON TO THE CALL

- Call the numbers from your Maestro Conference reminder email.
- You will hear music playing—stay on the line until the top of the hour.
- If you don't hear a staff moderator at the top of the hour, you might have entered an incorrect pin number—hang up and call back in.

### DURING THE HEALING PRACTICA

- You will be guided through an opening meditation and given a clear rundown of the process so that you will know exactly what to expect and what to do.
- You will be paired with a more advanced student, or two, to do the healing with.
- When your healee is moved into your healing room, ask the healee what they would like a healing on and have them say their name three times.
- From there, your job is to let your healing beings do the work and do the best you can to track what they are doing.
- Your job is to observe your healing beings so that you can let your healee know what's happening.
- Be like a neutral reporter and tell your healee what is being cleared and what is being replaced.
- Please continue the healing until you hear an announcement that it's time to wrap up the healing. Ask your healing beings to wrap up and fill your healee in with gold.
- When all of the healers in your room are complete with the healing, tell your healee that they can hang up.
- From here, you will have about 5 minutes to receive a mini-healing from your healing beings—clear matching pictures and make separations from your healee. When you give a healing, you get a healing. Don't forget to have them fill you in with a gold sun!
- You will hear an announcement to get ready for your next healee. Once your new healee is in your room, you will repeat the same process.
- You will work with about 2–5 healees during this practica session.



WHEN YOU GIVE A HEALING  
YOU GET A HEALING!

## WHEN THE HEALING IS COMPLETE



- You will be guided through a closing meditation.
- You will have about 10 minutes to debrief with the other healer(s) in your healing room.
- Lastly, a staff moderator will bring everyone back to the main space for some Q&A and a mini-meditation.

## A FEW PRO TIPS!

### CLOSE YOUR EYES TO OPEN YOUR THIRD EYE

- Please try to keep your eyes closed as much as possible during the healing.
- Keeping your eyes closed will help you to develop your 3rd eye—when you cut off one sense (your visual sense) another sense will heighten (your 6th sense).

### WHEN SOMEONE ELSE IS TALKING

- Remember, you are not doing the healing. Your healing beings are doing the healing, so you can't mess this up.
- Don't worry if you feel like you don't know what to do. If you get stuck, you can always ask your peer(s) for help.
- The key is to just show up and we'll take care of everything else. Once you attend a few, you'll feel like a pro!



We can't wait to see you at your first healing practica!