



*Foundations of Healing Work  
and Energy Management*

PRACTITIONER GUIDE

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## DISCLAIMER

This guide and training is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention. (health, alternative healing). This guide does not substitute legal advice.

This training is based on the energy healing tools of Nicole Gayle. By taking part in this training, you agree that you will not hold Nicole Gayle responsible in any way. Participating in learning how to be a Quantum Healing Practitioner does not guarantee income. You are responsible for your healing business and earning potential.

# *New Covenant Energy Healing*

Our foundation of quantum energy healing work is built on the new covenant. The new covenant is an agreement with God consciousness that is not connected to false healing templates and light worker healing technologies. We don't rely on using "light" we rely on God as principle. Our foundation for quantum healing is mapped in direct union with God as creator within the field of energy that is created by the creator. We are making a new agreement to come into a covenant with God as the power that created the field and all that is reflected in it.

As quantum healers, we enter into the divine field guided by the spirit of God as creator. We enter into divine service and we trust the guidance from God as creator within the field. When you are moving a client inside the field, example in a timeline, it is the work of God as creator of the field and the client's choice to come for healing that allows for the energy of healing to happen.

At no time do we intervene with the person's "vision" in the field, example we are not to tell them that what they are seeing in a timeline isn't true. We are trusting that what they are being shown is true for them in that timeline and our role is to help to guide them into the whole version of themselves that is available to them as the multidimensional avatar and connection to God. We will be covering the multidimensional avatar further in the program.

## *New Covenant Energy Healer*

Managing your energy as a healer is your top priority. There are many ways you can come into contact with other people's field and form false bonds with their energy creating soul ties with them.

Here are 5 different energy entanglements:

1. Empath/Narcissistic client relationship
2. Co-dependent client relationship
3. Vampiric/psychic attacks
4. Cords of attachment and discordant energy
5. Unhealthy healer/client relationship dynamic

## **Empath/Narcissistic client relationship**

People who have empathic abilities are easily able to connect with the energy of other people and may attract narcissist - people who use their energy for power.

This ease of being able to "feel" the energy of other people can also have negative consequences if not management correctly.

Empaths who aren't grounded do not make good healers since they aren't able to separate the feelings of others from their own and may end up living in the rescuer and fixer energy for validation.

If you find yourself having the ability to easily feel the energy of others and unable to manage it, you do not have very good energetic boundaries and will need to have more sacred boundaries that keeps you and others safe.

## **Co-Dependent client relationship**

Co-dependents feel they are responsible for the happiness of other people and are enablers. They also rely on others to make them happy.

As a quantum healer, you are not responsible for your clients happiness nor should you ever create a dysfunctional dynamic with them.

You are not to enter into a dynamic of needing to please them or rely on them to validate your work.

It's important to be mindful that you do not focus on always trying to "fix" your clients problems and be assertive when needed as you guide them towards their healing.

## **Vampiric/psychic attacks**

Some people with extremely low energy and disconnection in their fields may want to work with you. If relating to someone in a discovery call or via email/messenger you find their energy starts to "pull" at your energy, they may be carrying a vampiric spirit that could eventually attack you psychically.

Later on you will learn how to protect yourself and manage your energy while working with clients so you don't have others "feeding" off your energy and trying to collapse you.

Before and after each healing session, you will learn how to "submerge" your energy in protection as well as how to "clean" your energy so that you are not energetically attached to low feeder energies nor have them show up in your field attempting to hijack you.

## **Cords of attachment and discordant energy**

People may have had emotional ties or soul ties with others and then still corded to them.

They may find they are stuck in the energy of "mourning" over a relationship, can't move on from a heartbreak, rejection, or abandonment.

These attachments can be healed in the field and they can repair the timeline of when the original experience started. You want to ensure that you don't become corded to your client and take on their energy of pain, rejection, heartbreak living from the weepy energy that they've experienced over and over again.

You want to guide your clients towards repairing the timeline of an experience and if they choose to continue working with you, ensure they are not trying to "recreate" the energy of what took place in order to live in the victim shadow around it.



## **Unhealthy healer/client relationship dynamic**

An unhealthy healer/client relationship dynamic can form when you aren't establishing the correct boundaries with your client as THEIR coach.

While in a client role, you want to have the integrity of yourself as a healer intact and never engage with them as close personal "friends" where you end up sharing stories with a client because you feel so close to them in order to have their "guidance" or opinion.

If a client offers to give you their "guidance" or "read" for you, it's best to decline. You are receiving money from your client so you want to keep a fair energy exchange. You never want to be in a situation where you are "bartering" your services with a client as it may end up being an "unfair" exchange for them.

The background features a dark space filled with vibrant blue energy. Several bright, glowing blue arcs curve across the frame, resembling waves or orbits. These arcs are surrounded by a dense field of smaller, shimmering blue particles, creating a sense of dynamic movement and light. The overall effect is ethereal and energetic.

## *Energy Prep & Cleaning*

When working with clients, you must practice "submerging" your energy field as well as "cleaning" it after a session.

# *Submerging Your Energy In Creator Field*

As a quantum healer you want to keep your energy connected to the highest field - which is the universal energy field - God consciousness.

On a daily basis, practice connecting to God consciousness by focusing on the principle of God as CREATOR/KING

Here's a meditation to help you do that:

1. Raise your thoughts to God as creator, connect with God as omnipresent (present every where at the same time), omniscient (all knowing), and omnipotent (all mighty/all powerful)
2. Allow for the energy of God as ALL to fill your energy body and field and visualize it as white light coming from the creator
3. Raise your hands above your head in surrender to receive the spirit of God and lower both hands from your crown alongside your body as though you are creating a shield and sweep your hands along your body to your feet
4. Visualize yourself submerged in the light and it surrounding you like a bubble.

**Practice this meditation daily and before you start sessions  
with a client**

**Practice this meditation with your accountability partner**

# *Cleansing your energy after each client session*

As a healer you must practice great energy hygiene and cleanse your energy regularly and after each client session.

This gives you a good energy field that isn't connected to energy distortions and helps you remain energetically healthy to do healing sessions with clients.

There are 6 basic levels of energy that you will need to know about and by using this energy break will help to clean your energy:

1. Physical energy - biological matter
2. Etheric body energy - field/aura energy surrounding your body that gives energy to physical body
3. Emotional - energy beyond etheric that contains emotions/feelings
4. Mental - mind/thoughts
5. Psychological - psyche/psychic attacks
6. Spiritual - higher soul/higher self/multidimensional avatar

## *Cleansing Your Energy Practice*

- 1. With open palm facing down, raise your right hand above your crown - this is symbolic of your higher connection**
- 2. Move your hands to left side of head to where it's in alignment with left ear. Pull your hands back**
- 3. With a sharp swipe, drop your hands down across your body so that it sweeps across your body from your crown chakra to your root chakra**

**Repeat if desired**

**Practice this daily and after each session with a client**

**Practice with your accountability partner**



# 5 different energetic entanglements

What are the 5 different energetic entanglements?

You may also write them in your notebook instead of this document.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

# Assignment

What is the name of the meditation you do before each client session?

What are the 6 basic levels of energy you are clearing after each client session?

What is the definition of being a new covenant healer?

# Exploring Energy Challenges

Explore energy challenges you may face as a healer and share with your accountability partner.

**\*Pro Tip:** Have supreme energetic boundaries with others and practice great energy hygiene.

You feel like you are often picking up the energies of other people and it affects you emotionally, what do you do to protect yourself?

You meet someone who could be a possible client but you get the feeling they are draining your energy, how do you handle this?

After working with a particular client, you constantly feel drained, how do you deal with this and protect yourself?



# take action

Always take immediate action and review your learning materials as well as check in with your partner and stay accountable to process.

CHECK IN WITH YOUR PARTNER

PARTICIPATE IN GROUP & TRAINING

TAKE NOTES AND REVIEW ALL REPLAYS

ASK FOR HELP IF NEEDED

## Notes