

# The Post-Session Energy Clearing Protocol

A clearing ritual for sensitive practitioners after sessions, readings, healings, and class.

If you are a healer, psychic, Reiki practitioner, body worker, or therapist, you probably know this feeling. And it does not feel very good.

The session is over and the client has left. Or the Zoom window is closed. The treatment room is quiet and empty again.

And yet something still feels like it is lingering in you, in your room, in your energy, or maybe in your heart.

You might feel heavy, buzzy, crowded, foggy, sad, or a little too "on." You might keep thinking about the client long after the session is done. You might even feel sensations in your body that were not there before the session started. Or you might be drained dry and feel exhausted.

If you are really having a day, it will be all of the above at the same time. I know, because I have been there too.

This is very common for healers, Reiki practitioners, intuitive readers, and sensitive people who work closely with other people's energy. The more sensitive you are, the more you need really effective tools to help you clear and release energy that you might have picked up in a session.

It does not mean you did anything wrong. It means your system needs a clearer closing ritual and that you need to clear all the energy out of your system that does not belong to you. It might be time to level up your energy hygiene protocols.

Use this protocol after any session, reading, class, or healing where you feel like you are still carrying something that is not yours.



## Close the session out loud

Say something simple, either out loud or internally:

"This session is complete. My work here is done. I release this work with love. I return to my own self now."

I like saying this clearly because your energy listens to your words. A clean ending helps your whole system understand that the work is done.

You might have a little ritual, like ringing a bell, blowing out a candle, or getting out your sage stick and burning some sage. We need to close whatever doors we opened as we leave our work behind for the day.

02

## Call your energy back

Take one slow breath and imagine every part of your attention coming back to you. Breathe into your heart and pull all the pieces of you back into you. Recall your energy, cut cords, and reground yourself. Fill your heart, belly, and tailbone back with your own energy.

You are calling your own energy home.

Try this:

"Any part of my energy that went into this session, please return to me now, clear and whole."

Then pause for a moment. Notice your feet. Notice your breath. Let yourself land.

03

## Release what is not yours

Now ask anything that is not yours to leave your system.

I do not recommend sending it back to the client. Send it to the light, to the earth, or to the Divine, depending on the language that feels true for you.

Imagine that you are standing under a waterfall of light and that all the energy you picked up that is not yours is washing through you, being replaced by beautiful, pure divine light. Let it all go down into the earth to be recycled and composted. Release anything of yours that is also ready to go.

Try this:

"Anything I picked up that does not belong to me, I release it now to be cleared and healed."

You might feel a little shift. A sigh. A softening. A little more space around you.

04

## Clear your hands, heart, and solar plexus

These are three places practitioners often keep working even after the session is over.

Rub your hands together and shake them out. Or put them under running water and wash away any energy that does not belong to you. You can also try putting them on the ground and letting any extra energy flow from your hands into the earth.

Place one hand over your heart and one hand over your solar plexus.

Take three slow breaths.

On each exhale, imagine the extra energy leaving your body and your system.

05

## Ground back into ordinary life

Look around the room and name five ordinary things you can perceive.

The lamp. The floor. The cup of tea. The sound outside. The color of the wall.

This brings your body back into the present moment.

Then ask yourself:

"What do I need before I move on?"

Maybe you need water. Maybe you need ten quiet minutes. Maybe you need to step outside. Maybe you need to write one note and close your laptop.

Listen to that.

06

## Make one clean aftercare choice

The hardest part for many healers is not the session itself. It is the energetic aftercare and some good, clean boundaries. Practicing holding these breaks the habit of energetically merging with clients after the session is over. And do not forget, this is often more about you than it is about your client.

Choose one small boundary that helps the session stay complete:

- I will not reread the client's message tonight.
- I will not troubleshoot the session in my head for the next hour.
- I will not answer follow-up questions outside my stated boundary.
- I will take five minutes before I work with the next person.
- I will clear the room before I use it again.

The world needs all the healers it can get, but it needs you clear, steady, and present. You are allowed to end the work cleanly.

If you have been carrying client energy for a long time, a simple protocol may help, but you may also need deeper support.

That is why I created the Quantum Shift Bundle.

The Quantum Shift Bundle includes four recorded quantum healing sessions that help you reset your system, clear old patterns, and come back to your own light. It is a beautiful next step if you know you are ready for more than a quick reset.

YOUR DEEPER STEP

## The Quantum Shift Bundle

If you are ready to clear at a deeper level than a single protocol can reach.

[LEARN MORE ABOUT THE BUNDLE →](#)

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*Lisa*