



The Wing Book

# HOW TO PREPARE AN ENERGY SESSION

A practical guide for therapists who want to offer professional, safe, and memorable experiences

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# INTRODUCTION

**Ideal Session Length**

**Before beginning: activate the five senses.**



## INTRODUCTION

*When someone comes to our practice, they do so because they are experiencing some kind of discomfort. That already implies a certain level of vulnerability.*

*For this reason, as energy therapists, our responsibility goes beyond applying a technique. We are here to create a safe, respectful, and meaningful experience that:*

- *Helps the person feel welcomed*
- *Reduces defensiveness and anxious expectations*
- *Supports the effectiveness of energetic work*
- *Builds trust for continuing the process*

*This manual is not tied to any specific therapy. These are universal principles that you can adapt based on your experience and common sense.*

## IDEAL SESSION LENGTH

An energy session should last between 40 and 60 minutes. This is enough time for the therapeutic work to have an effect without overwhelming the client's system.

Although it might seem that a longer session would be more beneficial, this is not the case. In this type of therapy, the body's energy is activated, and the system needs time to integrate what happens during the session.

If the session is extended too much, unwanted effects may appear, such as:

- The nervous system becoming overloaded
- The body needs time to process the changes
- Dizziness or a sense of overstimulation

It's important to understand that integration is part of the therapeutic process. Not everything happens during the session; a key part of the work unfolds in the hours or days that follow, as the body reorganizes the information it has received.

For this reason, respecting the appropriate duration not only improves the quality of the session, but also supports more stable and lasting results over time.

## BEFORE YOU BEGIN: ENGAGING THE FIVE SENSES

A deep therapeutic experience is not only felt in the moment—it is remembered. And what makes that experience stay in the client's memory is the activation of the senses.

When we work consciously with the five senses, we create a more complete, immersive, and emotionally effective environment.

We should pay attention to:

**Sight – Sound – Smell – Touch – Taste**

Each of these senses provides information to the nervous system and helps the client enter a state of relaxation and openness more easily.



For example:

**Sight:** using soft colors in the decoration of the space (neutral tones, earth tones, whites, beiges) promotes calm and avoids visual overstimulation.

**Sound:** the music should be gentle, without abrupt changes. You can use nature sounds, bowls, instruments, or ambient music that supports the experience without distracting.

**Smell:** this is one of the most powerful senses, as it is directly connected to emotional memory. A pleasant aroma (soft incense, essential oils, etc.) can anchor the experience in a feeling of wellbeing.

**Touch:** the temperature of the space, the comfort of the treatment table, a soft blanket, or even the quality of physical contact directly influence relaxation.

**Taste:** offering an infusion or water with natural elements such as lemon, cucumber, or mild herbs can complete the experience and enhance the feeling of care and wellbeing.

When we achieve sensory harmony, the session becomes more than a technique—it becomes an experience. And it is precisely that experience that the client will remember and want to repeat.



# THE THERAPEUTIC ENVIRONMENT

Physical cleansing.  
Energetic cleansing.

Light.

Sound.

Temperature and touch.

Taste.

Smell..



## THE THERAPEUTIC ENVIRONMENT

*As energy therapists, it is essential to apply what we teach. The environment is not secondary—it directly influences the outcome of the session.*

*A well-prepared space supports relaxation, encourages openness, and allows the energetic work to unfold more effectively.*

*For this reason, it is important to work in a place that is:*

***Comfortable – Quiet – Free from noise – Free from drafts – Without strong air conditioning during the session***

*A suitable environment does not distract, does not cause discomfort, and does not interfere. Everything adds to the experience.*

## PHYSICAL CLEANLINESS

Before any energetic work, the foundation is physical cleanliness. A dirty or cluttered space creates a sense of chaos that the client perceives, even if unconsciously.

The space should be:

- Swept
- Mopped
- Dust-free
- Ventilated with fresh air
- Visually tidy

A clean environment conveys care, professionalism, and safety. It is the first step in building trust.

## ENERGETIC CLEANSING

Once physical cleaning is done, it is recommended to energetically cleanse the space. Spaces accumulate energy over time, both from our own emotions and from those of the people who pass through them. That is why it is important to release that buildup before each session.

The space may hold:

- Your own dense energies
- Residual energy from previous clients

There are many ways to do this. It doesn't need to be complicated—the important thing is that the method makes sense to you and is applied with awareness.

Some simple techniques include:

**Sound with a 4096 Hz tuning fork (angelic frequency):** activate the fork and move slowly through the space, especially corners, the table, and the working area. This high frequency helps dissolve denser vibrations and harmonize the environment quickly and effectively.

**Smudging with sage (without excessive smoke):** move the incense or smudge stick throughout the space, paying special attention to corners, doors, and the working area. The movement should be slow and intentional, as if you were “sweeping” the energy. Light ventilation afterwards is important to avoid smoke buildup.

## LIGHT

Lighting directly affects the client's sense of safety and relaxation.

Recommended:

- Soft but sufficient lighting
- Avoid total darkness, which may cause discomfort
- Lower the intensity when starting the session
- Maintain clear visibility of the space
- Light should support, not dominate.

## SOUND

Sound is a key element in preparing the environment. It is recommended to welcome the client with soft, lyric-free music. This prevents the mind from engaging with content and helps facilitate a deeper state of calm.

Music without lyrics:

- Avoids mental distraction
- Supports relaxation
- Creates a positive emotional association

If the therapy includes sound tools (such as tuning forks or bowls), the music should be turned off to avoid interference.

## TEMPERATURE AND TOUCH

Physical comfort is essential for the client to fully relax. The space should be kept at a pleasant temperature, avoiding both cold and excessive heat. During energetic work, the body may experience changes, such as a slight drop in temperature.

For this reason, it is recommended to:

- Maintain a balanced temperature
- Have a blanket available
- Adjust according to the client's needs

Small details like these make a big difference in the overall experience.



## TASTE

Taste can also be part of caring for the client, especially before and after the session. It is recommended to offer water:

- Before the session
- After the session

Optionally, it can be enriched with natural elements such as:

- A slice of lemon
- Cucumber
- Minerals
- Essential oils suitable for consumption

Water supports hydration, facilitates energy conduction, and helps with integration.



## SMELL

Smell is the sense most directly connected to emotional memory. A suitable aroma can deepen the sense of wellbeing and make the experience more memorable.

To work with this sense:

- Avoid heavy incense smoke, which may be uncomfortable
- Use diffusers with water and essential oils

Recommended oils include:

- Lavender (relaxation and adaptability)
- Geranium (emotional openness)

Keep in mind that not everyone tolerates the same scents, so it is best to use gentle, non-invasive aromas.

# CLIENT PREPARATION

Before beginning.  
Position.



# CLIENT PREPARATION

The way you welcome your client marks the true beginning of the session. Even before applying any technique, you are already creating an experience.

It's important to receive your client with an attitude that is:

**Warm – Relaxed – Kind – Explaining each step**

When the client understands what is going to happen, uncertainty decreases and relaxation comes more easily. Explaining reduces the fear of the unknown and builds trust from the very first moment.

## BEFORE BEGINNING

Before starting the session, it is helpful to guide the client through a few simple adjustments that will support the energetic work.

- Remove watches, jewelry, and crystals
- Turn off or move the phone away
- Take off shoes
- Loosen belts or tight clothing
- Avoid crossing arms or legs

These small details help energy flow without interference and allow the body to enter a more receptive state.

It is also important for the client to drink water before beginning, as hydration supports energy conduction and prepares the body for the process.

## POSITION

The client's position should be comfortable and adapted to their needs. There is no single "correct" way. You can work with the client on:

- A treatment table
- An armchair
- The floor
- A chair

What matters most is adapting the position according to any discomfort, physical limitations, or personal preferences. A comfortable client relaxes faster, allowing the session to be much more effective.



# THERAPIST PREPARATION

Personal hygiene.  
Nutrition.  
Grounding.  
Inner attitude.  
Client information sheet.  
Energetic cleansing of the therapist.

# THERAPIST PREPARATION

*Before supporting another person, it is essential to be in an optimal state. The therapist's preparation directly influences the quality of the session.*

*It's not just about technique, but about presence, clarity, and inner coherence.*

## PERSONAL HYGIENE

Hygiene is essential and should never be overlooked.

- Shower before the session
- Wear clean, comfortable clothing

An unpleasant smell or a sense of neglect can completely disrupt the client's experience and create rejection, even at a subconscious level.

## GROUNDING

Before beginning, it's important to center and stabilize yourself. You cannot truly support someone if you are not balanced within yourself. Dedicate at least 30 minutes beforehand to a practice such as:

- Meditation
- Conscious breathing
- Tai Chi
- Qi Gong

In sound healing, this is especially important. It is easy to "drift" or disconnect without proper grounding.

The work should be carried out from a state of presence, full attention, and connection with the heart.

## NUTRITION

What you eat before a session affects your energetic and mental state.

It is recommended to avoid:

- Heavy meals
- Alcohol (at least 4 hours before)
- Medication that alters mental clarity

A heavy digestion reduces sensitivity, slows perception, and can affect the quality of the therapeutic work.

## INNER ATTITUDE

The attitude you bring into the session shapes the direction of the work. Before starting, you may connect with whatever resonates with you:

- Guides
- Angels
- Universal energy

Set the intention for the session to unfold for the highest good of the person, without imposing expectations or specific outcomes. The therapist accompanies—the process is not directed or controlled.

## CLIENT RECORD

Gathering information is an essential part of professional work. For new clients:

- Complete a basic form
- Reason for consultation
- Relevant history
- Possible contraindications

For returning clients:

- Review their history
- Ask about their progress

A session should never begin without considering possible medical conditions or situations that may require caution.

## THERAPIST ENERGETIC CLEANSING

After each session, it is important to release and clear your energy.

- Wash your hands after every session

At the end of the day, take a shower. If the sessions have been intense, you can rub your body with coarse salt after soaping. The hands are directly connected to the heart chakra, so it is important to keep them clean both physically and energetically.

Taking care of yourself is part of the work. A clean and balanced therapist offers higher-quality sessions.

# ATTITUDE DURING THE SESSION

Respect for the client



## ATTITUDE DURING THE SESSION

During the session, your presence is just as important as the technique you use. The way you accompany the client directly influences how they experience the session.

From the very beginning, make sure the client feels comfortable:

- Position them properly
- Ask if they feel cold or warm
- Adjust any detail as needed

Throughout the session, it is important to maintain an attitude of attention and listening, observing any possible changes in the client's body or energy.



## RESPECT FOR THE CLIENT

Respect for the client's body is absolute and allows no exceptions. Whenever you are about to make any kind of physical contact, inform them beforehand:

**“If it is alright with you, I’m going to place my hand on...”**

This creates safety, builds trust, and avoids any misunderstanding.

You should never:

- Touch intimate areas
- Overstep personal boundaries
- Justify any form of inappropriate contact

Professional ethics are not negotiable.

If you are a therapist and have inappropriate inclinations, it is essential to stop and seek help. This is not the right place to channel those impulses. If you are a client and something inappropriate happens, get up and leave the session immediately.



# HOW TO CLOSE A SESSION

Closing techniques  
Before getting up

# HOW TO CLOSE A SESSION

During a session, different levels are activated:

- Energy
- Emotions
- Thoughts
- Involuntary movements

For this reason, closing the session is essential. It is a fundamental part of the process.

Closing the session properly allows you to:

- Close the energetic field
- End the therapist-client connection
- Help the client regain their center

## CLOSING TECHNIQUES

There are different ways to carry out this closing, with the aim of sealing the energetic field and harmonizing the flow of energy activated during the session. Some options are:

- Passing the “Om” tuning fork through the aura
- Passing the Tibetan bowl through the aura

The goal is to bring the client back to a state of stability before ending the session.



## BEFORE GETTING UP

It is important not to end abruptly. The client needs a few minutes to fully return to “here and now”.

It is recommended to:

- Drink water
- Check coordination and stability
- Get up slowly

If dizziness or disorientation appears:

- Stay with the client until they feel well
- Apply grounding techniques such as holding their feet on the floor, placing your hands on their shoulders, holding them by the shoulders, and guiding them to walk around the room.

A proper closing makes the difference between a correct session and a truly professional one.

# AFTER THE SESSION

Post-session guidance



## AFTER THE SESSION

The work does not end when the session finishes. The minutes that follow are essential for integrating the experience and continuing the process.

It is recommended to invite the client to sit for a few minutes before leaving. This space allows them to settle what they have experienced and gradually return to a more active state. During this time you can:

- Share relevant insights
- Ask about their sensations
- Listen without over-interpreting
- Offer recommendations in a clear and simple way

There is no need for long explanations. Sometimes, brief and well-focused guidance is more helpful than too much information.



## POST-SESSION GUIDANCE

Before the client leaves, it is important to offer some basic guidance:

- Aftercare (rest, hydration, avoiding overload)
- Whether a new session is recommended
- An approximate follow-up date, if needed

These indications help extend the effects of the session and give continuity to the work done.

### Session record

Finally, it is essential to record relevant information. Write down:

- What was worked on during the session
- The client's reactions
- Aspects to consider for future sessions

This follow-up allows you to offer more professional and personalized support over time.

# CONTRAINDICATIONS AND PROFESSIONAL GUIDELINES

Situations requiring caution.  
Referral and common sense.  
Professional Responsibility  
Disclaimer



# CONTRAINDICATIONS AND PROFESSIONAL GUIDELINES

Energy therapies are valuable tools, but they are not neutral. They work on the physical, mental, emotional, and spiritual systems, so it is necessary to apply judgment and responsibility.

There are situations in which special care must be taken, or even the session should be postponed.

## SITUATIONS THAT REQUIRE CAUTION

Before carrying out a session, it is important to assess whether the client is in any of the following situations:

- Metal or electronic implants
- Prostheses, pacemakers, or IUD
- First trimester of pregnancy
- Kidney or gallbladder stones
- Previous embolisms
- Fever or active infections
- Recent surgical procedures
- Acute pain without diagnosis
- Severe mental disorders that are not stabilized
- Recent consumption of alcohol or substances

In these cases, the session should be adapted, the intensity reduced, or postponed if it is not appropriate to intervene at that moment.

## REFERRAL AND COMMON SENSE

The therapist must know their limits. Not everything can or should be addressed through energy therapy.

It is important to:

- Not make medical diagnoses
- Not replace prescribed treatments
- Refer when necessary

If in doubt, it is better not to intervene.

**Acting with caution is a sign of professionalism, not a lack of ability.**

# PROFESSIONAL RESPONSIBILITY

Working with people involves responsibility. It is not only about applying techniques, but about caring for the whole process. For this reason:

- Always listen to the client
- Respect their timing
- Do not force results
- Prioritize their wellbeing above any therapeutic goal

A good session is not the most intense one, but the one that is most appropriate for that person at that moment.



## DISCLAIMER

Energy or alternative therapies do not replace, under any circumstances, medical diagnosis, treatment, or a doctor's recommendations.

It is strongly recommended to consult with your doctor before starting any practice or modifying ongoing treatments. Under no circumstances do we promote the interruption of prescribed medical treatments.

The techniques and guidance of energy therapies should be applied with common sense, professional responsibility, and respect for each person's individual circumstances.

Likewise, we are not responsible for the improper use of the information provided or for any decisions individuals make regarding their health without appropriate medical supervision.

# THE CLIENT FORM

Much more than a form

Client information: the foundation of the therapeutic process

Strategic information: understanding your client

What the questionnaire should be like

Important note on data protection



# THE CLIENT FORM: MUCH MORE THAN A FORMALITY

The client form is not just an administrative step. It is a professional and strategic tool. When used properly, it becomes one of the most important parts of your practice.

As a therapist, you should create your own questionnaire. It can be more general or more specific depending on your training and the type of therapies you offer, but it must be designed with intention.

It is not about collecting as much data as possible, but about gathering the relevant information that allows you to work with clarity and confidence.

## CLIENT INFORMATION: THE FOUNDATION OF THE THERAPEUTIC PROCESS

The form should include, at a minimum, information related to:

- Reason for consultation
- Physical concerns
- Emotional state
- Relevant medical diagnoses
- Current pharmacological treatments

It is important that all this information is written down. Do not rely on memory. What you remember clearly today may fade in three months.

In addition, the form is not only for the first session. It should accompany the entire process.

Use it to:

- Write down observations after each session
- Record physical or emotional changes
- Note any significant reactions

Always include the date with each note. Chronological tracking will allow you to observe patterns, progress, and possible setbacks.

Your intuition also has a place here. If during a session you perceive something relevant, even if the client has not expressed it, write it down as a professional observation. Over time, you will see how many of these details begin to make sense.

A well maintained form turns your work into a structured process, not a series of isolated interventions.



## STRATEGIC INFORMATION: UNDERSTANDING YOUR CLIENT

The form also serves another purpose that many therapists overlook: it helps you understand who is actually coming to your practice. By analyzing the forms, you can identify:

- Whether more men or women attend
- The predominant age range
- The most common reasons for consultation
- Usual sources of referral (social media, recommendations, advertising...)
- Repeated patterns in physical or emotional complaints

This knowledge is strategic gold. It will allow you to:

- Design protocols that better match real demand
- Create workshops or trainings aligned with specific needs
- Write ads, brochures, or content aimed at specific audiences
- Speak your clients' language because you already know what concerns them

A therapist who knows their client works better. A therapist who also understands their market builds sustainable practice.

## HOW THE QUESTIONNAIRE SHOULD BE

You can design your own form or adapt a standard model, but there is something important: it should not be too long.

A questionnaire with more than ten questions can create resistance or lead the client to share unnecessary or scattered information. The form should be:

- Clear
- Direct
- Easy to complete
- Focused on what matters

Remember, you are not conducting an in-depth psychological evaluation or a full medical assessment. You are gathering useful information for complementary energy therapy.

Fewer questions, well formulated, usually provide better quality information.

## IMPORTANT NOTES ON DATA PROTECTION

Before using this form in your practice, make sure you are aware of the data protection regulations in the country where you work. In many places, it is mandatory to have the client's explicit consent to store their personal information and to send them communications or advertising related to your services.

Make sure to include a clear authorization section in your form for the use of data and for sending commercial information if you plan to do so. Complying with this requirement is not only a legal matter, but also a sign of professionalism and respect for the person who trusts you.

# MOVING FORWARD

This e-book is just the beginning. Therapeutic practice is a path of continuous learning, where each session brings experience, sensitivity, and a deeper understanding of the process.

If you wish to go further, in our books you will find more advanced tools, specific protocols, and resources that will help you take the next step in your development as a therapist.

You can explore our full catalog at:

**[www.thewingbook.com/en/](http://www.thewingbook.com/en/)**

Continuing to learn is also a way of caring for the people you work with.

# CLIENT INTAKE FORM TEMPLATE

## 11. Personal Information

- Full name:
- Date of birth:
- Phone number:
- Email:

## 2. Reason for consultation

What brings you here today?  
(Briefly describe your main concern)

## 3. Current physical state

Do you currently have any relevant medical diagnosis?

- Yes
  - No
- If yes, which one?

## Are you currently following any pharmacological treatment?

- Yes
  - No
- If yes, please specify:

## Do you have any of the following?

- Metal or electronic implants
- Pacemaker
- Prosthesis
- IUD
- Pregnancy
- History of embolism
- Kidney or gallbladder stones
- Other: \_\_\_\_\_
- None

## 4. Current emotional state

How would you describe your emotional state at this moment?

- Anxiety
- Sadness
- Stress
- Fatigue
- Irritability
- Feeling blocked
- Other: \_\_\_\_\_

## 5. Sleep and energy

How is your sleep?

- I sleep well
  - I have difficulty sleeping
  - I wake up several times
  - I wake up feeling tired
- Daily energy level (1-10): \_\_\_\_

## 6. Previous experience

Have you previously received energy therapies?

- Yes
  - No
- If yes, which ones?

## 7. Sensitivities

Is there any sound, aroma, or technique that feels unpleasant or uncomfortable for you?

## 8. Expectations

What do you hope to receive from this session?

**9. How did you find us?**

- Recommendation from a friend
- Social media
- Website
- Workshop or training
- Another professional
- Advertising
- Other: \_\_\_\_\_

**10. Informed consent**

I declare that the information provided is true and that I understand energy therapy is a complementary practice and does not replace conventional medical treatment.

Client signature: \_\_\_\_\_

Date: \_\_\_\_\_

**THERAPIST NOTES**

(To be completed by the practitioner after the session)

Date: \_\_\_\_\_

**Energetic observations:**

**Physical/emotional reactions:**

**Recommendations given:**

**Follow-up plan:**



**THIS PROCESS DOESN'T END  
HERE, IT'S JUST BEGINNING.**

IF YOU WISH TO CONTINUE DEVELOPING YOUR  
KNOWLEDGE AND EXPERIENCE WITH RELEVANT  
TOPICS, VISIT OUR PUBLICATIONS AT:

[WWW.THEWINGBOOK.COM/EN/](http://WWW.THEWINGBOOK.COM/EN/)



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