

## The Basics of a Healing Session with Ron Moor

I have been a student of hands-on energy healing since 1980. In 1981, while living in Los Angeles, I was led to a remarkable practitioner and teacher of healing, Rosalyn L. Bruyere. Within a few years healing, teaching and ministering became my life work. I feel truly called, truly led. While I have studied with other remarkable teachers, my eight years with Rosalyn remain the foundation of my work.

There are two goals in a session. The first one is to facilitate an over-all feeling of “betterness”, that the client feels better at the end of a session than at the start. That brings hope. The true goal then is to open a way into a state of consciousness that enhances the innate healing capacity of our body / psyche. For every cell, tissue and organ. I always hold space for a “cure” but that is not my primary focus. I love these lines from Haven Trevino in his *The Tao of Healing*, verse 30:

The healer knows we heal no one.	Say “I am the healer,”
We cure no one;	You step out of the flow.
To attempt a cure denies the truth:	For the Universe flatters no one,
Disharmony sown in spirit	But merely offers its Life
reaps imbalance in the flesh.	When you offer your own.

I am a firm believer of the Biblical saying that where two or more are gathered.... then a third presence joins in. I often say to my clients early in the session that, to a considerable extent, I feel what they feel, sometimes before they are consciously aware of a sensation. I cannot read their thoughts, but I am deeply empathic.

At some level the client is aware of our connection, that it is supportive and unconditional. A trust begins to build and they allow themselves to access traumas and memories that have been waiting for a safe, supportive opportunity to surface and begin to release. I feel that release in my hands and body.

Yes, clients often do come in with a specific concern, physical, emotional, spiritual. And we will focus on that at some point. The intention is on flow, getting energy moving through an injured or ill part of the body. Placing hands on the hurting place. Finding words to express feelings. Caring touch is so important. However, I still do an overall body process so the whole person feels attended to.

I do follow a basic protocol of hand placement during the session, but that is only a backup. Mostly there is guidance on where, how and how long to place my hands, where to go next. My hands know more than my head. They will vibrate at different frequencies, move slightly or a lot, become warmer or cooler. Send messages to my brain where to go next.

What I see happening with my clients is the deep release of stress and an enhanced flow of energy. Almost always a significant decrease in pain. Frequently they will enter into a profound meditative state. My experience is that then the long ignored body wisdom emerges and directs the process.

I have learned in the over 40 years of doing this work that my client is better served when I follow the energy, when I follow guidance. When I let go of my agenda, tune in and walk with them. I do ask my client to share whatever they feel comfortable sharing and I share with them what I am experiencing. There is a constant dialog, verbalized and / or energetic. The session is a partnership. Each session is a teaching for me, hopefully for my client as well. Each session is a communion.

Warm blessings,  
Ron