

Receiving distance ANKARRAH healing - Instructions

- Lay yourself down on the floor on your back, *undisturbed for 10 minutes. You may lie on the floor in your apartment or house, but you must be able to have your **head pointing due north** and your **feet pointing due south**. Use a compass, or check on your smartphone, as most devices have a compass that you can use to determine the cardinal directions of north and south.
 - If you are in an apartment building it is important to let your Ankarrah Practitioner know which floor you are on, so that they can adjust the energy intensity during your remote healing to accommodate you being further away from the ground. (The ANKARRAH energy works in conjunction with the earth energies, so be sure to let them know your position regarding if you will be close to the ground or further away.)
 - You may prefer to be outside somewhere, lying on the grass or earth, or lying on concrete over the ground. A yoga mat on the ground with a small pillow or folded-up towel under your head is an excellent way to feel comfortable and relaxed.
 - Alternatively, stand on the ground, level, in contact with the ground. This works equally effectively, but for most people, they do relax better when reclined, not standing.
 - If you are in direct sunshine, you may want to wear sunglasses or a hat.
 - Your treatment will start on time. Do your best to be resting and comfortable ahead of time.
 - It isn't necessary to have your palms up, but if you can, have your arms relaxed by your side, rather than folded.
 - Then, breathe, relax your entire body, and allow your mind/thoughts to quieten.
 - The healing ritual lasts around 10 minutes. After the 10 minutes (if you haven't fallen asleep), I do encourage you to write down or record your experience of receiving Ankarrah healing. This is for yourself, or you may like to share that experience with me. Likely we will have some experience information to compare with one another.
- *Undisturbed also means, not checking your cell phone. Please turn it off, leave it indoors or in another room on silent. Also, if possible, place pets in another room for the duration.