

MINYAN HEALING INSTRUCTIONS

Healing Steps: Suggested Time

1. Do the Ray of Connection to all holy ones (group and client). 2 – 3 min.
2. The healer who called for the healing begins with a prayer.
3. Healers begin first: Begin with Basking in the Light (I have no light of my own. By its very nature I cannot own the light, etc.) From this allow yourself to enter into Malkhut. The healing is done entirely in Malkhut. To client: Close your eyes. Visualize this. You have been walking in the desert. See the desert in front of you. As you look ahead, allow yourself to see a tent up ahead. Walk towards this tent. As you step in front of the tent, open the flap and enter. You are now entering the Holy of Holies, the indwelling presence of God. Enter into the inner chamber of the tent and look around you. Take a few minutes to focus. Now realize, we are all here with you. You are not alone. 2-3 min.
4. To healers, begin first: Begin by being aware of the sephira that you are holding. (This has a slightly different feel to it because you are not cleaving as you did when you were learning to cleave to Gevurah & Hesed. It's more of a seating. As you do this, you will notice the difference.) Jason has noted that it is more personifying than cleaving. You are the personification of this sephira. To client: We join with you here in this place, in your journey and invite you to join with us. We invite you to take your place in this community, in this assembly, here in the Holy of Holies. Each one here is personifying or holding a quality or attribute of God. We invite you to hold the attribute of "wisdom" or "victory" (whichever sephira the healer has decided upon for client). First allow yourself to feel this attribute, say to wisdom, you are my sister. Allow yourself to know that you are wisdom. Be this wisdom and know we are here with you. 2 min.

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5. To healers: begin: Feel/sense all the sephirot to which your sephira is directly connected (Hesed to Gevurah, Yesod to Tiferet, Chokmah to Binah, etc.) To client: Now, allow yourself to not only feel and stay in touch with being 'wisdom' but allow yourself to feel a connection to wisdom's partner, understanding. In understanding, you have Mary (name of healer who called for healing). Feel your connection to me and to the attribute of understanding, while still allowing yourself to hold the quality of wisdom. 1-2 min.
6. To healers: Feel/sense the entire Tree of Life and be aware of your connection to the whole Tree of Life as well as your connection to all the holy ones who are cleaving to sephirot. To client: Here, too, in this holy space, you can now feel the other attributes/qualities of God. We have divine will, wisdom, understanding, love, boundary, beauty, victory, splendor, connection and receiving. Each of the holy ones in this room is holding one of these qualities. Allow yourself to feel this person and these attributes joining together as one. 1-2 min.
7. To healers: Be aware of the holographic Tree of Life; i.e., the Tree of Life within your sephira, trees within trees, etc. Stay FIRMLY GROUNDED in your own sephira. To client: Now allow yourself to be aware that within each attribute, such as wisdom, all of the other attributes exist. Within wisdom, there is also will, understanding, love, victory, beauty, splendor, etc. all of the attributes of God are present within each attribute.
8. To healers: Now also be aware that your sephira, such as wisdom or will is also present within every other sephira or attribute. You are connecting to wisdom and you are connecting to wisdom within yesod, wisdom within keter, wisdom within malkhut, etc. To client: Know that the attribute you are holding also exists within every other attribute. Wisdom exists in will and in understanding, in beauty, in love, etc. Know that all of these attributes exist within everyone and everything, all created life. There is nowhere God is not.
9. Keep connected to the horizontal holy one (client). Encourage the client to stay present to their attribute, to the others and to the unfolding as it happens. Everyone needs to stay present to the journey. Our kavannah. God is present here, if we have the heart to see it. We are united in one purpose, the revealing of the indwelling presence of God. We steady each other on the journey, taking refuge in each other. We are one body of God.

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10. Continue with this healing and sense when it is time to complete. The ONE WHO CALLS THIS HEALING should declare at the end“ At the end of each act of creation, God looked around declared **Ketov – It is good.** And so at the end of this healing, this act of creation, we too, declare Ketov, It is Good. (all of the healers can say this, if they so desire.). Pause a minute or so here.
11. To client: Allow yourself to settle back into here and now. You are ____ (name). Look around this assembly and see all of the faces gathered here. Know that each of us gathered here (name the healers) have been honored to join with you here in this place and in your journey. Now, look around for the entrance and exit back out of the tent, closing the flap behind you. Now, you may open your eyes.
12. Stay with the client. Offer him/her the opportunity talk if they need to or to simply be there in silence. Remind him/her you are all here, with him/her. (5 min max.)
13. Tell the client you'd like to have her simply hang up now and be with herself and her feelings/thoughts about this healing. She might journal, draw, etc. about it or simply rest. As healer who has relationship with client, you should remind him/her that you will call and check in with her the next day for a few minutes to see how she is doing.
14. It is best, if there is enough time, the healers should stay on the bridge line and discuss the healing, how they feel, etc. If not, then the healers should email or write in to the healer who called for the minyan within the day and let them know any thoughts/feelings/ideas they have around the healing they wish to share for future healing work with the client.

Notes on Keter :

Have the awareness “God's will be done,” and “This is what's happening....” The ‘goal’ is to be as transparent as possible to anything/everything that transpires during the healing and to be transparent in letting all pass through you (including your own feelings and thoughts). Binah: You are embodying Understanding. Hokhmah: you are embodying Wisdom. (This is not the Abba/Imma healing although you may become aware of the partzufim in the healing.) Hesed: Loving Kindness, Gevurah: Boundary Tiferet: Mercy Hod: surrender, splendor. Netzach: Victory Yesod: desire to connect Malkhut: receiving all of the lights from above sephirot