

# 3 Easy ways to stop energy drain and energy leakage.



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Are you a sensitive working with clients?

Do you connect physically with clients?

Do you connect energetically with clients?

Do you work emotionally with clients?

Do you work spiritually with clients?

If you do the chances are you experience energy leakage at some point during your work, you find that some clients leave you feeling drained and tired, and perhaps even trigger you emotionally.

This is called transference and counter transference.

Counter transference happens when your unconscious recognises something in your clients unconscious that triggers you, this happens immediately.

Transference happens over time, you may become a mother figure to your client, or perhaps the 'best friend' except you have a coach/client relationship.

These things cause difficulties for the practitioner and can leave the client feeling uncomfortable.

Here are 3 tips as to how to avoid this phenomenon.

1. Clear boundaries.
  - Have a strong understanding that you and your client have entered into a contract.
  - Set a definite time for your sessions.
  - Set a definite length for your sessions.
  - Understand this is a coach/client relationship and that your personal thoughts/life/relationships are not part of your session.
  - Set an intention of non-judgement, unconditional love, compassion, empathy and strength.
  - Set a space for your sessions (albeit this may be energetically).
  
2. Have a strong understanding of your own Centre, be grounded
  - Once a day walk outside in nature, barefoot if you can.
  - Ensure that your energetic body is housed within your physical.
  - Clear your aura before each session.
  - Meditate on your midline and line up your chakras energetically.
  - Work from your heart centre.
  - Drink plenty of water.
  - Nourish your body with food 3 times a day.
  - Move – run/walk/cycle/swim/yoga/pilates anything that brings you into your physical body.
  
3. Work on your own personal development.
  - Have your own coach.
  - Keep a daily journal.
  - Free write.
  - Notice your triggers, work on them to bring them to the light and move past them.
  - Visualise your client arriving with baggage – the baggage gets left at the door on arrival and picked up and taken away when they leave.
  - Be honest with yourself, don't work with someone because you need the money.
  - Refer on – if your client keeps triggering you –refer them to someone else, then work on your triggers.

I think it is important to note here that if you are coming from a place of non-judgement, unconditional love, compassion and empathy while maintaining a strong and healthy sense of Self you will not need to 'protect' your energy.

The word 'protect' implies something negative or harmful is out there which already sets the intention and lowers your own vibration. Try instead to work for your own and for other's greater good, this will set a positive intention from the beginning and lift your energy immediately.

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