



**ENERGY HEALING INSTITUTE**  
Education for The Consciously Curious

## **Astral Practitioner Program**

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## **Guidelines for Intentional Practice**



## Guidelines for Intentional Practice

Most clinical, therapeutic and allopathic models of client and patient care incorporate a code of ethics or conduct into their work.

The energy systems field has no unified code of conduct associated with the work. There are a lot of reasons for this, the most significant of which is the vastly different interpretations of the human energy field.

There are two macro human energy systems that are used for multiple modalities in the healing arts: meridians and chakra/aura systems.

The meridian system enjoys a greater level of continuity in its expression, the lineage of the meridian system is ancient and carefully defined. The spirit and emotions are incorporated within the body systems in a braided fashion, however the braid is so intricate that the strands are inseparable. Therefore, the definition of the energy system remains largely intact throughout the ages, with minor diversification as TCM became a simplified offshoot of Classical Chinese Medicine.

The chakra and aura systems have been interpreted and reinterpreted throughout the centuries. There are unifying themes and constructs, to be certain. Yet even modern interpretations of the chakra system vary widely based on the granularity of how the system is applied.

Finding common ground and defining a coherent, standardized chakra-based energy system is not likely to be achieved, and in actuality, there's no real reason to do so. There's far larger fish to fry!

To that end, EHI has defined its own **Guidelines for Intentional Practice** in keeping with the tenets of the overall curriculum, that incorporate self-care, energy hygiene, compassion (in lieu of empathy), perception (clairvoyance) instead of intuition (clairsentience), and neutrality as guiding principles for efficacious practice.

These guidelines are a requirement for continued association with Energy Healing Institute as a practitioner in good standing.



## Guidelines for Intentional Practice

### **I am self-aware and maintain appropriate self-care**

- I address my physical health and wellness as needed
- I seek support and help as needed to maintain my emotional balance
- I am aware of and take appropriate measures to address burnout
- I am committed to my own process of self-actualization and conscious awareness

### **I facilitate a process**

- I hold a space which fosters my clients' self-development and spiritual evolution
- I allow my clients intention to guide the work
- I am aware of my personal agendas and I address and minimize them as needed

### **I maintain professionalism in all aspects of my work**

- I maintain a high level of integrity and respect with my clients
- I present myself professionally
- I engage in continuing education to further my professional development and skills

### **I work within my level of competence and expertise**

- I refer my clients as needed to other qualified or appropriate practitioners
- I practice what I have been trained and certified to do
- I integrate modalities strategically to offer comprehensive services to address client needs

### **I adhere to the EHI risk management principles**

- I am aware of the laws of the state(s) I work in regarding energy therapies
- I have liability insurance
- I clearly articulate the scope and breadth of my practice to my clients
- I receive informed consent from a client at the first session
- I maintain client confidentiality
- I am aware of and maintain appropriate boundaries with my clients and take action when boundary violations occur
- I seek peer consultation and supervision from EHI instructors as needed
- I maintain intake and session notes and document all conversations related to my clients, including collaboration with other practitioners, supervision, and peer consultation