



WHY SPIRITUAL AND ENERGETIC INTEGRITY IS SO IMPORTANT.

Being Intuitive and psychic is natural for us as multi-dimensional beings having a human experience. As a collective we are in a process of deep remembrance and coming home to ourselves and our innate abilities and wisdom opening up and this is a very exciting thing!

And as our gifts develop we naturally start to bring these into our client sessions as they can add a whole new element to the work that we have already been doing, and again, this is us returning to a much more connected and magical way of being in the world.

However we still live in a world where this way of being is not the norm and the wisdom of how to use our gifts, respect them, honour them and ensure that they are of the highest integrity is very rarely taught – whether we have developed these through our own practices or through courses and trainings, the responsibility that we have in how we use them, is often not talked about.

And I want to change that. This is something I am extremely passionate about – I have come across many practitioners over the years who were blindly using their gifts without truly understanding the responsibility they held, who were overstepping boundaries, bringing through unknown energies, not intimately knowing their own energy signature and therefore unable to discern or differentiate in what they were sensing.

And this concerns me – especially as more and more people open up to their innate abilities and this is why I have developed this self-reflection guide as well as a live workshop “The Responsible Practitioner”.

I am also developing a more in-depth course to bring this conversation front and centre for all practitioners and their clients.



A self-reflection guide for practitioners working with intuition, energy and spiritual gifts

Spiritual and energetic integrity asks us to look beyond "*Can I sense it?*" and begin asking:

"How do I know what I'm sensing?"

"What do I do with it?"

"How do I ensure that I am a clear conduit for the information that wants to come through?"

"And what responsibility do I have for the impact it may have on another person?"

Remember there are no right or wrong answers. This guide is designed to support you in noticing where you feel confident, where you feel more uncertain, and where there may be an opportunity for you to deepen your practice.

1. Discernment

Can I distinguish what I perceive from what I interpret?

- I recognise that something I sense isn't necessarily the same as knowing what it means.
- I can distinguish intuition from assumption, projection, expectation or personal desire.
- I am comfortable saying "*I don't know*" when I don't know.
- I allow information to unfold rather than rushing to create an explanation.
- I question my own perceptions rather than automatically assuming they are true.

Reflection:

Where might I sometimes confuse perception with certainty?



2. Sovereignty

Do I honour the other person's right to know themselves?

- I remember that my client remains the ultimate authority over their own experience.
- I offer intuitive information rather than presenting it as absolute truth.
- I don't use my gifts to create dependence on me.
- I encourage clients to develop their own capacity to listen to their own innate wisdom and intuition.
- I can remain present and supportive even when a client chooses something different from what I perceive.

Reflection:

Am I supporting another person's sovereignty — or inadvertently becoming an authority over their experience?

3. Boundaries

Do I know what belongs to me and what belongs to another?

- I can recognise when I am physically, emotionally or energetically affected by another person and know how to diffuse this.
- I have daily practices that help me to clear and maintain my energy field.
- I don't automatically assume that what I experience belongs to my client.
- I have ways of establishing appropriate boundaries before, during and after sessions.
- I don't carry responsibility for another person's healing.
- I know when I need to step back rather than engage further.

Reflection:

Where does my responsibility end?



4. Embodiment

Can I remain grounded while working with the subtle?

- I remain connected to my body while working intuitively or energetically.
- I don't use spiritual or energetic concepts to avoid difficult human realities.
- I can move between subtle perception and practical, everyday awareness.
- I recognise the importance of nervous-system regulation and grounded presence.
- My spiritual practice ultimately brings me more deeply into my body and my life rather than away from it.

The direction isn't *out of the body and into the spiritual*.

It's **bringing what we perceive into embodied life**.

5. Responsibility

Am I conscious of the impact of what I perceive and communicate?

- I consider whether something I've perceived is actually appropriate or useful to share and whether the client has capacity to receive this information.
- I have gained consent to share what I have intuited.
- I understand that the words of a practitioner can carry significant influence.
- I avoid making claims that exceed what I genuinely know.
- I recognise the difference between offering an invitation and making a declaration.
- I take responsibility for the way I use my gifts rather than assuming that good intentions are enough.

Reflection:

Just because I can perceive something, does that mean it is mine to say?



6. Integrity of Practice

Am I willing to continually examine how I work?

- I have practices that help me prepare for and close a session consciously.
- I have daily practices that keep my energy field and channel clear
- I reflect on my own state rather than assuming everything I experience belongs to the client.
- I remain open to being wrong and know that a clients truth
- I recognise the limits of my training, experience and capacity.
- I know when another practitioner or form of support is more appropriate.
- I am willing to examine my own motivations, biases and blind spots.

Reflection:

Where might my own unfinished work influence the way I work with others?



Where is your Integrity calling for greater awareness?

My strongest area is: _____

An area I want to explore more deeply is: _____

Something I hadn't considered before is: _____

One question I will take into my journalling is: _____

Remember Integrity isn't a destination.

It is an ongoing willingness and process to become more conscious of what we perceive, how we interpret it, how we communicate it, how we look after our gifts and how we use them in relationship with another person.

If these questions have opened something for you, I'd love to explore them with you more deeply.

The Responsible Practitioner

A 90 minute Live exploration of Spiritual & Energetic Integrity in practice.

Happening via Zoom on the 24th September at 11am (AEDT)

(Recordings will be sent out if you cannot attend live)

We'll explore in more depth the importance of discernment, sovereignty, energetic boundaries, embodied practice and the responsibility that comes with working intuitively with others.

Book Your Place: <https://annaiona-appointments.as.me/?appointmentType=98123087>

Anna Iona xxx

ANNA IONA – FROM LIGHT TO LIFE

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