

How to Prepare for Your Healing Session

There is not much that you need to do before having your session. Here are a few things that you can do to prepare.

- Before your session, remove all jewelry and crystals. Some jewelry can carry energies that may have an effect on your session.
- Make sure you have read and signed your waiver.
- Let your practitioner know about any medical issues you have.
- Wear comfortable loose clothing.
- Drink plenty of water before and after your session.
- Have an open mind and try not over think.
- Do not wear socks during your session. (In-person Session only)
- Choose a place to lay down where you are comfortable and will not be disturbed for at least an hour. (Distant Session only)
- If you prefer you can choose some relaxing music to play while you are having your session. (Distant Session only)
- Send you practitioner a picture of yourself. In the picture you should be happy and healthy if possible. This is not mandatory, but it is recommended. (Distant Session only)

What to Expect During Your Session

It is very important to pay attention to how and what you feel during the session. You may feel these reactions during and or after your session.

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| • A sensation of heat | • Itchiness |
| • A sensation of cold | • Emotional responses |
| • See colors | • Rumbling stomach |
| • Past life flashes | • Memory flashes |
| • Involuntary movements | • Pins and needles |
| • Fall asleep | • Sense your hands moving |

Please be aware that some clients may not feel anything. This is normal and does not diminish the effects of the healing.

Disclaimer: Because this is a natural energy cleansing process, it is not always a simple and positive experience. Sometimes energy healing can bring things up to the surface. Worsening of symptoms may occur briefly, but the energy will clear and pass through you. Sometimes the recipient will experience a healing crisis. This means that things may get a lot worse as the clearing begins so that whatever energy has been stuck and stagnant can be released, and the body can restore balance.

