

What to Expect in a Healing Session

My Role during Session may include:

- Removing imprints, entities, or stagnant energies
- Journeying on your behalf for deeper wisdom and healing
- Releasing stagnant energies and clear heavy imprints from your luminous energy field
- Healing past traumas and dissolve emotional blockages
- Retrieving and reintegrating lost aspects of your soul Reconnecting you with your inner wisdom and align with your soul's true path. Throughout, I will guide you & offer insights and suggestions for integrating the healing experience.

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ONLINE SESSIONS

Distance Healing: Powerful & Highly Effective

Energy transcends time and space, making remote sessions as powerful as in-person healing (Zoom online sessions). I will remotely assess your energy field and work with you to restore balance and flow.*

How To Prepare Yourself for a Session:

Each session begins with a conversation about your healing intentions and focus. If we're meeting in person, you'll be in a comfortable, quiet space. For online sessions, I encourage you to do the same creating a peaceful environment where you can fully relax. If possible, position your device so I can hear you clearly & also, to and see, if possible (but not required). No matter how we connect, sacred space is held, and the healing energy remains just as powerful and effective.

General Session Info:

*Sessions are available via Zoom or In-Person.

*Depending on the treatment, light meditation may be included all you have to do is relax

*I will use the techniques and tools most appropriate for you at the moment, addressing any imbalances in your subtle energy fields.

Be prepared with the following:

*Kleenex (sometimes emotions flow during healing)

*Pen and paper

*Hydration is key: Please drink extra water 48 hours before and after your session to help energy flow and support toxin release from the body.

*Punctuality matters: Please be on time for your session to ensure we have the full amount of time for healing.

For Online Sessions:

Please make sure you're in a comfortable position (lying down is great!) You will be comfortably standing up, sitting & or lying down in a quiet, low-lit area, with your eyes closed.

Minimize Distractions:

Turn off music, TV, and loud noises. This is your time for deep healing.

Keep your electronic device close to hear instructions.

Technical Prep:

Please ensure your Zoom video & audio are tested before our session to avoid interruptions (this helps us make the most of our time together).

For In-Person Sessions:

You will be comfortably standing up, sitting & or lying down, possibly covered with a blanket, or relaxed with soft, soothing music in the background.

I may incorporate different healing tools throughout the session, and I may offer some supportive tools after the session to further enhance your healing process.

I look forward to connecting with you soon and guiding you through this sacred healing experience. Your journey is unique, and I'm here to support you every step of the way!

SESSION JOURNEY:

Duration: 60-120 min. (depends on the individuals needs for the session)

Each healing session is a sacred and intuitive process, uniquely tailored to your needs. Here's what you can expect:

Personalized Healing Plan

During your initial session we will:

1. Review your health history and current challenges
2. Define your healing goals and intentions
3. Co-create a personalized plan tailored to your needs

***Each session builds upon the last, guiding you toward deep transformation and alignment with your highest self.*

During the Session Details:

1. Together we will set intentions in a safe, supportive space I will identify imbalances and blockages. Healing work will begin and energy clearing
2. You will receive guidance and intuitive messages
3. Your session is sealed with gratitude, ensuring the healing continues beyond our time together.
4. Energy work often unfolds over days or weeks, deepening your transformation.

**Every session is uniquely guided by spirit, working beyond time and space to bring exactly what your soul needs.*

After the Session Details:

1. Drink plenty of water
2. Salt bathes or in shower...baths are better
3. Meditate, journal, get out in nature
4. Be gentle with yourself, healing unfolds over time
5. Dreams may be vivid or odd, we process in our sleep
6. Notice any synchronicities, journal them
7. Be consistent with your sessions for greater results
8. Check in with me in 5-7 days by text or email