

WHAT TO EXPECT DURING A REMOTE ENERGY SESSION

All remote sessions are done remotely via phone, Zoom or FaceTime. We can determine what form of communication you would prefer once you have scheduled an appointment.

During your session, we first briefly talk and discuss what brought you to the session. Perhaps you have chronic pain, you are worrying about too many things, you are struggling with life changes, or perhaps are dealing with family issues and more. Whatever it may be, we will establish an intention for your healing and your relaxing session. A question to ask yourself is, if you could use this energy session to heal, shift, change, clear and empower or manifest anything, what would it be? During a treatment, you will be asked to lay on your bed or sofa with a light blanket over you. Perhaps you would like to play quiet music in your room. With your permission and then slowly, I will apply distance Reiki and/or IET energy healing vibrations around your body.

You may feel a warm, cold or tingling sensation in different parts of your body during a session. With your eyes closed, you may see lights, colors, shapes, flashes of memories or you may even fall asleep. Whatever you experience is perfectly normal and extremely safe. If you have any questions or comments during or after a session, please let me know. This session is private; everything experienced, shared and discovered stays between us.

When your session is done, you may feel calmer, lighter, happier, relaxed, and even experience relief from discomfort or pain. You may want to continue relaxing or sleep or you may have a burst of energy. Listen to what your body wants. And give yourself permission to have some "ME" time. Please drink plenty of water, which helps with the healing and clearing process. Also remember if you have any questions or concerns, please call, text or email me.