

Intuitive Virtual Healing Session

Before we meet, I will meditate on what energy healing technique/modality is for your highest benefit and greatest good (unless you ask for a specific type of modality to be used). Once we connect online or by phone, we will chat about whatever you are looking for healing physically, emotionally, and/or spiritually. Then you will relax wherever you are and I will pretend you are there with me and work on you energetically in my studio. I use a variety of sound healing throughout as I'm guided so you'll hear that. If I see or hear anything spiritually that would be beneficial for you to hear, then I will share that with you. You may feel a variety of physical sensations, see or hear things in your mind, or nothing at all. Energy goes where it's needed most. When I am finished, we will chat about how you are feeling and discuss anything we both observed, noticed, and experienced. There is usually guidance from your spiritual team to implement for increased healing and growth. This usually lasts about 60-75 minutes.

Some tips to make the most of your experience:

- Be well hydrated and have water or herbal tea nearby (this helps energy flow easier)
- Wear comfortable clothes
- Sit or lie down comfortably - comfort is important because we want to help your mind not wander
- Set aside the 60-75 minutes to be fully engaged somewhere you are the least likely to be disturbed
- Wear earbuds/headphones if possible
- Have a blanket nearby in case you get chilly (some people experience temperature changes)
- Have a notebook handy for after if you'd like to write down notes about your experience
- Use whatever else will help you feel more connected and relaxed

