

## **Client's Preparation**

Healing begins with the intention to heal. When your client calls or emails and commits to have a session with you, this initiates an energetic process, so the spiritual realms are activated before your client even arrives for the session.

I invite you to strengthen their intention by:

- 1) Paying attention to dreams, synchronicities, insights, and energy shifts after committing to the session, especially within the two days prior to the actual session
- 2) Reflecting on why they seek a session with you
- 3) Drinking a lot of water and eat healthily and more lightly than normal 24-48 hours before the session
- 4) Spending as much time in nature as they can
- 5) Doing 1-2 pages of inner-directed writing the day before or of the session to encourage feelings to bubble to the surface
- 6) Asking for a healing dream the night before the session
- 7) Taking a warm relaxing bath or doing some other type of renewing physical activity before the session
- 8) Wearing loose, comfortable and natural fiber clothing for the session and bringing with them: a 10 inch tapered unscented white candle, a red, a white and a pink carnation, any small sacred items they would like to bring. (any plant or candle will do if possible)
- 9) Being 'present' en-route to the healing session: for example, if driving turn off the radio, etc. and approach the day as a sacred retreat – if you live rurally, it is ideal for your client to take a walk in nature before the session