

Healing information

The healing you receive will work on a number of different levels. Some clients like to prepare themselves before the healing so they are ready on a physical, emotional, and spiritual level to receive the healing.

It can be helpful to keep a dream journal before and after the healing. Write down any dreams straight away without any interruptions. To understand the meaning of your dream the following method can be helpful: Centre and ground yourself, connect to your higher self, read the dream and speak whatever comes without thinking. (It can be helpful to use your mobile phone voice recording so you can playback later.)

Body and mind preparation. There is no need to avoid certain foods but it can be helpful not to have taken non-prescription drugs or alcohol at least 24 hours before. Some clients find having a quiet moment in nature or mediating in the days before the healing very beneficial.

Healing day preparations.

If you are receiving a remote healing it can be helpful to prepare the room where you will be sitting or lying down. Cleansing the room with Holy water, smudge, clapping in the corners or ringing a small bell all with the intention of clearing out any negative energy and bringing in the light, love and harmony can be helpful. Fresh flowers can also be helpful.

Many clients like to have a fresh glass water for after the healing.

Your phone. Make sure its charged up!