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SESSION INFORMATION

Clothing: Dress comfortably. You will be fully clothed, shoes off, resting face-up on a padded massage table. (Inform your practitioner if you have difficulty lying on your back, and they will accommodate you.)

Scents, Fragrances and Aromas: Various scents, fragrances and aromas often appear during your sessions. Please arrive as free of externally added fragrances as possible, including essential oils. This is also in consideration of other clients who have allergies or sensitivities.

Jewelry, Belts, Coins, Phones, etc.: Reconnective Healing is not subject to the weaknesses and frailties of other “energy” healing. Therefore, you do not have to empty your pockets, remove your belt, coins, rings, watches or battery-operated items such as mobile phones, as long as you are comfortable.

Optimal State of Mind: Close your eyes and let go. Let your mind drift without falling asleep. Become the observer and the observed. Be the witness. And just notice. Notice what sensations arise for you. Notice thoughts, images. Just notice. Without attachment. Without expectation. Just notice. Be open to experiencing something. Be open to experiencing nothing. Stop the mind chatter and listen. Let the Universe bring you whatever it decides you need. Be open to receive. Trust that the healing that’s most appropriate for you is the one that you will receive.

Time:

Please allow one hour for your visit for either Reconnective Healing or The Reconnection.

The flow of your Reconnective Healing visit will be:

5-10 pre-brief, 30 minutes table time, and 15 minutes debrief.

One to three sessions of Reconnective Healing are normally suggested, spaced apart as you choose.

The Reconnection consists of 2 sessions, ideally on consecutive days or 1-2 days apart. While not required, it is suggested that you experience 1-3 Reconnective Healing sessions prior to The Reconnection.

Distance Reconnective Healing:

At the designated appointment time, the practitioner will phone or Skype the recipient. You will then sit or lie down where you will be undisturbed for 30 minutes so that you may enjoy the experience and be aware of sensations and responses in the body. After 30 minutes, the practitioner will phone or Skype you again to discuss what you experienced.

When the recipient is not aware that a healing session is being gifted to them, there will be no phone/Skype calls before or after the table time. The healing will be offered at the appointed time. Please note that the healing does not interfere with the activities being performed by the recipient at the time of the session.