

# INTUITIVE AND REMOTE ENERGY HEALING

Energy Healing is an alternative healing method to assist in the restorative process of individual's mental and physical energy balance. This is done through the Healer connecting to a Higher Power or the Field and get insights on your emotional, physical, mental, and spiritual energy levels.

Within the healing session, a range of modalities  
(Forensic Healing, Sound Healing)  
and tools  
(Intuition, Crystals, Essential oils, Music)  
may be used to promote deep connection, higher consciousness and  
profound healing.

A session will last around 90 minutes and if in person, will include a thorough consultation and energetic healing work within the body;  
if from remote, it includes a chat following  
the audio about the findings.

You may or may not feel a range of emotions or physical symptoms  
throughout the healing,  
including heat, cold, waves of energy running through the body, yawning,  
or you may just go into a very deep state of relaxation.  
This is all completely normal and part of the healing process.

## WHAT TO EXPECT AFTER A SESSION?

Every client is different, and every session will be different but normally clients experience a profound relaxation and a deep connection within themselves.

It is important to drink lots of water and pay attention to your body and its needs.  
A bath with epsom salts, herbal teas, walks in nature, sitting quietly  
is highly recommended  
as it is a beautiful way to nurture your Mind, Body and Soul.

YOU HAVE TO SEE THE INVISIBLE,  
IN ORDER TO DO THE IMPOSSIBLE.

*-Michael Bernard Beckwith-*