



Red Spirit Energy Healing
www.red-spirit-energy-healing.com

**Distant healing sessions and follow-up calls.
Some common questions answered.**

- Ideally you have agreed to three distant healing sessions.
- Whenever possible we will arrange a follow-up phone call after each session.
- I will call you at the agreed time and date.
- Phone contact is not meant to be a full healing session.
- Phone contact is a way of checking your progress and to receive feed-back.
- Phone contact is also a way of bringing issues into your conscious awareness.
- Phone contact can be from 20 minutes to an hour, as everyone is different.
- Ideally you should find a quiet space to sit or lay down during the phone call.
- I prefer a landline number: What is your landline number and area code?
- To check time zones: I need the state you live in and your nearest major city?
- Healing sessions are most often completed a day before the follow-up call.
- Depending on time zones, healing sessions are often done while you sleep.
- There is nothing for you to do before, during or after a healing session.
- Healing sessions are generally spaced 3 to 4 days apart.
- I will suggest times for phone contact to accommodate time zone differences.
- You will then need to tell me the best days and times you will be available.
- It is best to book all three follow-up calls in advance.
- Adverse physical effects from distant healing sessions are extremely rare.
- If you have concerns about timing due to the nature of your work, let us know.