

Red Spirit Energy Healing

Distant healing sessions and follow-up calls. Answers to frequently asked questions.

With the specialised techniques we use in our distant healing, active participation by the client is not required. The follow-up call however, is a different matter. I appreciate this can be a difficult concept to understand. It is your choice to arrange a time for your session when you can be at home and relaxing, but it is not necessary. Working with children is a typical example of this. Most of the time you can't get them to sit still for five minutes let alone a full session and they certainly do not understand the concepts involved. And yet we still get very good results through distant healing. The significant changes to your energy flow is transferred while you are sleeping. Some clients do feel subtle changes immediately at the time a session is being done, but most differences are felt the day after. Occasionally mild flu-like symptoms can be experienced after the first session, so this may be a consideration for you. Everyone is different and knowing exactly how you will react is not possible.

The following points should answer most of you questions...

- Please be aware we are in Queensland, Australia...world time zones must be considered.
- 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.
- Allow 15 to 30 minutes for a follow-up call 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?
- 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 (but not vital) to book all three follow-up calls in advance to ensure continuity.
- Healing sessions are often completed a day before the follow-up call.
- Depending on time zones healing sessions are sometimes done while you sleep.
- There is nothing for you to do before, during or after a healing session...except...
- Refrain from excessive alcohol and recreational drugs.
- Healing sessions are generally spaced 5 to 7 days apart.
- 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.