

An explanation of distant healing sessions and follow-up calls.

Our techniques are aimed at clearing any blockages that prevent a person from healing or moving forward in life. As everyone is unique and quite complex, it requires time to work through the many levels that make up a person's existence. Hence, we routinely recommend three sessions. Sometimes it requires more and occasionally less, but three gives the greatest benefit. The physical body also requires time to adjust to any changes, that's why we recommend a few days to a week between sessions. Every session includes a follow-up phone call to you.

Depending on the time zone, it's likely we will be working on your energy field for one hour prior to your follow-up call. If you choose to meditate or sit quietly for the hour leading up to your call, that's your choice but it's not essential, as you can go about your daily business. Significant changes to your energy flow are most often transferred after a nights sleep. Some clients do feel subtle changes immediately at the time of the session, but most differences are felt around 24 hours later, as the body needs time to adjust. Just to be clear, the follow-up call is not the healing session, it's an opportunity explain what we have done and bring issues into your conscious awareness. In short, it's likely we will do further work with you over the phone, so you need to be in some quiet space where you can sit or lie down while speaking on the phone. Calls are generally 45 minutes. While speaking to you on a hands-free headset, we will monitor and adjust the your biofield as needed. It's for this reason why Skype for example, is not practical.

Note that with the specialised techniques we use in our distant healing, conscious participation by the client at the time of the session is not necessary. So it is indeed possible to conduct distant healing for a person without their conscious awareness, providing we have permission from their spirit. In these cases, the technique is a little different and a follow-up call is not part of the process. This is sometimes the case where language prevents direct communication, the client is incapacitated or children are involved.

As we are on the Sunshine Coast in Queensland, Australia, the timing of the follow-up call will be dependant on time zone differences. We do our best to accommodate working hours and family commitments for our clients. Occasionally mild flu-like symptoms and other occurrences can be experienced leading up to the first session. Everyone is different and knowing exactly how you will respond is not possible.

Ideally, the follow-up call should be conducted immediately after the healing session is completed, but it's not essential; it is very much dependant on time zone differences. It is important that you provide us with feedback in the days between healing sessions. Feedback let's us know if you are on track and whether we need to make some additional adjustments to help you continue moving forward.

With regards to fees, all distant healing sessions must be paid for in advance and are priced in Australian dollars. For our international clients we send a PayPal invoice so you can pay online in any currency. We will accept direct deposit into our bank account for Australian residents.

These fundamental points should answer most of your questions.

- We are in Australia, daylight saving and world time zones must be considered
- Although needs vary, ideally you have agreed to three pre-booked distant healing sessions
- Whenever possible we will arrange a follow-up phone call after every session
- The follow-up call does not have to be immediately after the actual session
- I will call you at the agreed time and date
- Phone contact is not meant to be a full healing session
- Phone follow-up is a way of bringing issues into your conscious awareness
- Phone follow-up is also a way of checking your progress and to receive feed-back
- Some energy clearing may be done during the follow-up, so arrange for a quiet space
- Ideally you should find some quiet space to sit or lie down during the phone call
- Allow 45 minutes for your follow-up call
- We do not use Skype; a landline, mobile or cell phone are all okay
- If using a landline number, what is your area code?
- To check time zones, I need the state you live in and your nearest major city?
- I will suggest times for phone follow-up to accommodate time zone differences
- You will then need to choose the best days and times you will be available
- It is best (but not vital) to book all follow-up calls in advance to ensure continuity
- There is nothing for you to do before or during a healing session
- We do ask that you refrain from excessive alcohol and other recreational drugs
- Healing sessions are generally spaced 5 to 7 days apart allowing the body to adjust
- Adverse physical effects from distant healing sessions are very rare
- If you have concerns about timing due to the nature of your employment, let us know
- Although we are committed to helping you, the responsibility for change is always yours
- Please read our letter of commitment...
<http://www.red-spirit-energy-healing.com/support-files/commitment-letter.pdf>