

Let's get ready for your Session

- Grab a Candle – place it near you

As you light your candle clearly set your intentions, regarding what you want out of the healing.

Allow your INTENTION to come deeply within you in your Heart central space.

- Background Music

Put on soft Meditation Music in the background!!

I highly recommend Malte Marten, you will find him on Spotify or YouTube which I use during ALL my 1:1 session, But you can use, what works for you.

- A Comfortable place to lay

Get comfortable either lying in Bed, sitting down on your Favorite couch or even outside in mother nature (depending what time you have chosen)

Whatever works for you, this is your time so get Comfortable!!!

- Lavender Essential Oil – Recommended

I highly recommend using Lavender Essential Oil, for your session.

There are many benefits in using Lavender oil, this helps promote a sense of peace, reduce stress, and facilitate a meditative state, making it a valuable tool for promoting emotional and spiritual healing.

I would recommend rubbing the Lavender Oil on your temples, forehead and at the back of your neck. As you lay down, and before closing your eyes, place a few drops in the palm of your hands, rub your hands together as the fragrance warms up, now bring both palms to your nose to inhale and exhale 3 times with breathing out heavy on the last exhale.