



FAQ'S

Q: What is energy healing?

A: It is a holistic practice that works with our energy bodies.

Q: Is energy healing new?

A: No!! Reiki (a Japanese energy healing modality) dates back to the early 20th century. The 7 chakras found in the body were first described in ancient Hindu texts. Once the meridians within the body were discovered they helped to develop acupuncture.

Q: Is there any science to back up energy healing?

A: Tons!!

Q: How do distance sessions work?

A: The Universe is made up of energy, we are all energy and we are all connected by this energy. Basically time and space is an illusion, working with energy allows us to work without the limitations of distance or time. It works with the crystal clear intention of the practitioner and an open & willing client.

Q: Can children or pregnant women receive energy healing?

A: Yes, pets too.

Q: What is a trapped emotion?

A: When a situation, event or person causes us to experience strong negative emotions, most people don't fully process them because it is uncomfortable. This unresolved and unprocessed emotion then becomes trapped energy in the body.

Q: How do you find the trapped emotions?

A: With the clients permission, I connect to your subconscious and using muscle testing, I am able to get answers to yes and no questions while using the Emotion Code chart to easily identify which emotion is trapped and ready to be released.

Q: How do you release a trapped emotion, does it hurt?

A: It's completely non-invasive, there is no pain!

By having a clear intention and running a magnet along the governing meridian, I am able to release the trapped emotion.

Q: How will I feel after a session?

A: Your body will be adjusting to the energy changes so you may get a headache, feel tired, feel energized, have vivid dreams, need more/ less sleep. It depends on the individual, you may not even notice any



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changes.

Q: Do I need to do anything before or after the session?

A: All you need to do is decide on a few issues you want to work on, and prioritise them in order of importance to you. Drink a big glass of water prior to the session, and ensure you stay hydrated throughout the day after the session and if possible, take it easy.

Q: Do I need to share lots of private information about my past experiences during the session?

A: No!! That's one of my favourite aspects about the Emotion Code, it is completely non-invasive, it's not talk therapy. You can keep any private details to yourself. There may be times, when the subconscious wants you to think deeper about a situation, but you just have to think it, not say any details out loud.

Q: Why do you ask my subconscious questions?

A: The subconscious makes up around 95% of our mind, it stores and remember everything! Every emotion we've ever felt, every person we've ever met, every food we've eaten etc. It's like a computer hard drive that records all the information throughout your life, it states the facts so we can use it to get to the bottom of things that are causing dis-ease in the body.

Q: Do crystals work?

A: Crystals are like magic given to us from mamma earth. They each have different healing properties and so used for different things. The answers you give in the consultation determine which crystal I will use on which chakras and I assure you, you will feel the magical healing effects.

Q: What is a heart wall?

A: A heart wall is an energetic wall protecting your heart. It is usually formed to protect you from heart ache and heart break. Each layer is formed by a trapped emotion. The heart wall is released in the same way as other trapped emotions.

Q: Will the energy healing work if I don't believe in it?

A: If you really don't believe it will work for you then it most likely won't. There is a lot of scientific research to back this up, if the mind believes, the body will follow.

An open mind and a sense of curiosity is best if you haven't experienced any form of energy healing.

Q: Why do you combine crystals and the Emotion Code?

A: I am trained in these two energy healing modalities because I believe they can make a big difference to your health and wellbeing. Combined they are truly magical and you will see and feel the effects immediately.



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