▲ A SHORT GUIDE · DISTANCE SESSION

HOW TO PREPARE FOR A DISTANCE *session*

Ready to receive



EMILIE CHANON
The Architect of Transformation

▲ BEFORE YOU BEGIN

HOW TO USE THIS *guide*

A short guide to help you receive your session as fully as possible. Pages 4 and 10 are for you: write your intention before the session, and what you notice afterwards.

01 BEFORE THE *session* — 03
Preparing the ground

02 THE DAY OF THE *session* — 05
Opening to receive

03 AFTER THE *session* — 07
Integrating, letting it unfold

04 GOING *further* — 09
What you notice, a question

WHO I AM — 12

> *This guide supports your wellbeing. It does not replace medical or psychological care.*

01

STEP ONE

BEFORE THE *session*

An energy session begins long before the moment it is sent. Your energy is already responding to your intention to receive.

TWO DAYS *before*

- **Reduce or stop alcohol and heavy food.** This lightens your body and makes energetic integration easier.
- **Stay well hydrated:** drink at least 1.5 litres of water a day. Water supports the flow of energy and helps your body release.

THE DAY *before*

- **If you have an intention**, send it to me no later than the day before your session. A few lines are enough: you can prepare it on page 4.
- If you have been given a preparation booklet or music (for group activations), take a moment to complete it or listen to it.
- To connect to the session, say the sentence below out loud.



YOUR CONNECTION SENTENCE

It links you to the session before it takes place. Say it out loud, with awareness and intention:

“I accept and receive the distance session / activation given by Emilie Chanon.”

A simple act, and a powerful one.

YOUR *intention*

A few lines are enough. Send them to me no later than the day before your session, and keep them: you will read them again afterwards.

▲ JOURNAL

Why do you wish to receive this session?

What do you hope to release, soothe or welcome?

02

▲ STEP TWO

THE DAY OF THE *session*

THE DAY AND THE *time*

The day and time of your session are agreed with me, and the exact time is confirmed the day before. I work at a distance, without direct contact with you.

Depending on your time zone, this moment may fall during your night, or while you are resting. That is no problem: you do not need to be awake to receive the session.

▲ KEEP IN MIND

Note the session time in your own time zone. At that moment, make sure you are on your own, in a quiet place where no one will disturb you.

TWO *possibilities*



IF YOU ARE ASLEEP OR LYING DOWN

There is nothing you need to do. If you sleep during the session, that is perfect: your subconscious is fully relaxed and receives even more deeply.

▲ KEEP IN MIND

IF YOU ARE AWAKE

1. Settle somewhere quiet: sit or lie down, in silence, with your eyes closed.
2. Set a small intention: you are welcoming the session.
3. If you wish, light a candle (a symbol of light and transformation).
4. Breathe deeply and let sensations, emotions, images or simple impressions arise.

Many of you receive and feel beautiful things: welcome them!

> Each session is unique. It works with what you need in that moment, at your own pace.

03

STEP THREE

AFTER THE *session*

The session does not stop once it has been sent. It keeps working within you for several hours, sometimes several days.

MY *advice*

- **Drink plenty of water** to help your body release what has been cleared.
- **Rest** if you can, even for a few minutes.
- **Write down what you feel** on page 10: physical sensations, dreams, emotions, new ideas.

MY FEEDBACK, WITHIN 24 HOURS

- **Individual session:** I send you a short feedback by email, WhatsApp or Messenger, through the channel we already use together.
- **Group session:** the feedback is shared on the group's channel. You are welcome to share what you felt there too: it enriches the collective process.



Each person releases and integrates what they can during the session, at their own pace and for their highest good.

And also afterwards, often within the 48 hours that follow. **Stay attentive to what is moving within you.**

▲ THE DAYS THAT FOLLOW

- **Your dreams** may be more vivid and your intuition clearer.
- **Buried emotions may surface:** welcome them gently, they are part of the clearing.
- At times you may feel **waves of energy** (high or low). **Observe them** as a witness: this is part of the process.

04

STEP FOUR

GOING *further*

Each session is a step on your path of alignment. See it as a doorway: it opens a space where your energy, your body and your awareness can evolve.



I INVITE YOU TO

- **Take care of yourself** in the days that follow: walk, breathe, meditate, write.
- **Return to the intention** you wrote before the session: what do you notice has already shifted?
- **Welcome the synchronicities** and messages that may appear (dreams, encounters, ideas).

WHAT YOU *notice*

A few lines, on the day of the session and in the days that follow. No one will read them but you.

▲ JOURNAL

On the day · What did you feel in your body?

The following nights · What dreams, memories or images came to you?

The following days · What has surfaced or shifted in you, even slightly?

Rereading your intention · What has already changed?

ANY *questions?*



Feel free to share in the group, or to send me a private message:

- **Messenger:** Transformativesession
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A GENTLE *integration*

I wish you a gentle and beautiful integration.

See you soon,

Emilie



▲ WHO I AM

in my words

I'm Emilie Chanon. I work where energy, intuition and grounded coaching meet, to help you recognise your patterns and change what keeps repeating.

Twelve years between international wellness leadership and deep transformational work. Today: private sessions, group activations and Reiki trainings, in France, Vietnam and online.



▲ START HERE

WE BEGIN *there*

If you feel ready, or still have a question, here is where to start:

- **1:1 Private Session:** online, in person or at a distance.
- **Start Here – Free Connection Call:** 15 minutes to find the right session for you. Prefer to start on your own? Download the free workbook Reclaim Your Energy on my website.

START HERE · FREE CONNECTION CALL

1:1 PRIVATE SESSION

Questions? Contact me: emilie@emiliechanon.com

www.emiliechanon.com/booking

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