

# What is energy healing?

A clear guide
before your first session

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# Welcome

## Why this guide

Before a first session, most people ask me the same questions. What actually happens? Do I need to believe in it? What will I feel? Is it for me?

This guide answers them as clearly as I can. It explains what energy healing is, how I work, and what happens before, during and after a session, so you can decide with a clear head.

Emilie

# How to use this guide

Read it in one go, or go straight to the part you need. Pages 9 and 13 are for you to fill in: print them if you can.

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



# Understand

## What energy healing is

Energy healing starts from something concrete: tiredness that doesn't lift, tension you carry, a decision you keep postponing.

Your emotions, memories and physical sensations all carry energy. When it moves, you feel open and clear. When it's blocked by stress, exhaustion, fear or an old hurt, you may feel stuck, heavy, anxious or far from yourself.

In a session I work on four levels:
BODY · what your body holds
ENERGY · what is blocked, scattered or too full
MEANING · the pattern, belief or family story behind it
LIFE · what changes in your days

The question changes from “what's wrong with me?” to “what is my body trying to tell me?”

# What it is not

A few things are worth saying clearly.

IT IS NOT A DIAGNOSIS
I don't diagnose or treat illness. If you have physical or psychological symptoms, see a doctor or a therapist. Energy work can go alongside that care, never instead of it.

IT IS NOT A QUICK FIX
One session can bring relief and clarity. A pattern that took years to form usually needs more than an hour to change.

IT DOESN'T ASK YOU TO BELIEVE
You don't need a spiritual background. You only need to be willing to notice what happens.

IT IS NOT DONE TO YOU
You stay in charge. You can stop, ask a question or say no at any moment.

## When it can help

You may recognise yourself in these words:

- ◯ “I feel lost or overwhelmed.”
- ◯ “I'm doing all the right things, but something still feels off.”
- ◯ “I want to let go of old stories, but I don't know how.”
- ◯ “I know something needs to change. I just don't know where to start.”

These moments are signals. They deserve attention.

WHAT OFTEN SHIFTS
Chaos → Clarity
Fear → Confidence
Fatigue → Flow
Control → Trust

Not sure what drains you? The self-check in Reclaim Your Energy shows your main pattern.



## How I work

You don't choose a technique when you book. We talk first, then I choose the tools that fit what I see.

REIKI
To calm the nervous system and restore balance.

INTUITIVE ENERGY WORK
To read what your energy shows and clarify the next step.

TRANSFORMATIVE COACHING
To understand the patterns that keep repeating.

FAMILY CONSTELLATIONS
To look at what you carry from your family.

EFT / TAPPING
To release fear and stress held in the body.

ACCESS BARS®
Hands-on work, in person only.

Each session is different. I work with what is present that day.

## Three ways to work with me

IN PERSON · Vietnam, Europe, Visiting practitioner · 70 minutes
The same room. Hands-on work is possible.

ONLINE · by video · 60/70 minutes
Wherever you live.

DISTANCE HEALING · at a time we set together
You share what weighs on you and receive a guided preparation. At the agreed time you rest at home while I work, with a crystal grid. My feedback reaches you within 24 hours.

FAMILY CONSTELLATION · 90 minutes · online or in person

The formats work at the same depth. Choose the one you feel most at ease with.





# Before your session

A little preparation helps you get more from the time we spend together.

## THE DAY BEFORE

- ◯ Sleep if you can, and drink water.
- ◯ Online: a quiet room, headphones, a stable connection.
- ◯ Wear something comfortable.

## YOUR INTENTION

What brings you here right now?

_____

What would you like to be different after the session?

_____

Is there a situation, a person or a decision you want to look at?

_____

Bring this page, or send me your answers before we meet.



## During the session

A private session lasts 70 minutes.

WE TALK
About what brings you and what you want to look at. This is where we set your intention.

THE ENERGY WORK
You lie down or sit comfortably. I work with the approach that fits what I see. You don't have to do anything.

WE CLOSE
We talk about what came up and what you take with you.

The work keeps integrating in the days that follow.

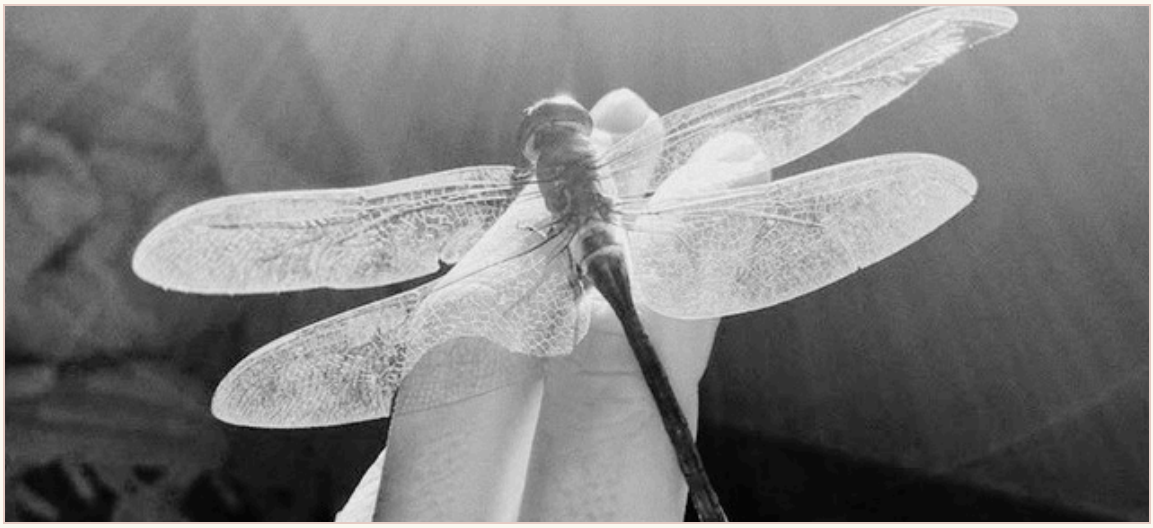
## What you may feel

Everyone feels it differently. You may notice:

- warmth or tingling
- lightness
- emotion coming up, sometimes tears
- a sudden insight about a situation or a pattern
- simply calm, and a quieter head

Some people feel very little during the session and notice the change later. There is no right or wrong way to feel. Whatever comes up is part of the process.





## After the session

Clients often tell me they feel lighter and calmer, as if a weight has lifted. Some have clear insights straight away. Others notice changes over the following weeks: better sleep, steadier emotions, more trust in their decisions.

IN THE DAYS AFTER

- Drink plenty of water.
- Keep some quiet time for yourself.
- Give your system a few days to settle.
- Write down what you notice on the next page.

# Integration journal

A few lines on three days after your session. Nobody will read this but you.

DAY 1 · How do I feel in my body?

DAY 3 · What has changed, even slightly?

DAY 7 · What do I want to keep, or look at next?

# Questions people ask me

HOW MANY SESSIONS WILL I NEED?
It depends on what you bring. Some people come once, for a specific situation. For a pattern that keeps repeating, a series of sessions gives the work time to settle between each one.

DOES IT WORK ONLINE, OR AT A DISTANCE?
Yes. Energy work doesn't depend on distance. I work with clients online and at a distance, in Vietnam, in France and elsewhere.

DO I NEED TO BELIEVE IN IT?
No. One client wrote that she tends to be skeptical about energy practitioners. You only need to be open to noticing what happens.

CAN I COME IF I'M IN THERAPY OR UNDER MEDICAL CARE?
Yes. Energy work can go alongside medical or psychological care. It doesn't replace it.

WHAT IF I FEEL NOTHING?
Some people feel very little during the session and notice the change in the days after. That's why the integration journal is there.

HOW DO I KNOW WHICH SESSION TO BOOK?
You don't need to know. Book the free 15-minute connection call and we decide together.

# What clients say

“Emilie has helped me through pivotal points in my life — instilling clarity, rebuilding confidence and opening me up to new possibilities.”
SOPHIE · PARIS

“Thank you for shifting physical and emotional blockages I didn't know I had. I feel so much lighter.”
MICHELLE · HONG KONG

“I tend to be skeptical about energy practitioners. Emilie's professionalism and depth of experience stood out immediately.”
LAN DO · VIETNAM

# 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.

## Questions?

**Contact me:** emilie@emiliechanon.com

www.emiliechanon.com/booking

Emilie Chanon

# Meet Emilie



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.

Emilie