



Emilie Chanon

Transformative Session

Introduction to

Energy Healing
Therapy

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Chapters

1. Energy Healing definition

2. What Energy healing is used for?

3. What would happen during your first session?

4. How will you feel afterwards?



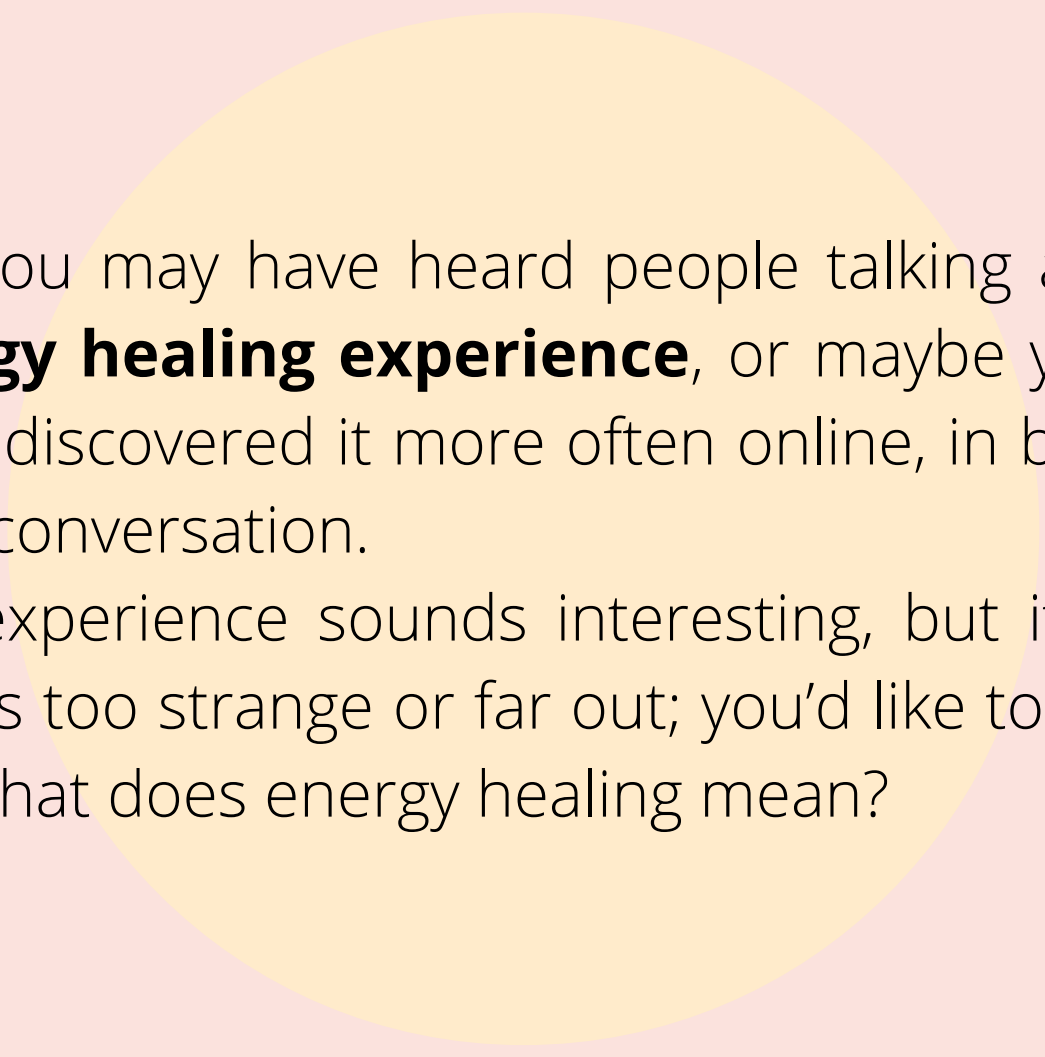
Chapter 1

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1. Energy Healing definition

Energy healing is a traditional healing system that **restores the balance** and flow of energy throughout the body, mind, and soul. This technique works directly with the physical, emotional and spiritual aspects of **well-being**. It is used to treat various medical conditions, especially ailments related to mental health. It addresses the illness caused due to disturbance of the **energy flow in the body**.

It is believed that when the energy flow gets fixed, the person most of the times gets cured. There are different types of energy healing techniques, which work differently to heal a person. **The experience** is often hard to explain, as it is mostly understood by being felt. So you should offer you this experience to feel it as well.



You may have heard people talking about **energy healing experience**, or maybe you've been discovered it more often online, in books, or in conversation.

The experience sounds interesting, but it also seems too strange or far out; you'd like to try it, but what does energy healing mean?



Chapter 2

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2. What is energy healing is used for?

Energy healing modalities are helping to **release blockage** (internal and external) and tension in your auric field to help your energy to flow with strength and ease. The main priority is to impact your ability to function at your **full potential**.

The energy systems of the body are connected to our physical organs, glands and bodily systems. When the energy supplied to these systems is disrupted, the body organs and systems are less able to **defend against disease and injury**.

Energetic healing can also help identify “issues” before they manifest as pain or similar distortions in your physical body. It **opens your consciousness** to the areas we need to work through and heal in order to bring your lives into balance and maintain health, harmony and vitality.

2. Internal factors impacting our energy system include:

- Trauma
- Phobias
- Anxiety & stress
- Childhood programming
- Limiting beliefs
- Neurological, biochemical, and structural imbalances
- Existential fears and limiting spiritual beliefs
- Remaining in situations that are not fulfilling or in harmony with our needs

2. External factors impacting our energy system include:

- Environmental stresses
- Geographic phenomena
- Astrological phenomena
- Nutrition
- Exposure to pollution and toxins
- Exercise
- Posture
- Relationship
- Heredity

2. Most common energy modalities

- Reiki
- Chakra balancing
- Body reading
- Pranic healing
- Crystal healing
- Quantum Touch
- Flower essences
- Chromatherapy
- EFT
- ThetaHealing
- Cranial-sacral
- Access Bars
- Shamanism
- Reflexology
- Acupressure
- Kinesiology

2. What is energy healing is used for?

Energetic healing practitioners are usually trained in a number of modalities and will combine these in their own unique way. Many **combine intuitive skills** with their practical and theoretical skills.

Energetic healing takes a **holistic approach** that looks beyond the physical to manipulating the subtle energy systems where the cause of the dis-ease can be located.



Chapter 3

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3. What would happen during your first session?

When you have booked your the first energy healing session, you will be asked to fill out a **consultation** relevant to your health history and state of mind. The healer most of the time discusses with you about your expectation and intention, defining for which subject you need **emotional, physical, or and spiritual support.**

The healer may lay a hand on your body where is called, only with consideration and your explicit consent. There usually is very little physical touch within energy healing sessions, but that doesn't mean you won't feel anything.

During a session you may **feel physical sensations** such as tingling, heat, coolness, pressure, twitching, rushes, or pulling.

You may experience some uncomfortable sensation and form of **emotional release** during a session. This is perfectly normal and should an emotional release occur, it is important not to suppress it. Releasing the emotion enables healing to occur.



Chapter 4

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4. *How will you feel afterwards?*

People often reports having more clarity, feeling more center, a sense of calm, a quiet mind, less judgment and more self-awareness.

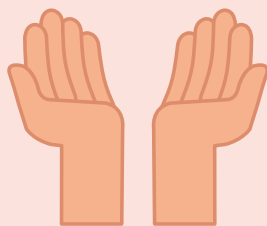
Due to the fact that every treatment are customized for the **unique needs** and highest good of the receiver, every person's energetic system reacts differently. so the results vary in nature and noticeability.

With subtle energy work, most of the times you will respond over the course of several days as the changes **integrate** from energy field into the physical.

Following a treatment, it is important that you **drink** the recommended daily consumption of water for several days afterwards to flush away any **toxins** that may have been released.

Drinking water help to avoid headaches or feeling very tired after session. It is similar to the process that occurs with dietary cleanses/detoxes.

*Now you are Ready!
Book your session today*



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