heartspark

# HEARTSPARK SESSION

## WHAT TO EXPECT

Thanks so much for booking a session! We will be connecting in the energetic field for our energy work, while staying connected over Zoom to discuss intentions and any supportive messages that come through. Once our session is complete, you may want to take some time to integrate the energy and information. To support that process, you'll have access to me via the audio chatting app Voxer for 2 days post-session. I'm looking forward to supporting you!

## session schedule

15 minutes – Intention Setting Conversation
15 minutes - Relaxing Guided Meditation
45 minutes – Intuitive Energy Work/Meditative Journey
45 minutes - Discussion and Processing of Messages
Post session - Rest, Journaling and Integration

## what to expect

- You may feel deeply relaxed and feel sensations in your body.
- Your breathing pattern may change.
- You may hear messages or see visual colors or images.
- You may fall asleep or deeply rest.
- You may also feel pretty normal. Just know the energy is still working, no matter what you experience.

uncover your inner fire

HEARTSPARK SESSION

# suggestions: how to prepare

Download Voxer and connect with me! We can stay in contact post-session so I can support you as you integrate the energy. Search for: heartspark

Wear comfortable clothing, and prepare a calm and supportive spot where you can fully relax.

If you'd like, clear your own energy and the energy in your space by intentionally using incense, sage or palo santo.

Write down what you would like to focus on and any intentions for the session. We can discuss these on our call.

Consider holding a favorite crystal. When in doubt, selenite is always a great choice.

Play calming instrumental music. I suggest this playlist from Spotify (or something similar).

Have a journal ready if you'd like to jot down some notes post-session. I will also send you a recording of our session.

Open yourself up fully to the experience, letting go of any doubt. Allow the energy to work its healing magic!

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## WHAT TO EXPECT

Thanks so much for booking a session! We will be connecting energetically to release old thoughts and emotions, making space for new awareness. Once our session is complete, you may want to take some time to integrate the energy and information. To support that process, you'll have access to me via the chatting app Voxer for 2 days post-session. I'm looking forward to supporting you!

## session schedule

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# suggestions: how to prepare

Download Voxer and connect with me! We can stay in contact post-session so I can support you as you integrate the energy. Search for: heartspark

Wear comfortable clothing, and bring anything that makes you feel extra supported (a special blanket or pillow, etc).

If you'd like, clear your own energy before you come into your session by intentionally using incense, sage or palo santo.

Write down what you would like to focus on and any intentions for the session. We can discuss these during our intention setting chat.

Consider holding a favorite crystal. When in doubt, selenite is always a great choice. I have some crystals to choose from in the office!

Have a journal ready if you'd like to jot down some notes post-session. We will also record the session.

Open yourself up fully to the experience, letting go of any doubt. Allow the energy to work its healing magic!