

## Frequently Asked Questions

Q: How does this work over the phone?

A: I work with energy so we don't have to connect in person because energy is limitless and everywhere! I work internationally via phone and Skype, so as long as you have a phone or access to the internet, we can work together. Your energy begins a session more grounded and receives more quickly by being relaxed in the comfort and safety of your own sacred space while having less to process. And I am my most optimal in my sacred space with less to process.

Q: How long is a session?

A: Each intuitive healing session is scheduled for an hour. Each energy tune-up and children's healing session is scheduled for half an hour.

Q: How do I make payment?

A: All sessions must be paid in order to secure the appointment via Stripe or PayPal. Accepted methods for payment are: Visa, Mastercard, American Express, Discover, Diners Club, JCB

Q: What is your cancellation policy?

A: Please allow at least 24 hrs notice for cancellations. Less than 24 hrs notice, there is a \$50 cancellation charge. No-shows to scheduled appointments will be charged in full.

Q: Are sessions recorded?

A: I do provide you with a free MP3 recording that is sent via email. I understand that it can be nice to be reminded of any recommended resources from your session. But please keep in mind you are naturally integrating energy throughout the session and you don't need to re-listen to a recording repeatedly. Your energy will want to progress forward, not step back into a session. Files will be sent via WeTransfer, please check your junk mail in case they aren't on your safe list. They will expire within seven days so please download them immediately upon receipt as I don't keep the files once they are uploaded.

Q: Do I need to do anything to prepare for my appointment?

A: You can write down any concerns, issues, questions and symptoms you want to address so you don't

forget them. And create a quiet and sacred space for yourself to relax and enjoy the session.

Q: How often should I have a session?

A: Some clients choose to connect every few weeks, or every few months, in regards to a healing or inner blockage, whereas others might utilize just one session. The timing and amount will be unique for each individual, as we all process differently. You'll want to trust your intuition about when you feel you want a session. I recommend waiting at least a couple of weeks between sessions so your energy has time to process and fully integrate all the shifts.

Q: What's the difference between a psychic reading and an intuitive healing session?

A: A psychic reading is prediction-based and is a Q & A format. The reader is tapping into your energy to read the future and the possibilities that are available to you, as they appear in that moment of time. While readings can be accurate they will always be subject to change because of free will. A healing session is energy-based and addresses what lies behind a question and seeks to shift it, remedying it at the core level. As a natural side effect of shifting those held beliefs and blocks, your energy will progress into the greatest possibility for itself. It's my personal opinion and experience that a healing session is most beneficial and empowering. It effects lasting change as it strengthens your inner-self to hear your innate wisdom.

Q: Do you offer gift certificates?

A: I don't offer gift certificates as having an energy healing session is a very personal choice, and one that the client has to want and be ready for. The key ingredient to healing is the recipient's desire and willingness to make the shifts.