

Deep Healing Light

Spirit, Mind & Body Healing

www.DeepHealingLight.com

"Miracles undo the past in the present,
and thus release the future."

— A Course in Miracles

Welcome To Your Chakras

A Chakra Clearing & Alignment Session

What to Know: Before, During and After



David Nelmes

It is an honor that you have considered allowing me to be a part of your path towards healing. It is my intention to perform your “Welcome to Your Chakra” session with pure loving intention in order to serve your greatest and highest good.

To ensure your experience is a very helpful one, please take a moment to review this quick read on what to expect from your [Chakra-Clearing & Alignment Session](#). Feel free to [ask any questions](#) that are not covered here.

Before Your Session

When [scheduling your appointment](#), you have the option to choose to experience this healing session either on-site (*Tree of Life Shoppe in Ringtown PA*) or as a Zoom distance healing. The effects will be the same, just the experience will be different.

If you are not clear about what a Chakra is, this session is the perfect place for you to start because our Chakra Clearing session is designed for beginners who have little to no knowledge about their chakras. This session includes plenty of teaching and training, in addition to the actual Chakra Clearing Session.

This session includes a “Chakra Clearing Crystal and Aromatherapy Kit”. We will make use of the specific meditations, crystals and scents in the kit to teach you how to work on your own chakras at home. Zoom sessions will receive the kit via mail, so it is important that when making a Zoom appointment, that this session is booked at least two weeks out, so we have time to get the kit to you.



Both the on-site and Zoom distance Chakra Clearing and Alignment Sessions takes approx. 90 minutes. For your first On-Site appointment, be sure you plan to show up approx. 15 minutes early to fill out registration paperwork and allow me a few minutes to introduce myself and get acquainted.

Prior to finalizing your purchase, you may Review our [Sales & Refund Policies](#).

My on-site healing session takes place at one of the beautiful rooms provided by The Tree of Life Shoppe in Ringtown, PA, where soothing music plays in the background and chakra lighting creates a healing atmosphere. This healing space is handicap accessible, however, if travel is difficult for you, please consider having a distance session vs. an on-site session. Alternatively, if you do not live too far away, I am sure we could come to an agreement that allows me to come to your residence to perform the service.

No special diet or routine is required prior to your visit.

You will receive an e-mail reminder 48 hours prior to your scheduled appointment. If your schedule changes and you can't keep the appointment as planned, you can easily request to reschedule your appointment by scrolling to the bottom of your appointment confirmation email and selecting the "Change/Cancel" button 24 hours or more before your appointment.

During Your Session

This initial session includes a copy of "Welcome To Your Chakras", a 10 page teaching manual with exercises that focus on helping you understand and work with your chakras. Zoom users will be provided with a PDF.

The session starts with very helpful teachings about your chakras and explains their significant role in our spirits having a physical experience here. After that, we extend an invitation for Spirit to join in with the healing process, as we initiate a relaxing meditation and initial inspection of the condition of your chakras. Crystals, sound and light may be used to help strengthen the healing capacity of any part of the chakra clearing and healing session.

Next, we initiate a Chakra Clearing Session where all your chakras are worked on to open them, and healing energy is infused throughout your body, mind and spirit.

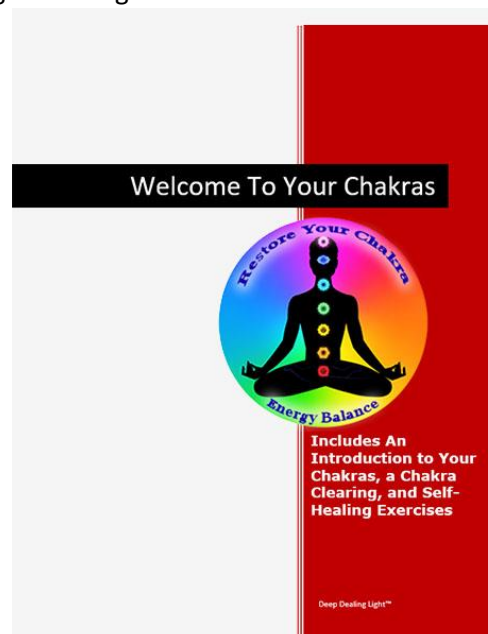
As the clearing concludes, a final inspection is made of your chakras to ensure they have been cleared. Any chakras that are still closed, are worked on again to ensure they are open.

We then take a moment where you can let me know of any experience or sensations you felt during your session.

Based upon which Chakra or Chakras needed extra work to open, we will then perform a Chakra Healing Exercise that makes use the specific crystals and scents in the "Chakra Clearing Crystal and Aromatherapy Kit", to teach you how to work on your chakras, specifically the ones that resisted balancing during the session.

After Your Session

We take a moment where you can let me know of any experience or sensations you felt during your session, or simply share anything on your mind.



Your feedback and testimonial are important because I want to be sure I am providing the best care for you and all my clients. You can go online to fill out our [feedback and testimonial form](#) or you can share your feedback via Google at: <https://g.page/deep-healing-light/review>

Although I would love to know that your issues would be fully resolved with just one session, that is rarely the case. I suggest you let a few days pass and allow yourself to see where improvements have been made, and then [schedule a Reiki or Heart Activation appointment](#) for approx a week or two later.

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