

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

Living From Your Heart

A Heart Activation Healing 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 “Living From Your Heart” 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 [Heart Activation Healing 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.

Both the on-site and Zoom Heart Activation Healing Session takes approx. 90 minutes for the first session and then just 60 minutes for future follow-up sessions. 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.

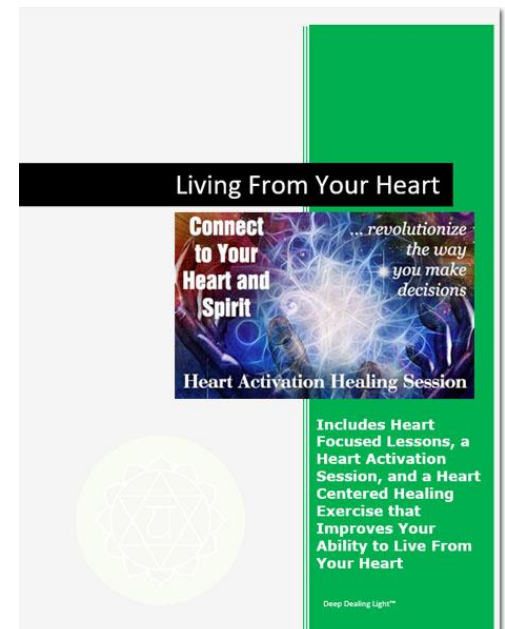
During Your Session

This initial session includes a copy of "Living From Your Heart", a 9 page teaching manual with healing exercises that focus on what is helpful in activating your heart space. Zoom users will be provided with a PDF.

Your first Heart Activation Healing Session includes significant teachings to help you understand the differences between making decisions with your mind vs making decisions with your heart. Follow-up sessions skip those initial teachings.

After that, there are several meditations to help relax the body, mind and soul, followed by a Chakra clearing. Once your energy is softened and stabilized, you will receive the Heart Activation and spend quite some time simply receiving and allowing the changes that are underway.

Once you are finished with the Heart Activations and are fully conscious again, you will be introduced to a Heart Choices exercise to help you resolve a major problem of your choosing and immediately experience the healing that just occurred in your heart.



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.

It is recommended that you drink extra water for a full day after the session. This will help to more easily flush out any toxins released during the session.

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 our Contact page and 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 your Follow-Up appointment](#) for approx a month later or take advantage of our Heart Activation Follow Up Package and schedule 3 appointments at a discounted price.

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