

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

Embracing Your Chakras

A Reiki Spirit, Mind & Body Healing Session

What to Know: Before, During and After



David Nelmes

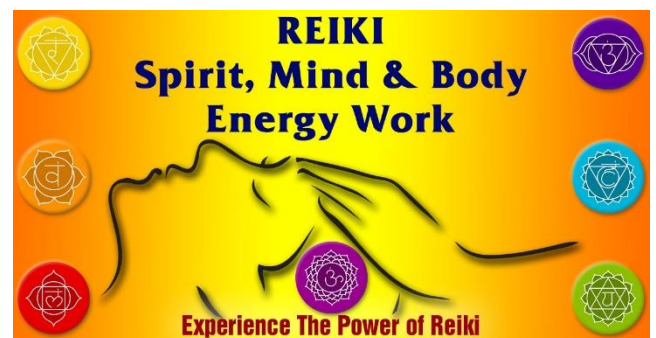
It is an honor that you have considered allowing me to be a part of your path towards healing. It is my intention to perform your “Embracing Your Chakras” session with pure loving intention in order to serve your greatest and highest good.

To ensure your experience is a very helpful one, please take a moment to review this quick read on what to expect from your [Reiki Spirit, Mind & Body 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 distance healing. The effects will be the same, just the experience will be different.

This healing session is designed for anyone who is already somewhat familiar with their chakras, however, if you are not already familiar with your Chakras, you may wish to start with our '[Welcome To Your Chakras](#)' session.



This session includes a “Chakra Healing Cards and Pendulum Healing Kit”. We will make use of the pendulum and Chakra Healing Cards to further increase your capacity to work on your 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 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 "Embracing Your Chakras", a 9 page teaching manual with healing exercises that focus on helping you to fully 'Embrace' your work with your chakras. Zoom users will be provided with a PDF.

This session includes teachings about on how to determine if your chakras are open or closed and teaches how to use the provided pendulum to determine their open or closed status.

You will also learn about how sounds and frequencies can be used to help improve your capacity to restore your Chakras. This is followed by teachings on the Spirit Guides most directly associated with the Chakras and provides insight on connecting with them.

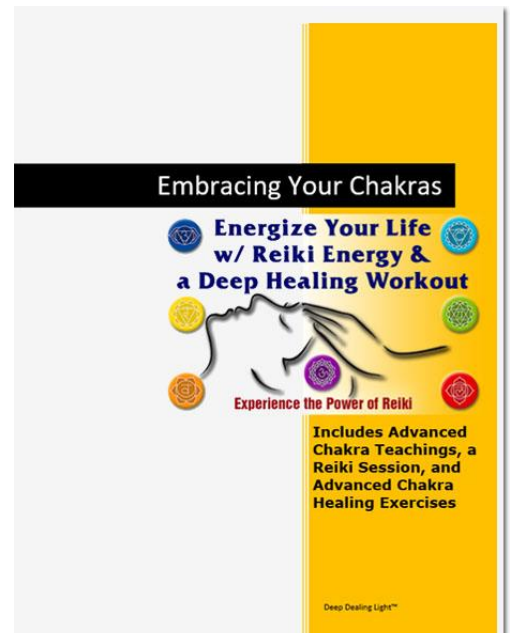
Next, we initiate a Reiki Healing Session where all your chakras are worked on to open them, and healing energy is infused throughout your body, mind and spirit.

As the session 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. Once everything has been completed, I meditate for a moment to see if I can receive a quick psychic reading to answer the question ... 'What is the most helpful message spirit would like to share with you?' (an answer is not guaranteed)

Based upon which Chakra or Chakras needed extra work to open, we will make use the provided Chakra Healing Cards 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.



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 Embracing Your Chakras Follow Up Package and schedule 3 appointments at a discounted price.

I would also recommend that you then consider receiving a Heart Activation via our “[Living From the Heart Session](#)”. This session truly helps you to open yourself better to your higher self and spirit and enhances your capacity to work on yourself.

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