

# **Guide to your daily, weekly and monthly remote healing sessions**

## **Congratulations and Welcome!:)**

This program is created mostly “done for you” because I understand that we are all busy and always press on time, but this can also be a “done with you” program. To get the most out of these healing sessions and see faster results, I encourage you to participate by following the guidance below and taking actions.

1. Set a goal or intention for the next 30 days of what you want to change or shift. Scientific studies show that it takes at least 21 days to change a habit or thought patterns.
2. Record the progress, thoughts, feelings, or ideas in your journal or notebook.
3. Create a routine/ritual to support your goal – meditate, journal, exercise/yoga, visualization, affirmations, etc.
4. Be present during the healing sessions as often as you can.
5. Celebrate your wins or changes regularly, no matter how small or big they are.

### **What may happen during the healing session?**

If you are sensitive to energy on the physical level, you may feel tingles, coolness, warmness, or pain in different part of your body as the energy flow through and clear the blocks. On the emotional level, you may feel sadness, overwhelm, peacefulness, love, or happiness. On the Mental level, you may notice a quiet mind, a sense of calmness, or clarity. On the spiritual level, you may feel the presence of your spirit guides or deceased love ones, a stronger connection with the higher source, or more natural connection with your higher self. These are all part of the release and healing process. Please be open, acknowledge them, and allow them to pass through.

### **What may happen after the healing session?**

Each of us responds differently to energy treatment. You may feel physical symptoms such as fatigue, aches, stomach discomfort, or flu-like symptoms, and you may have an emotional release. You should not worry; these are signs that your healing has begun. You may experience these symptoms briefly or for a few days, and they should subside if the symptoms persist, please contact your licensed medical professionals.

If you don't feel anything or don't have any symptoms after the session that is fine as well, you don't need to worry. The energy is working whether you feel it or not. If you are new to energy healing, it may take a few sessions for you to connect and feel the healing energy.

### **Why may this happen?**

The healing session has initiated your body, mind, and soul healing or cleansing. Your physical and energy bodies are responding and integrating the healing and balancing in your entire system.

### **How do you care for your self during your healing journey?**

- Drink plenty of water regularly
- Be patient, kind, and gentle with yourself. Allow the physical and emotional symptoms to surface and release. The more you allow and acknowledge the symptoms, the process will go quicker and easier.
- Get extra rest or sleep as needed – listen to your body
- Journal
- Meditate
- Do gentle yoga or exercise. Physical movement can help the energy to move freely in the entire body.
- Take a hot bath with Himalayan or Epsom salts or long hot shower

### **Daily Unscheduled Remote Energy Transmission**

Every day the healing energy will be sent to you, to help you stay grounded, release what can be released at this time and balance all level of your bodies. An energetic shield will also be placed around you to protect your energy field from other energies in your surroundings that may not be in alignment with your best and highest good. For example, EMF from your phone/computer, pollution, negative people, toxic environment, etc.

Many of you already implement the grounding and shielding in your daily practice and some of you who are healers also doing daily healing on yourselves. I applaud you for these; you are all amazing!. The energy transmission and shielding that I'm sending you will work well with your personal practice/ritual. These remote healing sessions are gentle, non-invasive, relaxing, and nurturing, which can also be used to complement other health regimens.

You don't need to lay down or sit still; the energy is intelligent, it will go where it needs to go to clear any blocks or imbalances in your physical, emotional, mental and spiritual bodies even when you are moving around, working or doing activities.

You can connect to the healing energy at any time during the day/night when you need support or when you want to.

To connect with the energy, say silently or aloud, "I am now ready to connect and receive the healing energy that is sent to me by Natalie Alexander."

Just be open and allow the healing energy to flow.

### **Weekly Remote Healing Sessions**

These weekly healing sessions will be sent to you **every Monday, at 6:00-7:00 pm Los Angeles Pacific Standard Time**. Here is a time zone converter to help you find your local time – <https://www.timeanddate.com/worldclock/converter-classic.html>

If you like to connect with the energy during the scheduled time, please follow these steps so you can get the most benefits of this healing session.

- Find a quiet space, sit down on the floor/a chair, or lay down
- Gently close your eyes and focus on your breath. Take a nice slow inhale and exhale through your nose. This can help you to calm your mind, relax your body, and be present. If you fall asleep during the session that is fine, the healing will still take place whether you are awake or not
- Set your intention/goal for the healing session
- When you are ready, say silently or aloud, "I am now ready to connect and receive the healing energy that is sent to me by Natalie Alexander."
- Be open and allow the energy to flow

### **Monthly Virtual Live Group Healing Session**

This virtual live group healing session takes place on **the last Wednesday of the month at 6:00-7:00 PM Los Angeles – Pacific Standard Time**. We will connect through phone or web.

The call will be recorded, and the recording will be emailed to you after the session. If you are not able to join, you can listen to the recording at your convenience. The healing energy is embedded in the recording; you can get the same benefits as the live healing session.

This healing session may include meditation, body scanning, chakra balancing, and past life.

### **Facebook Private Community Page**

It's essential to have support as we go through our healing and transformation journeys. A place where you can open your heart, expand your mind, and nourish your soul. There will be Q&A, motivation, empowerment, and healing. You will also receive updates, specials, and bonuses.

Please be sure to read and abide by the group policy.

\*\*\* It's up to you to participate in this community page or not; either way, you still get the full benefit of the program.

### **Monthly House Clearing Session (Bonus)**

Our environment can affect our mood, our health, and our overall well being. We spend the majority of our days and life in our home. Thus it's essential to clear the energy in our house to support our healing and transformation journey.

We will do this clearing during the monthly live group call.