

Deborah Nicholas Brewer

Empowerment of Healing



Session Information

How to prepare for a session:

- 1) Make sure you are hydrated. This is important, it allows your mind and body to communicate better in your session. During a session you could become thirsty, have a full glass / container of water next to you (please only water, not a soda or coffee/tea, etc.).
- 2) Your body could become warm *or* cold during the session. You may want to have a blanket close by.
- 3) Be in a space free of disruptions from other people, animals, phone, computer, etc. This is a time for you to focus on yourself for yourself.
- 4) It is important to have a starting place. Think about what it is that you would like to reveal or discover and release. Are you feeling anxious, feeling blocked from moving forward with a decision, a job, a relationship? The question could be emotion based, physical body based, soul based or spiritual based. Ever have a mystery pain? Ever feel a spiritual disconnection? Ever feel anxious, angry, judgmental, abandoned, and not know where it is coming from, nor why?
- 5) Empowerment of Healing is a safe place to be vulnerable, there is no judgment only love and compassion to help you help yourself heal.