

*Deborah Nicholas Brewer*

# Empowerment of Healing



## Frequently Asked Questions About Sessions

1) **Q. Are distance sessions as effective as in person sessions?**

**A.** Yes. The sessions are based on energy and energy is constant, it does not know time or distance (space). Energy cannot be created or destroyed. Everything is made of energy.

2) **Q. How does distance healing work?**

**A.** The same way in-person healing works only it is over the phone, on a visual platform or via email. The intention is set, the questions are asked, and the answers are revealed. The person facilitating the distance healing acts as a proxy, they become a conduit for the healing to pass through and you are the actual healer. Our bodies have the innate ability to heal themselves and they do when given the chance.

3) **Q. How many sessions does it take to work through an issue?**

**A.** That all depends on the person and what comes up during the session. On average three to five sessions. The goal is to give you the tools to maintain the healing and for you to be able to move on with your life. Not be dependent on the sessions. Some people move on after a few sessions. Some people check-in every quarter and get a tune-up, some people have deep issues they are working through, and it takes more time. Each person is different.

4) **Q. Can children do this?**

**A.** Yes. Anyone under 18 years of age will need to be accompanied by their parent or guardian and the session can be in-person or distant.

5) **Q. Do I have to believe that this will work or help?**

**A.** If you set an intention to be open and accepting of the healing, you will experience the healing quicker instead of pushing it away. As Dr. Joe Dispenza says, "Where attention goes, Energy flows"! Do you know people who always find a parking spot up front no matter how full the lot is? They have the intention that that spot will be there and usually it is. Call it the parking angel, intention whatever you want. Again "Where attention goes energy flows." It has been scientifically proven that the environment you live in has a lot to do with why and how you experience dis-ease in your mind, body, soul and spirit, especially if you are living or working in an unhealthy environment. If you change your environment (this includes your internal environment, the things you tell yourself or beliefs) everything can change. Emotional issues, physical issues, mental issues, and spiritual issues. Empowerment of Healing is helping you to look inside for the answers instead of looking for something external to do it for you.