



HEALING SESSION CLIENT PREP PACKAGE

How To Receive The Most From Your Healing Session

Congratulations! You have stepped forward and said "Yes!" to a healing session with Diane. Deepest thanks - and welcome. Diane will use the birth information you provided to connect to your unique soul signature and activate your healing session.

You'll receive email reminders of the day and start time for your healing session. Be sure to check your spam folder if you did not receive an email within 30 minutes of signing up. Add our email address to your contacts/address book: Diane@SayYesToHealing.com

Prepare Yourself For Healing:

Just before your healing session begins, connect with your original intention. Feel in your heart what drew you to us; what prompted you to come our direction? What was the impetus to say, "Yes, I want a healing, I'm ready for this situation or condition to change, I want something different."

You may find watching the short (2 ½ minute) video "Diane Talks Healing" a great way to orient yourself to your healing session.

Healing Session Begins:

Be comfortably seated or lying down. Take a deep breath in and out. Place your palms up and in a receiving position. Close your eyes and have positive thoughts. It's best not to be disturbed by animals or other people. Remember this time is for you. Relax, let go and allow.

At this time, if you have a specific concern, speak it out loud and ask for it to be addressed. Continue with eyes closed, open your heart and receive for one hour. Create a space for all change to occur in all areas. "I am willing to change, learn, grow and heal."

Healing Session Ends:

When your hour is over gently bring your awareness back to your body. Now slowly open your eyes and say, "Thank you, God. In full faith so be it." (If you prefer, substitute Source, Spirit, All That Is, or any other word you use to refer to the Divine Source of All.)

It is helpful to take a moment now and feel any shifts you may have had or are still in the practice of having. Please know the healing can continue for several days. Remain open to this opportunity. Staying settled for a time is nice but not necessary.

It can be helpful to anchor the experience by jotting down a few notes, mentally bookmarking your sensations, or making a quick sketch- anything that will help you consciously acknowledge the experience.

After Your Healing Session:

No two healings are alike. Some changes are more noticeable than others. Just because you did not feel it does not mean it did not happen. Healing is not in our timing or our order.

The healings can start out very subtle, but then over the next days, weeks or months, you may notice the shifts. It's not uncommon for other people to comment on the changes before you fully realize them. Keeping track of your experiences will help you to accept and receive more of the benefits.

Acknowledge whatever you felt or experienced. Don't let your mind minimize, dismiss or negate the subtle and smooth activity of natural healing through grace. Pay attention to the felt sense. Recognize and place significance on the first subtle signs of a shift: feeling a little lighter, taking a deeper breath, a sense of ease and relaxation, a little space opening, sleeping better- all these sensations and experiences count.

Using the practices from "Your Best Day: Simple ways to connect with your Divine self" daily can pave the way for more rapid and complete manifestation of a shift. You can also use the video to smooth and accelerate your healing practice. The video is a healing in itself, so you can watch it frequently.

You may also find it helpful to read through the Healing Sessions FAQs.

Any questions? Email Diane@SayYesToHealing.com.