

FEED YOUR SPIRIT EBOOK

PREPARING FOR

ENERGY WORK

MIND-BODY-SPIRIT PRACTICES

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We are always immersed in energy work. Everything is made of energy and vibration. We interact with the energy around us and within us intimately in each moment. We are energy - from our thoughts, to our cells, to our actions, we are energetic beings. We do energy work when we sleep, when we wake up and do our morning stretches, when we take in the nourishing energies of a healthy breakfast, and when we communicate and connect with others. When we create, work, and play. When we set our bare feet on the Earth and feel the Sun on our face. When we sing and dance, when we take a deep breath. Some of this is conscious...other energetic actions are on auto-pilot.

An energy work session is a way to pause and mindfully connect with the energies within and without - Universal Life Force Energy, Chi/Qi, Prana, Reiki, Primal Force, Love and Light, Christ Consciousness, Buddha Energy, Unconditional Love. These energies can be guided by a practitioner one-on-one or in a group, in person or remotely, or done by you. The suggestions in this hand guide are intended to assist you in participating in your own healing and transformation process with simple self-care strategies that make a big impact energetically. These simple suggestions not only help you to enter the healing space more fully, but amplify your session by activating your own healing energies and empowering you beyond the session.

Every practitioner is unique, bringing their own gifts and style to the session just as every participant enters with unique needs and intentions. This guide offers universal truths of self-care that support energy work sessions in general. You and your practitioner may wish to modify and add to these suggestions intuitively and/or intentionally. Feel free to use this as a starting point. Enjoy this beautiful journey!

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In this guide you will find information to help prepare for an energy work session or attunement - before, during, and after! Centered around nine empowering self-care practices that enhance your transformation, transmutation, healing experience, and energetic connection as an energy work client. Also helpful for those engaging in other mind-body-spirit energy practices such as Tai Chi or Yoga.





PREPARING

As soon as you book a session, a mind-body-spirit class, or register for an attunement, you enter a powerful healing space. Your mind, body, and Spirit begin the process and start to prepare behind the scenes for your work.

BEFORE A SESSION

During this time, whether it is one month, one week, or one day before your session, indulge in as many of the following Sacred Self-Care practices as you can. Picking the ones that resonate the most to start:

- ✧ Drink Lots of Fresh Water
- ✧ Eat Nourishing Healthy Foods
- ✧ Mindful Movement
- ✧ Journaling
- ✧ Spend Time in Nature
- ✧ Breath Work
- ✧ Meditation
- ✧ Sacred Sleep and Self-Care Bath
- ✧ Minimize Toxins





FRESH WATER & NOURISHING HEALTHY FOODS

Listen to your body for which healthy foods are calling to you and in what quantities and when. Follow the Universal Truths of Healthy Eating: eat whole foods (whole grains, vegetables, fruits, beans/legumes), eat plenty of fresh fruits and vegetables, use healthy fats and oils, choose high-quality protein, eat slowly and chew well, only eat as much as you need, eat seasonally, drink plenty of fresh water.

The background of the slide features a vibrant display of the Aurora Borealis (Northern Lights) in shades of green and blue, set against a dark, starry night sky. The lights appear as soft, flowing curtains of light, creating a serene and ethereal atmosphere.

MINDFUL MOVEMENT

This can consist of a daily walk, some light stretching, Qi Gong or Tai Chi, yoga, dancing, or other gentle movement that calls to you. Stay in your comfort zone during this time and pay attention to your body and your quality of energy. What is your body saying to you?



JOURNALING

You have entered a powerful space of self-healing and transformation. Write it out! Explore dream messages, signs, synchronicities, and patterns. Ask yourself: What is present for you in your life? What is showing up for you? What messages are here for you now? What is in your heart?

SPENDING TIME IN NATURE

Time in nature activates the healing powers within and benefits every single part of our bodies on more than one level. Nature is our greatest healer and our best teacher. It speaks to the Soul and nourishes the Spirit like nothing else.

BREATH WORK & MEDITATION

Breath work is calming, centering, and healing. Deep breathing is simple and powerful and can be done anywhere at anytime. Check in with your breath and notice when your breath is rushed or shallow. Take time to deepen, lengthen, and connect with the breath.

Beyond other meditation benefits, meditation time can be used to set healing intentions, affirmations, engage in prayer work, or simply to sit with your thoughts and feelings.





SACRED SLEEP & SELF-CARE BATH

Both cleansing and relaxing, a bath or shower taken with intention can be a beautiful part of the energy work process. Personalize this experience by including music, a candle, flowers, aromatherapy or herbs, bath salts or oils, self-massage, and of course - healing intention. You can choose an invigorating experience, a cleansing, rejuvenating, or meditative experience, or simply choose relaxation and stress relief for this anytime ritual.

Enjoy sleep as sacred and reduce distractions in the bedroom. Rest when needed.

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MINIMIZE TOXINS

Processed foods, alcohol, drugs, stimulants, chemical beauty and cleaning products, harsh environments and situations, and toxic thoughts are all best to be minimized at this time. Listen to your body to identify any other toxins you may be sensitive to and work to avoid them.



THE 3-DAY PORTALS

The three days prior to and following your session or attunement are amplified and intensified within your personal healing portal. Like the three days before and after a full moon, these days hold the energy more powerfully. Self-care in all its forms is well received at this time. Listening to your body, your intuition, and your inner wisdom here is key.

TIPS FOR THE PORTALS

Increasing your water intake, resting when you feel tired, moving if you feel a swell of energy. These tips may sound basic but if followed can make a big impact on your role as empowered participant. Ask: What do I need right now?

Integrate the energy work and allow the release of anything that is ready to go. Go easy on yourself and stand in self-love and grace as you harmonize and balance into the positive healing energies within and without. Actively engage in the 9 Empowering Self-Care Practices. Notice the ideas and thoughts showing up for you. BE.



YOUR SESSION

Before entering your session, clear your mind and open to the positive healing energy within and without. Connect by taking a moment and engaging in prayer, meditation, a blessing, or by connecting with nature if you can. Begin your session with an open mind and heart. Enjoy!

You may also wish to open to thoughts and feelings that are present for you before the session and check in with yourself. Take a moment to return to deep breathing and have a glass of water. Enjoy a healthy meal before your session and come prepared with any questions you may have. It may also be helpful to bring your journal along for your personal use.





AFTER YOUR SESSION

Hooray! You just enjoyed a wonderful energy session and are now back on your way! Here are some tips for right after your session and/or attunements:

- Drink water
- Enjoy a healthy meal
- Take a Sacred Self-Care Bath (or shower)
- Journal
- Indulge in Sacred Sleep
- Bonus: Nature Time



ONGOING

Continue on with your journey by moving onto your path with an open heart. Open to the infinite possibilities awaiting you and the harmony, balance, wholeness, and peace that is present for you in each moment. Know that YOU are the healer and the power is within. Take these practices with you and make them your own. You may do them for as long as you like.

CONNECTING WITH BRANDY

Thank you and I hope you enjoyed these tips and found them helpful! When we cultivate healthy eating and living practices and make them ingrained habits in our daily lives, we build the foundation for long term health and nurture our highest selves. As an added bonus, we experience less stress, a greater quality of life, and more joy and fulfillment! In the spirit of that, I would love to support your journey further!

For further tips and support visit:
SoothsayersAria.com

I look forward to having you as part of my community and together nourishing our Spirits through Sacred Self-Care!

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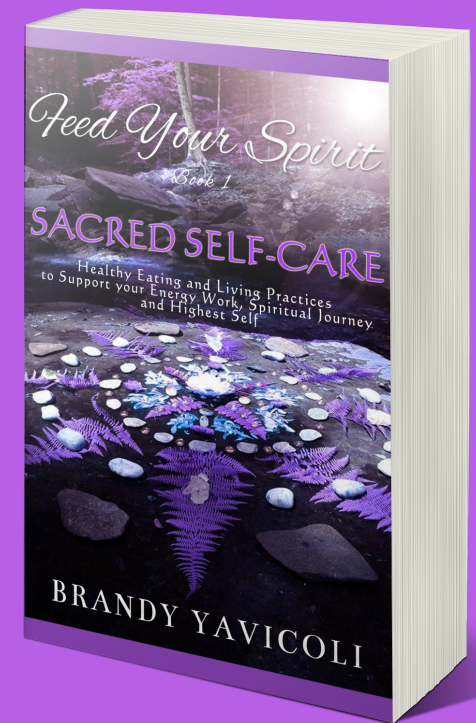
Feed Your Spirit: (Book 1) Sacred Self-Care

HEALTHY EATING AND LIVING PRACTICES TO SUPPORT YOUR
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