

## Working with Brandy F.A.Q.

Thank you for making the commitment to work with me whether it be as a client, student, or collaborator! Here are some common questions and things to know as we go:

### In-Person Healing Work/Sound Therapy Sessions

**Should I bring anything to my healing session?** Just yourself, come as you are! It is always good to have a water bottle and comfortable clothing, and if you would like to bring any special sacred items to your session you are welcome to do so.

**What should I expect during my healing session?** I start every session by asking you to share what is on your heart, along with anything else you would like to share before we begin (physically, mentally, emotionally, or spiritually) - this is whatever you feel comfortable or called to share. I allow you as much time as you need here. We do not start other work until you are ready to and this part is complete. This can take between one minute and the entire session time. When you are ready, you will sit or lay comfortably, fully clothed. During healing work your job is to enjoy a silent meditation space! You may notice a combination of the following during your session; therapeutic harp music, singing bowls, light drumming, Native American flute, rain stick and/or other healing instruments, singing, light hands on healing work and/or no hands on but rather working in your auric field, and simple flower blessing. After the session, you will receive a fresh glass of blessed spring water to drink and have space to share your experience or questions and I will give any Spirit messages that are coming through to share if you would like.

**What happens afterwards?** Over the next three days, you are encouraged to keep a journal and drink plenty of water and rest as needed. You are also encouraged to spend some time in nature during this time. The energy work continues to process and integrate over these following days so paying attention to your mind-body-spirit and heart will help with your healing process and spiritual growth in an immeasurable way. Hold space and be gentle with yourself.

**When should I come back?** When you are feeling called to! In general, I suggest Monthly energy work as maintenance. That is the basic guideline that Energy Workers follow. If you are working on a deep healing issue you may feel that more often works best for your healing at this time. You may also feel that you need more time to process and integrate and work on your healing in other ways. Regardless, I leave it up to you to decide when that will be and only make suggestions by request. I respect this as a client-led decision.

### Distance Healing/Zoom Sessions

**How does distant healing work?** Everything is energy and we are all connected. In my distance work I access the time/space field and work with your guides and energy through this field. I access different energies and dimensions of time and space to deliver your healing sessions in a powerful way.

**How do Zoom Sessions work?** Sessions done for counseling, consults, and readings are conducted via Zoom Calls. They last for 20min, 30min or 1hr depending on the service you chose. You are encouraged to show up to the call with an open mind and as your true self. Take a few minutes before the call to

meditate and drop into your body, breath, and the moment. Write down any thoughts or questions that come up before the call to share. We start each call with sharing what called you to book a session/what was the purpose for booking, and then you are welcome to share what is on your heart. Then moving into more deeper sharing and what is present that wants to be expressed for healing and higher communication (if that is part of the work – sound healing sessions may not involve talk therapy). After that initial opening the rest of the call/session takes place in this powerful sacred space. Everything shared is confidential. After the session, if you need any clarity or have a purposeful follow-up question, you are encouraged to send an email.

**What should I expect for my Distant Attunement?** All attunements are done one-on-one over Zoom so that I can provide a personalized experience interacting in real-time. Distant attunements are delivered through your guides as I simply facilitate this process. Arrive at your session with comfortable clothing in a quiet place where you can enter into meditation space. There will be time allotted for communication with me before and after the attunement. These 30 min sessions are booked upon completion of one of my offered online courses by sending me an email (further instructions in the course materials).

### Channeled Readings

**What should I expect from a reading?** Channeled Readings may be a part of your session if you are open to that or if it is part of your service. All one-on-one talk sessions; counseling, coaching, chats, guidance, mentoring, etc. are open to including Channeled information. I will always make a distinction and am very clear when I am delivering Channeled content as opposed to when I am delivering content from my own intuition, experience, or opinions. You may receive messages/answers from spirit guides in the form of angels, ascended masters, star-beings, spirit animals, mythical creatures, nature elementals, ancestors, loved ones who have passed, the Holy Spirit, etc. Your reading may be a combination of general voice channeling (you are told things unprompted), divination channeling (you are given an interpretation of cards or other divination tools), and direct question and answer time (answers from mixed mediums). We do not access any one else's energy fields, guides, or councils. If you have a question related to another person you will be given only answers from your own guides.

We follow Energetic Boundary guidelines and do not enter anyone else's space or give specific information about other people's journey. Personal readings are just that – personal. I also encourage your interaction during readings so that you can also access your hidden wisdom and amplify your personal intuition in the space. Also, to deliver the most helpful information I no longer give "psychic predictions" and readings are based on accessing the information that will best help you to move forward in this NOW moment. It is very important to me to empower you with the confidence to access your own inner wisdom and intuition going forward.

**How do I prepare for a reading?** Give yourself some time to think about your purpose for booking and any questions you may want answered during your session. If you have a multitude of questions that you would like answers for you may choose to ask the most pressing questions, or book an additional reading for a later time. However, thirty minutes is usually plenty for a normal reading and I do allow a few extra minutes for wrap up time (a 20 min Sacred Chat is not the optimal time for a full reading, please book a 30 min Sacred Guidance session or more if you are looking for a more in-depth

experience). If you feel you are wanting to know about multiple areas and have some big things to explore or would like to communicate to loved ones passed in addition to your reading you may want to opt to double book.

**When should I come back for another reading?** The information you receive in your reading is the highest information that can come through for you in this moment from a medium (middleman). I encourage that you explore your personal messages and signs from Spirit and strengthen your intuition between readings so that you can ultimately be your own guide. Readings help to give confirmation and clarity to your path when you truly need it. I do not give timelines or suggest a pre-determined reading schedule as only you know when you require this. In some cases you will receive a timeline for events. When that happens I encourage waiting for another reading until those events play out unless you really feel called to gain support around this (a coaching or counseling based session may be more helpful here). Lastly, If you have had three readings in a row and are given the same information each time but are still not making the changes or heading the messages from Spirit, I will not schedule another reading with you until that has shifted (it is a waste of time and energy at that point for both parties); if you need to move to energy work or counseling for support around doing the work I am available for that in this way.

**Can I text you and ask additional questions after the reading is over?** No. Readings are typically 30 minutes (or however long your session was booked for we stick to that). I allow up to 15 extra minutes on the back end of most readings to make sure all the information that is coming through gets communicated and questions are thoroughly answered. At that point, if you still need more time you will be given the option to extend the reading and add another 30 minute reading if the schedule permits, or to schedule an additional reading as soon as scheduling allows. If you would like an “emergency card pull” or remember something you really wanted to ask but didn’t, please schedule another reading. There is usually either more to it than that, or you will be able to answer the question yourself with time and your own intuition.

#### [Practitioner to Practitioner Trade Agreements](#)

**What is your policy on Trading?** I no longer offer trade unless it is with established trade partners or is for a service I truly need at the time. When trading, the exchange is expected to be conducted professionally as if it were a paid session exchange. Your session time is your session time, and vice-versa. Energetic Boundaries of time and space, as well as holding each session in confidentiality and sacred space is also expected. Repeated cancelations (more than two) will result in the dissolving of the trade agreement and require payment within two weeks for any services the other person received. Please be considerate of communications outside of the session as practitioner trades are often done with colleagues and friends and can enter the gray area of boundaries very quickly.

#### [Overall Preferred Time/Space Energetic Boundaries](#)

**When and how often should I contact you as my practitioner/teacher/mentor/guide and what should I expect communication-wise?** I do not keep normal business hours but generally keep my communications between the hours of 10am and 8pm Monday-Friday. My response time is not immediate so allow up to 24 hrs for a reply during weekdays, and on weekends expect a reply on

Monday. If you see that I have “seen” your message but did not reply, know that is because I like to clear my notifications and see what is coming in in case of emergencies, but like to reply when I have the space to do so in a thoughtful and thorough manner. Please keep contact to purposeful communications. Examples of this include; “I did the journey you suggested and met my spirit guide for the first time, this is a breakthrough for me and I wanted to share that with you.” Or “I did the journey you suggested and met my spirit guide for the first time, I am confused about something that happened during the journey and have a question about that.” Or “I did the journey etc. and afterwards some things are coming up for me to heal and I am having strange dreams, is this normal?” I encourage everyone to keep a journal and dive deeply into your healing journey with the support of nature, spirit, and your own sacred self-care and regular spiritual practice. I love to hear follow-up healing and growth stories, and welcome purposeful communication/questions going forward (see above). If you are a student and are now working with clients and have practice related questions, please email those to me. As a mentor I find it extremely important to help with questions regarding working with clients as this is where real-life teaching moments happen. When additional professional support or personal help is needed from the above and my services do not reflect an option that would be best for you, please contact me and we can put together a custom support package to meet your needs. Note that the Sacred Chat Bundle (three Zoom sessions at 20 min each) has proven to be a helpful support package for most situations.

**Will I hear from you outside of session/class time?** In order to hold space as a practitioner and keep energetic boundaries, I do not contact you outside of this unless it is with a specific purpose. You are empowered to take charge of your own healing and if you feel you are being called to contact me that is your step to take. I send a seasonal newsletter out and also invite all clients and students to join my private FB Group for ongoing support, “Sacred Circle,” where I post weekly support on your sacred self-care and spiritual journey, and where you can connect with others on the path:

[www.facebook.com/groups/ssacircle/](http://www.facebook.com/groups/ssacircle/)

### Other

**What is your cancellation and refund policy?** After three missed/cancelled appointments I will no longer accept you as a client. I also uphold these same standards for myself. Things happen of course, but if three missed sessions occur, I believe that is Spirit saying we are not supposed to work together. Otherwise, I am very understanding about re-scheduling. I do not have a black-and-white no refund policy, so at this time refunds are given on a case-per-case basis depending on the circumstances. Full refunds are given if your appointment is cancelled with at least 24 hours notice of your appointment time and you do not wish to reschedule. If you desire a refund for any reason, please contact me and we can discuss how to best handle your request.

**What is your late policy?** I allow a 15 minute grace period at the end of every session to finish up without being rushed, and to allow for a 15 minute late window. If you are over 15 minutes late your session will not extend beyond the grace period.

What is the best way to contact you with scheduling or emergency correspondences? Text and email are the best ways to contact me. I do not answer phone calls and voicemails may get lost in the void.

Text and email information is listed below.

Thank you so much for connecting with me, I am truly looking forward to working together!

LOVE AND BLESSINGS,

Brandy Yavicoli, Energy Channel

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