

WHAT TO EXPECT FROM THE LIGHT

Manage Your Expectations!

- Results vary. They may be gradual, immediate, the next day, the next week, the next month or not at all. Results may even need multiple sessions to be seen.
- Although I truly want to be, I am not the practitioner for everyone. Please know that I will do my best, but I do not make any guarantees.

For The Light

- Be open for the experience
- Be in a safe, comfortable place
- Saying a prayer before connecting is always helpful
- Hydration and glucose are encouraged before, during and after your session

During/After The Light

- Know that experiences vary widely and may be different for each participant and during each time you receive light
- I have received reports of:
 - bliss
 - sadness
 - happiness
 - tears
 - nothing at all
 - coughing
 - headaches
 - relaxation
 - breezy
 - various detox symptoms
 - tingles
 - warmth
 - yawning
 - sleepiness
 - tiredness
- Sensations may move, shift, hover in one place or fade in and out
- Everyone receives light differently, try to relax and allow whatever happens
- Although I do my best, it may not be the practitioner for you; however, feel free to continue trying
- **If at anytime during the Live Healing Event, you do not want to receive light, say "STOP" out loud. The light will immediately cease for you**
- If you have a sensitive system, you may experience detox symptoms after the session. These can show up anytime after receiving light, but are usually apparent during the 1st-4th days. Detox symptoms can be surprising, so do what you can to hydrate, glucose and rest