

Client Preparation Guide for A Quantum Energy Healing Session

Dear Beautiful Soul,

*This sacred session works on your energetic field—your biofield—and facilitates deep transformation through high-vibrational modalities such as light language, crystals, Reiki, and StarMagic frequencies. While there is no physical touch, I will be working within your auric field to shift and harmonize your energy. During your session, you will be comfortably resting on a vibroacoustic bed, where you'll experience gentle therapeutic vibrations paired with healing music. This sound-based frequency treatment helps relax the nervous system, open energy pathways, and deepen your receptivity to the energetic work being done. To support you in receiving the deepest healing possible, **please review the following guidelines carefully.***

1. Set a Clear Intention

Take some quiet time to reflect on what you'd like to release, shift, or receive during your session. You may wish to bring awareness to:

- Physical or emotional discomfort
- Energy blocks or stagnant emotions
- Life transitions or stress
- Past trauma or spiritual disconnection
- A desire to activate or realign your soul path

This intention helps your energy field open up to the healing and makes your experience more focused and powerful.

2. Rest & Recharge Before Your Session

Get a good night's sleep the night before. A rested body and mind allow your energy to be more open and receptive to higher frequencies.

3. Eat Light & Hydrate

- Eat a nourishing, light meal 1–2 hours before your session.
- Avoid caffeine, alcohol, or heavy/stimulating foods.
- Drink plenty of water throughout the day to support energy flow.

4. What to Bring

To support your energetic alignment and comfort, please bring:

- A full bottle of water
- Light snacks (e.g., fruit or nuts) for after the session
- Your intention or written notes (optional)
- A cozy shawl or blanket (optional)
- A sacred object such as a crystal (optional)

5. Come With an Open Heart & Mind

Let go of expectations. Healing energy will go where it is most needed. Even if you don't consciously feel the energy right away, trust that the work is being done on deeper levels.

6. Minimize Distractions

Please arrive on time with your phone silenced and any urgent matters taken care of beforehand. This time is just for you—fully present, uninterrupted, and sacred.

7. Prepare Your Mind & Spirit

In the days leading up to your session, gently align your energy and raise your vibration through simple daily practices. This will help you enter the healing space in a calm and open state. Consider:

- Morning meditation** (5–15 minutes): Sit quietly & focus on your breath or visualize light surrounding you.
- Grounding in nature**: Take mindful walks, stand barefoot on the earth, or sit by a tree.
- Affirmations**: Repeat gentle phrases like “I am open to receive healing,” or “I trust in my soul’s wisdom.”
- Light music or frequencies**: Listen to healing tones like 528 Hz or 963 Hz to soothe & activate your field.
- Journaling**: Write about what you’re ready to let go of and what you wish to call in.

**These practices help soften your energy and prepare you for deeper transformation.*

8. Aftercare is Important

Once the session is complete, allow time to gently reintegrate:

- Rest and drink water
- Avoid crowds, overstimulation, or intense conversations
- Journal your experience, dreams, or any insights that arise
- You may feel emotional, energized, or sleepy—this is normal as your energy integrates the shifts.

A Final Reminder

All healing is self-healing. I am simply the facilitator and channel, holding sacred space and guiding your energy back into balance. You are the healer of your own life. This is the most important thing to remember. If you have questions before your session or would like clarity, don’t hesitate to reach out—I’m here to support you every step of the way.

With love,

Maria Enriquez Catangui

Certified Quantum Healer & Energy Practitioner

☎ (904) 868-2607

✉ sendlight1111@gmail.com

🌐 www.soundharmonic-healing.com