

# Instructions for Distance Healing Session

Close your eyes.

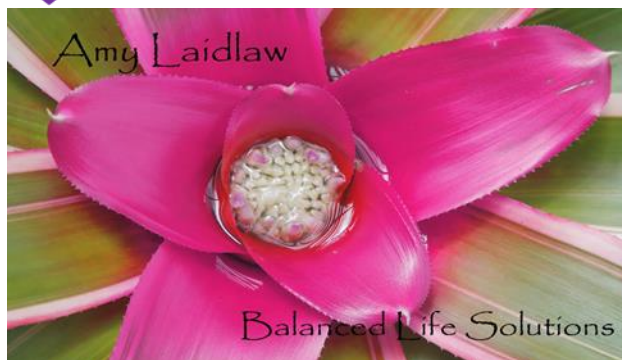
First begin with your Five Count Belly Breathing:

Slowly inhale through your nose with your mouth closed for five counts. Slowly hold the breath in for five counts. Then, slowly exhale for five counts. Do these five times. You may continue your five count breathing during the session.

Remember to breathe... I'm sending you some loving healing Reiki Energy. Feel free to lay your hands on the area of concern or your heart, crown chakra or third eye for an emotional issue. Please intention the issue or area concern simultaneously while I'm healing you to be feeling: comfortable, relaxed, calm & serene... cleaned, cleared, healed and renewed to perfect health. I will let you know once I'm finished.



~Namaste  
Amy Laidlaw  
Balanced Life Solutions  
~Certified Reiki Master Practitioner  
~Certified Life Coach  
480-331-9613  
BalancedLifeSolutions.net



Amy Laidlaw  
Certified Life Coach  
Certified Reiki Master Practitioner  
Certified LaHoChi Master Practitioner

BalancedLifeSolutions.net  
Amy@BLSh Healing.net  
480-331-9613

Life solutions for your Heart and Soul