**Getting the Most from a Remote Healing Touch Session**

When receiving a remote healing session, it is recommended to choose a quiet private setting where you will not be interrupted. To facilitate relaxation, you are encouraged to lie down or sit reclined in a chair that offers full support for the session.

While it may seem tempting to do life tasks during this time, it is important that you honor yourself with permission to focus on you and your healing experience in order to get the most out of your session.

I will be in my healing office at this same time and work with your energy body based on the mutual intentions we set.

If you choose to, we can have a connection via phone call or online using Zoom, FaceTime, or Google Meet. It is preferrable to be connected during the entire session so that information and feedback can be shared. If using the video option, we will use video for the intake and intention setting, and then the video can either remain on or be turned off for the treatment portion of the session.

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| **Your Appointment**  Date:  Time: (include time zone)  Connection Link: | **Practitioner Name**  Contact me if you have questions via:  Phone | Text: 703-835-7875  Email [rita@ritagigliotti.com](mailto:rita@ritagigliotti.com) |

**Preparing for a Remote Healing Touch Session**

1. **Complete and email your intake and informed consent to me at least 24 hours before our session.** If you are unable to scan your documents and email, please take a photo of them and text it to me at 703-835-7875.
2. **Test using your device and software app (Zoom, FaceTime, etc.)** Use the connection link provided above. Make sure the battery is charged or plugged in and ready for the session. Adjust the camera angle so you have the best possible view and so I can see you clearly.
3. **Choose a room that has a comfortable place to lay down**. I generally recommend a couch, a yoga mat on the floor with blankets, or your bed. Act as if you were in my office for an energy healing visit.
4. **Ensure that you have a quiet and private space**, where you can be still and uninterrupted by distractions whether it is noise, a family member, or friend. Turn off ringers on your phone and computers. Have your headset ready to go if you’ll be using one for your laptop or mobile device. Have a glass of water and tissues at hand.
5. **You may wish to play relaxing music, dim the lights, or close the curtains**. If it is comfortable, place pillows under your head and/or your knees. As the need arises, please turn or adjust positions as you recline. Relax and close your eyes. Enjoy this special time you have dedicated to yourself.
6. **It is recommended to drink plenty of water** on the day of your session. Being well hydrated supports the body. You may want to eliminate caffeine and other stimulants from your diet and eat lightly before your appointment so that you are comfortable and can relax easily.
7. **Dress comfortably**. Have a blanket handy if you should feel cold.

**What to Expect During the Healing Touch Session**

We will start by discussing your goals and intentions for the session. If you choose to stay on the phone for your session, be sure you have your headset on or volume increased so you can place your phone away from you and then lie down.

Some people report experiencing physical sensations such as tingling, warmth, coolness, movement, or shifts. Some people do not have any physical sensations. Some see colors or images in their mind's eye. Sometimes emotions change or shift as energy moves. Feel free to share what you are experiencing if you would like.

It is common to doze or sleep during the session and this is supportive.

**Self-Care After Remote Healing**

These suggestions are offered to get the most from your Healing Touch energy work.

* After your distance healing session, you may feel light, emotional, tired or invigorated. Some clients report feeling slight itching, a normal reaction when healing work is being done, especially if we’re working on a physical issue.
* Try to take good, gentle care of yourself for the rest of the day. Eat light health foods, drink water, and rest as much as possible.
* Stay grounded in your chosen centering activity (walking in the grass, gardening, meditating, yoga, sleep, etc.)
* Try to avoid stressful situations and negative thoughts.
* Avoid over-stimulating environments such as large crowds or loud music.
* Energy healing will continue in your body, mind, emotions and spirit, and you may experience feelings and energy flowing for several days. Set the intention for your process to be filled with ease.
* For best results, do NOT schedule other bodywork (massage, acupuncture, chiropractic, etc.) for a few days as you shift and adjust. After your first session you will have a good sense of how long you take to integrate this type of healing work.
* Try to not hold on to emotions, thoughts, or memories that arise. Release, forgive, and let go.

Please don’t hesitate to contact me after your session if you have any questions, or if any uncomfortable feelings arise.