

Additional information about **healing sessions**

Part of the session will be in silence 20-30 minutes, where I blend with the energy of the spirit world to be able to transfer the peaceful energy to the client. **Healing** enhances deep relaxation, inner balance, reconnecting with yourself and your intuition to connect the mind with the body, heart and soul. A healing session balances the brain activity, which has a positive effect on the whole nervous system, the endocrine system and all the fluids, (neuro)transmitters and substances of the body. It can be done with me sitting in front of you, sending the energy, without any physical contact or I sit beside you and have my hand on your upper back.

The effect of the healing is the same, with or without physical contact. Healing sessions online on zoom for instance are also possible and with the same results as meeting in person.

After the silent part, the actual healing, we can talk about the experience. I give additional information that I received after and during the healing, for insights, guidance or practical tips you can put into practice during the day to regain your energy level and feel balanced.

A **healing session** is a combination of **energy healing** (in silence) and **energy coaching**. Sessions can be 60 or 90 minutes.