

FAQ's on Energy Healing Sessions

1. What is the difference between Energy Healing and Conversations with Shelley?

With Energy Healing, the session is held on a massage table, with a hands on or hands off approach, and no verbal communication during the session.

Your only 'job' is to relax! Conversations with Shelley is the 'talking' version of Energy Healing, more like an Intuitive Energy Healing Counselling Session that allows you to 'think and discuss' as you 'shift and heal'.

2. There is no talking during the Energy Healing Session?

Shelley works only with music in the background and no verbal communication with her client, during the session. At the end of a session, she will discuss with you what your body communicated to her.

3. How does Energy Healing Work?

Energy Healing is a technique that is based on the principle or the concept that practitioners can channel life force energy into the patient by means of touch, to activate their own bodies natural healing processes, and restore the persons physical, mental and emotional well-being. Shelley has an intuitive ability to see and interpret the psychological, emotional and physiological energy that is creating your aches and pains, emotional burdens and limitations. Your energy will communicate to Shelley your physical, mental and emotional blocks without you saying a word!

4. How does an Energy Healing Session work 'from distance'?

Distance Reiki can be sent to anyone, anywhere and at any time—though permission should be invoked or received in some way. When I'm performing reiki on someone who is not present, I'll typically work with the recipient's photo and a healing crystal. Other practitioners, however, might say that these objects are unnecessary since Reiki energy can be sent to anyone simply by directing thoughts and energy to that person. We all have access to the life force energy, otherwise known as our chi, qi or prana, that

flows through each and every living being. Distance Reiki is one of many ways to link to and channel this energy for the healing benefit of others.

5. What can I expect in an Energy Healing Session?

You will be directed to a massage table, where you choose to lie face up or face down, fully clothed. Jewelry should be removed. Shelley uses different hand techniques and pressure, light touch to hands off. You may or may not feel the energy shifting, temperature shifts and more- each experience is unique and there is no 'right or wrong' way. Shelley will take notes throughout the session as your body and her guides communicate to her. After the session is completed, there is a short period of 'rest' - afterwards you will be offered the guidance that was brought forth to Shelley during your session.

After your session, it is typical to feel exhausted and drained OR highly energetic and light. This is just the energy shift. Hydration is key after a session. For a distance session, it is requested that you sit/lie in a relaxed state during your appt, but it is not necessary, and the healing will take place regardless.

6. How long is an Energy Healing Session?

The session itself is 45 mins long, 5 mins of rest and 10 mins to relay the information received. In a 30 min session, energy healing comprises 25 mins, with 5 mins to relay information. During a Distance Session, your information will be delivered to you via email, immediately following your session.

7. Where are the sessions held?

Sessions are held at Shelley's home- inside or outside options, weather permitting.

8. Booking and Payment

All bookings are done with Shelley via phone or email, and an email confirmation will be sent to you before your appointment. At the time of booking, email transfer is required to: optimalbalancefitness@hotmail.com with the password: energyhealing (all lower case, no spaces)

9. For outdoor sessions, it is requested that you wear sunscreen and bug spray (if you wish). **PLEASE NO PERFUME, as Shelley is allergic. If you have

a fear of dogs and cats, please advise Shelley prior to your appt, although the goal is always 'no contact' with her pets- pets can be spontaneous!