



[hansawellness@yahoo.com](mailto:hansawellness@yahoo.com)

## PREPARATION FOR AN ENERGY SESSION

Brennan Healing Science is a powerful way to help you discover how you run your energy, your thoughts, and belief system about life and how you relate to others. Its purpose is to assist you by integrating your whole being and allowing your Essence to flow more freely and in alignment with the Divine.

Energy healing looks for patterns you have created because of life experiences and then helps you develop the “witness” aspect of consciousness that will enable you to observe yourself. Once you are able to observe it.... you will no longer act it out.

If there is a current conflict at the inner personal level, it can be found, understood, and released. A richer life comes with increased awareness and understanding of your self, as well as more self-love, self-acceptance and compassion for the human condition. As one learns how to take full responsibility for oneself and one’s motives, intentions, emotions, desires, thoughts, behaviors and actions, then he/she will be able to consciously create the life longed for.

Often times, no matter how much work we may have done understanding our mental, emotional, spiritual and physical issues, there seems to be a missing piece which stops our final resolution of these problems. As a result, we create patterns over and over in our life so that we may have yet another opportunity to gain the wisdom, understanding, and knowledge of our true self, our Essence.

If there are any fears or emotional residue, we may be holding onto about a particular issue they may cloud our understanding and cause further illusion over the problem we have, making it almost impossible to see the bigger picture. Brennan Healing Science addresses ways the “witness” aspect of consciousness may assist us in understanding our self-made barriers. Brennan Healing Science is a unique resource used to help understand events and experiences beyond the physical and assist us in our growth, as we re-establish connection to our Divinity, our spiritual nature.

**To further prepare for our time together please organize your questions and your thoughts prior to the session, as we will about have about 20-30 minutes of talk time to discuss this information clearly.** This preparation on your part allows you the maximum benefit of our time together. **Before your session, please do not consume alcohol or any recreational drugs for at least 24 hours before or after the session.**

In addition to filling out the general **CONFIDENTIAL Client Information Form**, it is a good idea to do the following preparation for our time together.

Some helpful questions to ask yourself are:

1. What would you like to get from this energy session?
2. What would you like to change in your life?
3. What traumas are still affecting you?

What would you like to change in your life? What traumas are still affecting you? It might be also helpful for you take time to write down any or all of the following information if you have not already covered them in the Confidential Intake form:

- Addictive patterns
- Disturbing emotions
- Mood swings
- Obsessive patterns
- Relationship patterns
- Low self esteem
- Internal critical voices
- Unresolved relationships
- Fears, phobias, nightmares
- Low vitality or energy
- Mental/emotional breakdowns
- Traumatic experiences
- Abusive experiences
- Any unusual experiences

Thank you for taking time to prepare for our session together.

Affirming Health,

Sue