

So...Just How *Does* Distant Healing Work?

I'm asked this question a lot!

From my experience, a distance healing session is exactly the same as an in-person session with one exception; my client and I aren't in the same room. Before the session begins I determine if any essential oils or healing gemstones will be used, and then I call my



client. Since every one of us is actually our own healer, my job is to help my clients identify their healing intentions for the session. We have a conversation about their healing needs, and I share which essential oils and gemstones I will be using during the session. I then ask my client to lie down and hang up the phone, telling them that I will call back in 30-45 minutes. I then continue with the healing session as if they were present in the room with me. After the

session I call my client back and we discuss their healing experience, along with any guidance and suggestions that will help promote their further healing. It's that simple!

To schedule a Distant Healing session contact Mary Jo at 651-439-9001 or maryjo@4thdimensionhealing.com

4th Dimension Healing

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