

What to expect in a session

A session normally lasts 60 or 90 minutes, not including the initial consultation, and may use one of the above methods or a combination of two or all three, depending on the goals of the session and the client's preferences.

The client will be fully clothed lying on a massage table, sitting in a chair, or standing, depending on their comfort and the area being addressed. Relaxing and breathing slowly and deeply throughout will help in receiving the most benefit. It's also beneficial to drink some water before a session due to the electric and sound-conductive properties of water.

The practitioner will work with hands slightly off the surface of the body as well as use light touch on the surface of the body in the areas receiving treatment; this may include head, feet, hands, arms, legs, torso, hips, and other areas as needed. The client may verbally revoke this permission before or at any point during the session. Tuning forks may be used in the biofield that extends several feet away from the body, or the stem of the forks may be placed directly on the body to create a frequency vibration that resonates internally.

You will hear the practitioner breathing deeply, humming or making other tones; these will serve to amplify the resonance of the energy work more powerfully. During the session you may either talk about what you're noticing (physical sensations or emotions or memories that arise) or remain quiet, depending on what feels best for you. If you feel discomfort at any time, notify the practitioner so a change in position or technique can be made if needed. You are free to move and shift your body as needed during the session in order to be comfortable.

One session may be sufficient to reach the desired goals, or more may be needed. In general, recent or acute conditions respond more quickly, while chronic conditions or imbalances that developed over years or decades take longer to improve.