

Important information and instructions for your energy treatment

Dear clients,

Energy Healing is a **gentle and at the same time very intensive option** to bring about change and achieve inner goals. It offers direct access to the subconscious, which is why it should be applied **with seriousness and appropriate care**.

In our practice, we attach great importance to using Energy Healing safely and responsibly and therefore pay attention to every detail that may be important for the effectiveness of Energy Healing.

Here is **your collaboration** desired too, because your behavior and how you deal with the Energy Healing treatment is of crucial importance for the later results.

Energy healing can have its effect **best and fastest** unfold when it is applied in a context in which as few disruptive factors as possible influence its effectiveness.

To enable **optimal process** and **maximum effect** to your Energy Healing treatment, we have put together some information that you should consider and implement in your own interest.

We therefore recommend, **Please read the following information carefully and as best as possible to implement** so that your energy healing treatment can have an optimal effect.

(Notes: The general conditions may differ for individual treatment topics. In such cases, your therapist will draw your attention to this and, if necessary, give you different recommendations for behavior)

Instructions on how to behave before energy healing

- Please come to your Energy Healing appointment **on time** and avoid unnecessary hassle in advance.
- Please do not come to your appointment overtired/exhausted (unless, of course, that is exactly why you want to take advantage of Energy Healing), as excessive exhaustion can limit your ability to receive suggestions on many treatment topics.
- Please do not drink **coffee or other drinks containing caffeine** 3-4 hours before your appointment to avoid affecting the treatment. Instead, **drink enough water** to keep your nervous system well hydrated.
- Do not take any medication that you do not need acutely or should take on medical advice.
- Ideally, you should briefly summarize the topics to be discussed in writing in advance so that you have an overview at the meeting of exactly which treatment you want and which goals you specifically want to achieve with the help of energy healing.
- Please also create an overview of any previous illnesses, previous treatments and medications you are taking. If you wish, you can send us this information in advance by email. This can shorten the preparation time in the practice so that you can optimally benefit from the treatment time.
- If you are already undergoing treatment elsewhere for the issue that you would like to have treated with Energy Healing, please clarify with your other practitioner in advance, if possible, whether they agree to an Energy Healing treatment or whether they see reasons why one Energy Healing treatment should not take place.
- Please be sure to provide your Energy Healing practitioner with the correct information when recording/taking anamnesis before treatment - your practitioner will adapt his approach to your information and assumes that it is correct. Incorrect or incomplete information can result in the procedure not meeting your needs precisely enough and thus limiting/missing the effect.

Notes on behavior during energy healing

- Please always follow your practitioner's instructions during Energy Healing
- Listen to your practitioner's voice and try to follow his words mentally.
- **Please don't experiment** during energy healing, for example, by testing whether you can "defend yourself" against the practitioner's words, for example by specifically imagining something different than what he is currently asking you to imagine, by trying to influence a process that is currently taking place for no reason, or by testing, out of pure curiosity, whether you can resolve the treatment on your own and, for example, open your eyes. In case of doubt, such disruptions can significantly reduce the effect of Energy Healing.
- Of course, you can tell your practitioner at any time during Energy Healing if something makes you uncomfortable or if there are processes that you would rather not go through at the moment, but please do not do this "just because" out of curiosity, but only when you want to really want.
- Try to assume an "**inner observer position**" during energy healing and block out thoughts that have nothing to do with the topic of treatment. Instead, try to concentrate on your inner world - physical sensations, feelings, thoughts, inner images and notice what the energy healing may be triggering in you. Try not to internally analyze what your practitioner is saying and why they might be saying it; Don't worry about what trance depth you are currently in, whether you are already deep enough in Energy Healing or not, or whether this treatment corresponds to another treatment that you may have heard or read about - all of these are just disruptive influences, which slow down your subconscious from doing what it is supposed to do. Instead, just let the energy healing happen and feel what it moves within you.
- Due to the relaxing effect of the treatment on the body, a number of harmless effects can occur when rest occurs: Some clients feel an urge to cough, an itch (due to the improved fine blood circulation in the skin), an increased urge to swallow or an urge to laugh (due to a release of happiness hormones, which can be partially achieved by the treatment). Please don't try to suppress these stimuli, just leave them alone happen (if you itch, you can of course scratch briefly to get rid of it). Resistance to this treatment or an attempt to suppress it with consciousness can disrupt the treatment and reduce its effectiveness; giving in usually leads to a quick passing of these symptoms and then to a deep, intense rest.

Notes on behavior after energy healing

- Please schedule your appointments afterwards so that you still have some time to be fully awake again before you have to drive, for example. After energy healing, many clients feel like they have had a nap and only need a quarter of an hour before they feel completely fit again.
- **Please avoid long car journeys after Energy Healing**, because due to the relaxing effect of Energy Healing, depending on the treatment topic, a certain degree of tiredness is to be expected, which could limit your ability to react in traffic. If you live more than 30 minutes from the practice, it may be advisable to get a ride or use public transport. If in doubt, please ask your doctor beforehand whether your ability to drive is likely to be affected by the subject of your treatment.
- After the energy healing, when you get home, treat yourself to some rest so that it can take effect properly. Hectic activity or concentrated activity following energy healing can limit the development of the effect.
- After the session, allow the Energy Healing to take effect for approximately 72 hours before checking the exact effects. The brain needs time to store the treatment and the first effects often only become apparent after 1-2 nights, during which the brain can carry out deep storage processes while sleeping.
- Make sure you get enough sleep in the days following treatment. Since the brain carries out many deep storage processes during sleep, healthy sleep behavior is very beneficial for an optimal effect.
- If possible, avoid conversations about the Energy Healing session or your treatment topic in the first 72 hours and, if possible, do not engage with the subject matter of the Energy Healing session in any other way (research on the Internet, specialist literature, etc.). While your brain is still storing the contents of the Energy Healing, dealing with the topic that is now working very actively in your subconscious or talking about the contents of the Energy Healing session can lead to a significant reduction in the effect, as you can influence ongoing storage processes. If necessary, please point out to those around you that you can report on the Energy Healing treatment in 3 days, but that premature discussions could be to your disadvantage because, in case of doubt, the effect of the entire treatment could be influenced.
- Do not put the effect to the test in the first 72 hours - testing too early to see whether something has changed can also have a significant impact on the effect.
- Observe changes and pay attention to the smallest details (thoughts, feelings, dreams) - the effect of energy healing often announces itself very subtly and small effects can often be quickly noticed that indicate that energy healing is working within you.
- **Avoid** in the 72 hours following Energy Healing, if possible, consume larger amounts of alcohol or medication that you do not urgently need - any consumption of medication or stimulants that influence consciousness can inhibit the effect of Energy Healing.

- Please make sure to drink enough in the coming days following the treatment (ideally still mineral water). Adequate fluid supply supports the brain and nervous system during change processes and accelerates the processing of mental processes.

additional information

- Please always adhere to the behavioral recommendations that your practitioner gives you during the Energy Healing treatment. Deviations can lead to an influence/reduction in the effect of Energy Healing or can completely eliminate the effect.
- If you observe symptoms or emotional reactions following Energy Healing that you cannot classify yourself, please contact your practitioner directly.
- If the effect of energy healing does not occur as desired, please also contact your practitioner to coordinate a further course of action.
- If you need to deepen or refresh your treatment at a later date, we will of course also be happy to help you.
- It is advisable to record change processes in writing in order to be able to address them optimally in any further treatment. Discuss with your practitioner whether a treatment diary makes sense for you and which observations/experiences you should record in it.
- If you have not adhered to individual points in this registration form and are concerned whether the effect of Energy Healing could be influenced, please contact your practitioner and clarify whether appropriate follow-up treatment is recommended/necessary.

General information about Energy Healing

- Energy Healing is a treatment method that includes many different applications. These applications can sometimes differ greatly in their implementation, with each application being tailored to its specific goal and being carried out in the way that makes the most sense and effectiveness for the respective topic. Many new clients have seen reports about energy healing on television and are sometimes surprised when their treatment is different than on television. The reason for this is usually a different treatment topic/different framework conditions, which means that your practitioner chooses the most sensible approach for you, which in case of doubt may differ from another approach. If you have any questions about the process of your Energy Healing treatment, please simply contact your practitioner and he or she will explain to you which approach makes the most sense for you.

If you have any further questions, please contact our practice/your practitioner directly. We will be happy to help you.

We wish you much success with your Energy Healing treatment!

Best regards

Maria & Norbert

