



Welcome to HeART + House! Before we begin, I'd like to go over some important information to ensure that you get the most out of your experience.

Firstly, it's important to note that energy healing is a complementary therapy and not a replacement for medical treatment. While it can support and enhance the body's natural healing process, it is not a substitute for professional medical advice or treatment. Feel free to share your experience with energy healing.

I also recommend that you wear comfortable, loose-fitting clothing to your session to allow for easy movement and relaxation. I will provide a comfortable and quiet space for your session, and you will have the option to either lay down or sit during the treatment.

During your session, I will work to balance the energy within your body by gently placing our hands on or near specific areas of your body. You may feel a sensation of warmth, tingling, or relaxation during the session, but it is important to remember that everyone experiences energy healing differently. It's important for me to know if you have any medical conditions or concerns that may affect our work together. So, please let me know if you have any injuries, illnesses, or are currently taking any medications (an [intake form](#) will be provided). Reflect on any specific physical or emotional issues that you would like to focus on during our session

Finally, I encourage you to communicate with me throughout the session if you have any questions or concerns. Our goal is to create a safe and comfortable environment for you to receive the full benefits. Feel free to bring any additional accommodations, such as a pillow, blanket, or eye mask.

Thank you for choosing to prioritize your wellbeing. I'm here to support you in your healing journey, and I look forward to working with you to promote balance and healing within your body and mind.

Peace and abundant health,  
Monjia