SPINAL ENERGETICS

ONLINE SESSIONS



HOW DOES IT WORK

I often get asked...Spinal Energetics online? How does it work?

And to be honest, I was wondering myself. Until I booked my first session, with the strong pull towards the modality and wishing to experience this work on myself. Having no SE practitioner around me, I had no choice - online it needed to be.

I had big doubts prior to that session. Will I feel anything? Is it even possible that it works?

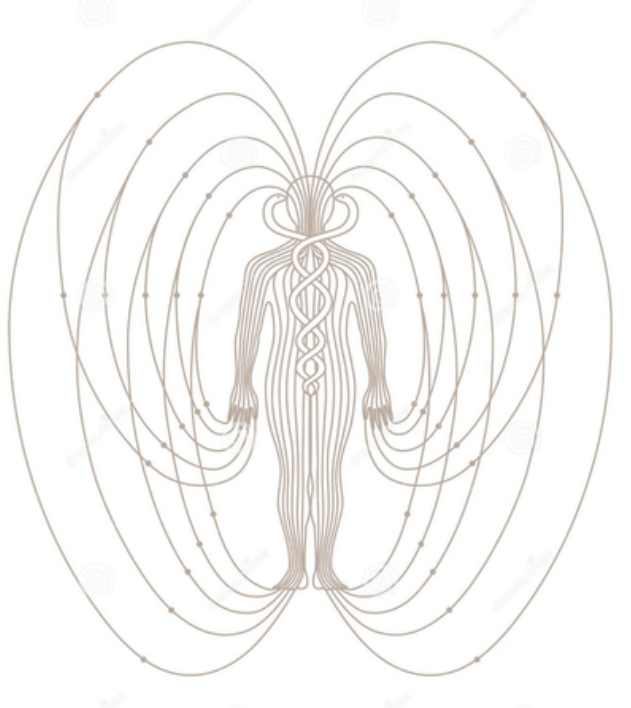
A few minutes into the session and I had no more doubts.
It was one of the deepest spiritual experiences in my life.



SE ONLINE - HOW AND WHY?

Spinal Energetics is an integrative modality based in chiropractice, somatics and energetics. It works with the spine, the nervous system and deep energetic pathways. Yes, its very somatic, but since it addresses your body through energetic gateways, physical touch is actually not necessary. It can be a beautiful additional tool in in-person sessions, but is not essential for the process.

Energy knows no limits of space and time. Through focused intention, awareness and connection, the practitioner facilitates the session without the need to be in the same room. In fact, also in-person sessions can be facilitated without physical contact.



THE COMFORT OF YOUR HOME

I have heard many practicioners say online sessions may be more powerful than in-person. Since I started working online, I also agree. How come?

I find online sessions being just naturally more comfortable and cosy. You are in your own space, surrounded with what you know. You didnt need to commute and ground in a new, unfamiliar place. You can prepare your session space in whatever way you wish for it to be supportive - your favourite scent, candle, amulets, blanket etc. All this makes is easier to relax and fall deeper into the field.

WHAT WILL I FEEL?

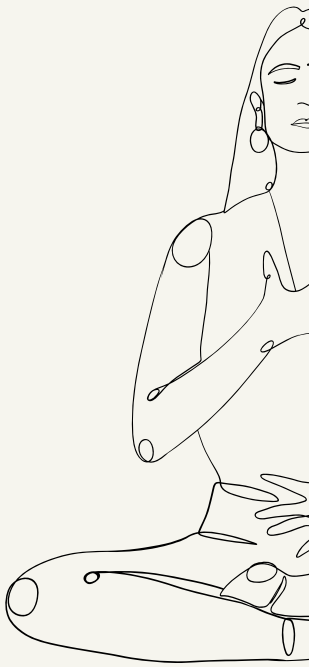
It...depends. The way Spinal Energetics is experienced varies and brings a wide spectrum of possible sensations throughout the session. It may feel more somatic, more emotional, spiritual, energetic…or all at once.

To put it shortly: **the sensations during online sessions do not differ from the in-person ones.** You may feel just as much physical responses in your body.

One of the most important aspects is to **let go of any expectations** of what you should feel, do or look like. Only then can you open up to receiving fully and allowing the process to unravel the way your body and nervous system needs it to.

Among the most common responses you may experience are:

- **a deep landing within the body**
- **a sense of lightness, spaciousness and contraction**
- **twitches, tinglings, muscle spasms**
- **shaking or tremors**
- **changes in the breathing pattern**
- **emotional surges, laughter, crying, yelling, yawning...**
- **large stretches, urges to move**
- **partial or full spinal waves**



Whatever arises, is perfectly fine and welcome. The session brings up where your body is at, here and now. Your body will guide where it needs attention and will respond in the way it needs to.

HOW TO SET UP FOR AN ONLINE SESSION

Prepare yourself a private space where you will not be interrupted, and will feel relaxed and safe to express yourself.

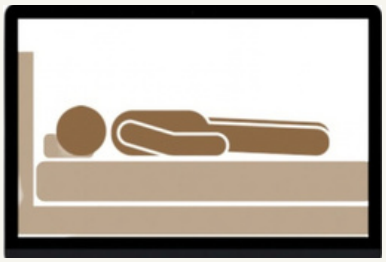
Make yourself cosy. You can lay on your bed, couch, or on the floor, using a yoga mat or blankets for comfort.

Make sure your whole body length is visible on the screen. If you are using your phone, turn it to landscape.

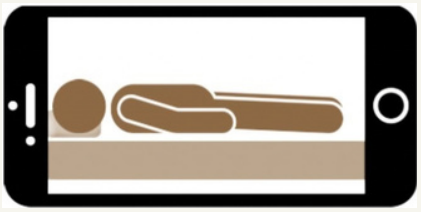
Prepare the lightning in a way that I can see you. Soft light is enough.

You can use wireless headphones, but they are not necessary.

Please come into the session sitting up comfortably. You will lay down once we begin.



COMPUTER



PHONE

SEE YOU SOON!

I hope you found this booklet helpful. If you have any questions or doubts concerning the session, please contact me.

