

In this video, I am explaining how and why distance and recorded healing sessions work.

One thing I didn't mention in it is the resonance that happens during a healing. I intentionally put myself in a deep healing meditation and just through your intention to join me you also get into the same state which is deeply nourishing and healing.

You can find out more about the Chakra Bliss Vault Energy Healing Membership and become a member here.

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