



SEKA NIKOLIC DISTANT HEALING Advice

- ❖ Each session lasts 30 minutes
- ❖ You are simply required to relax for the 30 minute Distant Healing session, in a comfortable space/position/environment where you will not be disturbed.
- ❖ Throughout the scheduled session, Seka will be working on you from your provided photograph at the time she has told you to relax.
- ❖ Photographs should be as recent as possible, with just head and shoulders visible. No other people in the shot please.
- ❖ When Seka has your photograph, you do not necessarily need to place your hands on her 'electron hand print-outs' required for Worldwide Distant Healing* sessions.
- ❖ Seka will not be using telephone or Skype to connect with you throughout the session.
- ❖ Seka does not diagnose or give individual feedback from these sessions.
- ❖ You do not *need* to book 5 consecutive sessions. It is fine to book one 'stand alone' session or a consecutive run of more sessions within a 5 day period. This is always at the discretion of the patient.
- ❖ If you do want to book more than one session, Seka will try to schedule these over consecutive days for greater healing impact.
- ❖ Children can have Distant Healing sessions also, but Seka advises a parent/guardian to relax with them and be aware throughout the Distant Healing session.
- ❖ Seka can work on pets and animals in this way also.
- ❖ The healing benefits may not happen instantaneously for everyone. All individuals will experience the session(s) and the affects differently. Patients can expect gradual changes to occur for up to 6-8 weeks after their treatments, as the body gradually absorbs the healing.

*Worldwide Distant Healing- please see my website for info on these FREE events.