



## BEST Healing Montana LLC

### Prior to Your Remote Session

- Complete and email both pages of your informed consent to [CarynRouse@gmail.com](mailto:CarynRouse@gmail.com) at least 24 hours prior to your session. If you are unable to scan your documents and email, please take a photo of your signed consent form and email it to [CarynRouse@gmail.com](mailto:CarynRouse@gmail.com).
- Please note that all sessions scheduled through the booking page are scheduled in U.S. Mountain Time Zone. If you are not in U.S. Mountain Time zone, please use the [time zone converter](#) to ensure you are ready for your session at the proper time. Email confirmations of your booking and appointment reminders will be sent by SimplyBook.Me. Please note, the appointment time noted on the top of the email, in the header, is reflective of the timezone your computer is set to upon booking. The time noted on the bottom, in the body of the email, is U.S. Mountain Time zone.
- A Remote BEST Session can be done in one of four ways. Along with your consent forms, please email me 24 hours prior to your session to let me know which of options 1-4 you would like in order to conduct your session. The preference is entirely up to you.
  - Option 1:** We can conduct the entire session over a video call; my preference is to use Google Meet. If you choose this option, I will send you a link in email before our scheduled time.
  - Option 2:** We can conduct the session over the phone; I will call you at the scheduled time of our session.
  - Option 3:** You can choose to relax during the session and just receive without active participation. I will call and check in with you at the scheduled time of our session and hear about any intentions you have for the session or pertinent information. We will then hang up while you rest and I perform the session. When I am complete, I will text you. You can then take a moment to ease back into movement and call me soon after. I'll then let you know what we addressed in the session.
  - Option 4:** Relax during the scheduled session time and just receive without active participation. All correspondence prior to and after the session will be conducted through email.
- Before your session I encourage you to make two lists. The aim of these lists is to aid in finding the pattern that is affecting you so we can identify stressors that are short circuiting your energy and holding you back. The first list is significant experiences or memories that stand out in your life, both good and bad. The second list is important people throughout your life, people currently in your life, and people you find yourself thinking of from time to time.
  - Don't overthink or edit your thoughts. If something/someone comes to mind, put them down. Try not to delve into the backstory mentally or emotionally as you

make your list, just do train of thought or free flow writing. It's not necessary that I see your list or know any of the items you've written. The list is for your eyes only. You are welcome to use your own shorthand if you are afraid of anyone else seeing your list.

- There is no limit to how many people or experiences you include. It should be written in no particular order. Simply number each item from the top to the bottom, #1-however many, straight down the page. After you complete your lists, take pictures of them on your phone to help ensure you remember to have them with you at each session. You are welcome to continually add things/people as they come to mind. I have clients with 5 things on each list, and I have some with over 100; there is no right or wrong number. If making lists feels disagreeable for you for any reason, there is no pressure and we can work without lists.

## Getting the Most from Your Remote BEST Session

When receiving a remote healing session, you are encouraged to lie down or sit down at a pre-arranged time, just like an in-person session. While it may seem tempting to do errands, or other tasks during this time, it is important that you give yourself permission to focus on you and your healing experience to get the most out of your sessions!

## Preparing for Your Remote BEST Session

- **Choose a room that has a comfortable place to lay down.** I generally recommend a couch, a yoga mat on the floor with blankets, or your bed. Act as if you were in my office for an energy healing visit.
- **Ensure that you have a quiet and private space,** where you can be still and uninterrupted by distractions. Turn the volume down on your phone and computers. Have your headset ready to go if you'll be using one. Have a glass of water and tissues at hand as well as your people and experiences lists.
- **You may wish to play relaxing music, dim the lights, or close the curtains.** If it is comfortable, place pillows under your head and/or your knees. As the need arises, please turn or adjust positions as you recline. Breathe deeply and close your eyes. Enjoy this quiet time you have carved out in your day.
- **Please drink plenty of water** on the day of your session. Being well hydrated is essential for healing. Also, you'll want to eliminate or limit caffeine and other stimulants from your diet and eat lightly before your appointment.
- **Please dress comfortably.** Have a blanket handy if you should feel cold.

## What to Expect

During the session, we'll start with an intake to assess how you're doing and your intentions.

- Some people don't feel a thing when they receive this type of distance healing work. **Others experience sensations such as tingling, warmth, coolness, heaviness turning to lightness.** Some see colors or images in their mind's eye. Sometimes emotions rise and fall during the session as old energies are moved or cleared out. Some people fall asleep immediately when the session begins. Feel free to enjoy any information you receive in your brain during the session, but try not to analyze it or ask, "What does this mean?" just allow the session to happen.

- Please keep in mind that you're doing a lot of healing work that may bring up many different emotions.

### **Self-Care After Your Remote BEST Session**

- After your distance healing session, you may feel light, emotional, tired or invigorated. Some clients report feeling slight itching. This is a normal reaction when healing work is being done, especially if we're working on a physical issue.
- It's important to take gentle care of yourself for the rest of the day: eat lightly and healthily, drink water (or coconut water, or water with fresh lemon or lime juice), and rest or take it easy.
- A short walk after a session is beneficial to integrate the work and new energy patterns. The walk is best done in contra-lateral movement, that is intentionally swinging the opposite hand and opposite leg forward at the same time as you walk. This helps energy flow through newly reconnected circuits.
- If you're not able to go for a walk, there are other options for contralateral movement. Marching in place with the opposite arm and leg lifted is beneficial for integrating energy flow. For more gentle contralateral movement, while reclining or seated, bring your left knee toward your chest and reach for it with the right arm. Switch to the right knee and left arm, and do this back and forth while taking deep central channel breaths, looking over the shoulder of the arm that is doing the reaching.
- Do the [Morter March](#) to help integrate and reset circuits and establish clarity in your nervous system.
- Try to avoid stressful situations, toxic or negative thoughts, people, foods/drinks, and situations.
- Follow the custom and personal self-care recommendations from your session.
- The initial healing work we did during your session will continue to establish itself in your mind and body, so you may experience feelings and energy flowing for several days. Set the intention for your process to be filled with ease.
- Do not hold on to or try to analyze old emotions, thoughts, or memories that arise. Forgive and let go!
- Notice what feels different for you post-session. The best thing we can do for ourselves in our healing journey is to notice what feels different, as opposed to what may still feel the same. Celebrate the victories if your usual symptoms feel different at all, less intense, less frequent, shorter in duration, or are altogether gone!

Please don't hesitate to contact me after your session if you have any questions, or if any thoughts or uncomfortable feelings arise.

### **Fees**

Distance healing session fee is to be received within 24 hours of the scheduled appointment. A payment link through Square Payment will be sent to your email from CarynRouse@gmail.com

### **Cancellation**

If you find it necessary to cancel your appointment, 48-hour notice is preferred in order to give those on the waiting list a chance to fill that time-slot.