

ENERGY 2 ENERGY

Preparing for Your Session

What to bring, what to expect, and how to choose a clear focus for remote energy-balancing work.

A private reflection resource from Marni Washington, CECP, CBCP, CBCP-L3

Before you meet

Choose a private, comfortable space. Bring water, a notebook, and one area you would like to explore. Avoid pressuring yourself to identify the cause.

A useful focus

Start with what is present now: a recurring reaction, relationship dynamic, sense of heaviness, or place where you feel stuck.

During the session

Marni works within the selected method and explains what is being explored. You can ask questions and pause at any time.

After the session

Give yourself room to notice. Review your client-portal summary, replacement beliefs when applicable, and any assigned handouts.

When to seek other support

Energy balancing does not replace medical or mental-health care. Contact a qualified professional for diagnosis, treatment, crisis support, or urgent concerns.

Important: This educational resource supports personal reflection. Energy balancing is a complementary wellness practice and is not medical care, diagnosis, or treatment. Seek qualified professional care when appropriate.