



~ **Wednesdays 9pm ET** ~

Thank you for saying YES to this beautiful virtual Healing Session.

**LOGISTICS:**

Bring a glass of water with you to be infused with the healing energy during the session. You can drink the water the day after the session to support the integration in your body.

**At 9pm ET, the Virtual Healing Session begins.** Andrea and I hold space for the next 40 minutes, flowing energy and love through the community gathered for the evening. Simply lie on your back with your hands up, willing to receive Love and come into alignment with Universal Flow. Andrea directs Qi flow to deficient or tight areas of the body, creating an opening for healing to occur. You may or may not feel the energy as a warmth moving through your body... it may simply feel like your body is relaxing and you are more peaceful.

**At 9:40pm ET, the Virtual Acupuncture is complete.** Our suggestion is to stay in the same place and allow the energy to continue flowing for another 20-30 minutes, just as you would for an in-person acupuncture treatment. If you fall asleep, trust that it's exactly what your body needed the most and enjoy the deep rest!

**SILENCE / MUSIC:**

If you are comfortable with silence during the Healing Session, simply rest into the quiet, knowing that Andrea and I are holding the space and the flow of the healing for you. Or, if you prefer...

Sound is a powerful tool for healing and we offer it as a Gift of Love with your exchange. For each session, Viv tunes into the energy shifting collectively and creates a new Playlist on Spotify earlier in the day for you to listen to while Andrea is facilitating the acupuncture.

**You can access the Playlist for the evening's session [here](#).** (*Spotify account name is viv-gerard and you type in the date of the session to pull up each new playlist... year-month-date ie. 2025-01-01*) And then the Playlist is available for you to come back to again if you need to tap into the calm your Mind-Body-Spirit felt during the Healing Session. So good!

Thank you already for our exchange! Xoxoxo Viv and Andrea

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