

Colleáyn T. Klaibourne

Spring Forest Qigong Master Healer, Health Intuitive, Wellness Educator & Artist
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Before & After your Qigong session tips

Long Distance Session tips

- Please wear comfortable clothes that do not constrict your body.
- Select a comfortable and quiet place to spend the 30-45 minutes, either sitting or laying down. Either begin meditating or rest quietly. It is fine if you go to sleep.
- Have a glass of water in the space next to you where energy will be sent to it for you to sip on throughout the day (or next day). (You can put out as much water as you would like).
- After the session: Take 3 deep, quiet breaths, rub your hands, and massage your face and ears after your session (about 45 minutes from when it began) or in the morning before you get out of bed if you have the session before you sleep for the evening. These movements help you come out of the meditation without feeling spacey.
- Do not have anything cold to drink 30 minutes before or after your session. The cold energy will interfere with the flowing of the Qi (energy) and anything to drink afterwards will interrupt the flow of energy. It is fine to have warm or hot water.
- Do not use alcohol before or after the Qigong because alcohol depletes Qi (energy) & affects the mind.

Long Distance Sessions

Please email or mail clear a recent photo(s) of yourself or whoever is receiving the healing. along with your forms, at least 24 hours before your session. Include the full name, location, & birth date of the individual.

A note about thunderstorms:

Due to the volatile energy in the universe due to the thunder and lightning, Colleáyn is not able to do intuitive sessions during storm times. She is fine to do sessions in regular rain showers. If you happen to have an appointment during a storm, she'll have to reschedule the session to another time. She wants to make sure she receives clear and accurate information from the highest source. In a way it is much like getting poor television reception from Dish networks during a storm. She apologizes, in advance, for any inconvenience that may be caused by the necessity to reschedule appointments.

For more information on the session, please see my website: www.qigong.ckgalleria.com

FAQ's & Client Resources

Many questions are answered regarding Qigong, Wellness Topics, Recipes & more:
<http://qigong.ckgalleria.com/>

Disclaimer: ♦ Qigong Healing: The Qigong & Consultation services you have requested are to help you release energy blocks, open up your channels, and help fill you with the powerful, loving life energies of the Universe. They are not directed at identifying specific medical or psychological diseases. I am not a medical doctor, physician, psychologist, or veterinarian. I do not diagnose or treat disease. If you have a medical concern or question that requires medical attention you should see a licensed physician, or a licensed or registered health care provider.

♦ **Readings:** Please be advised that intuitive readings cannot predict, forecast, or provide information with absolute certainty. By law I must state that psychic readings are given on the understanding that they are for 'Entertainment Purposes Only'. **No guarantees or assurances of any kind are given and Colleáyn Klaibourne will not be held accountable for any interpretations or decisions made by recipients based on information provided during readings.** You must be over the age of 18 to receive a reading from me.

♦ **Animal Communication:** Information received from your animal during an Animal Communication or a Healing session are from the animals perspective and experiences. Colleáyn is not a physician or veterinarian, and cannot diagnose illness. What she can do is describe to you the symptoms the animal feels/sends to her, which can be used to assist your veterinarian. Animal Communication is not a replacement for personal cares, training, or veterinary diagnoses or treatments. Please contact your veterinarian on all health matters.