



# WHAT TO EXPECT :FAQ

## **Karma Clearings**

### **How does a remote session work?**

At the designated time, I go into meditation and connect to your higher self. I ask it's permission to work on the particular issue or block. The divine guides me in what to do to clear the karma or activate love and light.

### **Will I miss anything if I'm not present?**

NO. Quite often it's more powerful doing remote sessions as your conscious thinking mind doesn't get in the way by analyzing till kingdom come. Your soul just wants to heal! It's the ego (personality) that has to hold onto programming. The ego uses drama to keep itself alive. It gains nothing by being clear and healed. The ego wants to be special and it does it by being separate. It has forgotten that being oneness is the most special thing there is.

Once your cells are clearer, they have much more space to integrate the higher dimensional frequencies.

### **What will I feel?**

What you feel depends on your intuitive channels. The least you will feel is peace and quiet at the time of the sessions. Other times you might feel sleepy, tired, emotional, energized, balanced etc. It just depends on how YOUR ENERGY releases. If you feel NOTHING, that doesn't mean it's not working. It ALWAYS works.

Take a few minutes to breathe, take a hot bath, eat something fabulous (like dark chocolate), get a massage, meditate, do what makes you feel good. Take care of yourself until the energy releases itself.

### **Can this work be done for children?**

Yes, children integrate very quickly, gently and effortlessly. The child must be at least 6 years old for this to be most effective. Please sign them up so I know who the transmission goes to.

### **What is the point of doing this work?**

Awesome question. We're all ascending and as we do we have to drop our “baggage”. The lighter the load the easier time we have transitioning from the 4<sup>th</sup> to the 5<sup>th</sup> and higher dimensions. We then have the ability to hold more light and love in our cell structure. Imagine that you want new clothes but your closet is full. You have to let go of some clothes so you can buy new ones. It's the same principle. To be a new you, you have to make some space.

Once you make some space, you can bring in the new clothes of love and light.

### **I live overseas, can I still participate?**

Absolutely! Energy travels through time and space. On the days of the calls you have two options for times. 10 am OR 9 pm EST. It doesn't matter what time zone you're in, you can participate.

You will simply be making a phone call into the conference calling system or listening via web (preferred so your hands are available and it's free).

### **What about the worksheets and the mp3 recordings?**

The worksheets are to help you become clear in your intentions to heal and purge. The mp3s are additional support for your system. You can do the work during the sessions , after or never. It's for your conscious mind to become aware of. I will be working on your system and it will give me the information I need to clear and activate.

### **What about the 1 ½ hour call on the last day?**

This call is designed to integrate all the work that was done on your system during the week and to be part of a larger community that is on the same path as you. You are welcome to join it or listen to it later on. My preference is for you to join in!

### **How do I call in or listen on my computer?**

Once you have signed up for the sessions, you will receive an email from me with the dial in # and code and web address and code. I would prefer you use the web address as it's FREE and gives you the ability to move around.

I look forward to chatting with you in the 5<sup>th</sup> dimension!

Mona