

Additional Information on Reiki & Bio-Balancing Therapies' ECR[P] Series

Series Inclusions

- Two 60-minute (or more) distant healing energy sessions: one before and one after the cord pulling session - each of these might also include some cord releasing
- One Cord Releasing / Pulling session: this session lasts 90-mins or more; healing energy is also administered during the entire Cord Pulling session
- Basic energy field (aura) cleansing
- Chakra Balancing and Alignment
- Cording assessment
- Cord disentanglement
- Healing and sealing of connection points
- Healing and sealing of connective gateway punctures
- Optional: Healing Attunements, Activations
 - Healing Attunement increases the series effectiveness for a longer period of time. Aids in deflecting incoming influences that could cause illness in the body.
 - Activation is a process in which poorly spinning and poorly rotating energy centers are corrected.
- Session Report – level of details varies per client; some are very detailed whereas others contain minimum basic information. There is no way for Sabrina to know in advance just how detailed the Session Report will be. There are many underlying factors determining the length of the Report: number of cords ready to be removed, how deeply embedded, type of cords found, location of cords, condition and age of cords, etc.

Preparing for Your Sessions

For the two 60-min healings

During your scheduled session times, it is most beneficial if you are lying down or sitting in a quiet and relaxed state in a place where you are unlikely to be interrupted. You will want to turn off phones and TVs. Many recipients enjoy listening to relaxation / meditation music and / or burning candles during their sessions.

For the Cord Pulling Session

Follow the same as above – however in this session it is ESSENTIAL that you are sitting or lying down in a quiet place where you will be undisturbed for the duration of the session.

Drink plenty of water to help your body flush out any loosed toxins.

What to Expect During Your Sessions

Your experience will be as unique and individual as are you. However, commonly reported experiences are:

In General

- sleepiness
- body tingling and / or physical 'vibrations'
- swirling and / or colorful lights (energy)
- 'out of body experience'
- 'past life recall'
- spiritual awakening
- weeping/crying – a sometimes necessary release of built-up negativity
 - mental, emotional, spiritual, energetic
- buried memories surfacing (both pleasant and unpleasant)
- trance-like relaxation
- feeling carefree
- paradigm shifts and ability to reframe events, situations, etc
- opening to (or experiencing) 'supernatural' phenomenon
- a plethora of 'abnormal' / 'supernatural' experiences

Specifically with Cord Pulling session

The above are sometimes reported *plus* the following might also be noted:

- feeling more complete, more whole
- feeling less burdened, less weighted down
- a sense of greater freedom
- memories of specific events and occasions with specific people which you thought had been forgotten
- a deep and fulfilling sense of lightness
- intense and more meaningful paradigm shifts
- heightened positive reframing of past events, situations
- more productive and healthier relationships with those with whom cords were pulled

As is often the case, when a cord is pulled from someone who wants to remain connected to you, that person will phone or visit you (to re-cord you), often within two days. Although the person concerned may not be consciously aware of the motivation for his / her actions, the pulling of the cords which link you both may leave them feeling stranded. In these circumstances it pays to remember that they are responsible for their spiritual journey just as you are responsible for yours.

IMPORTANT! CAUTION!

ECRP has not yet been taught to other practitioners, yet other practitioners have quickly surfaced claiming training and certification in these techniques. While some use the given name of this healing series, other have renamed the series and have also “redesigned” it – for example, lessening the time involved, claiming instruction by academies that and instructors who do not exists or are impossible to locate. Some have gone as far as devising false certifications with false signatures. **Please be wary of and employ much caution when hiring these same or similar services from other practitioners.** They have not been trained nor certified. Sabrina herself designed this system after nearly three years of dedicated research and practice regarding the techniques used in this healing series.