



Magnetismo y Bienestar

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How your remote magnetism session works

Please send me a full-length photo of yourself, dressed, against a plain background (in front of a wall or a door), without sunglasses or a cap. It is deleted as soon as the session ends.

Before the session

- I call you on the phone 5 minutes before we start, to establish the energy connection.
- If you like, open this music link at the agreed time: youtube.com/live/u6Vp_N1PN_o
- Place half a litre of water as close as possible to the sound source while it plays, ideally in a glass jug or glass (if the container is plastic, remove the label).

During the session

- Settle in comfortably, somewhere quiet where you won't be disturbed.
- Close your eyes, relax as much as you can and let any emotions come.
- Empty your mind: think of nothing but a white or blue light.
- Visualise this light entering through the top of your head and spreading through your whole body.
- Hold this image throughout the session: the light fills your body and helps it release tension and worries.

You may feel

- Warmth, cold, tingling, pins and needles, a passing ache (the same day or the next), a sense of wellbeing... or nothing in particular. If any discomfort persists, see a doctor.
- Everyone reacts differently to energy: there is no "good" or "bad" reaction. Whatever you feel, or don't feel, is normal.

After the session

- The session lasts between 1 hour and 1 hour 15 minutes. I call you afterwards so we can talk it over.
- Drink the water that was placed near the music, then drink plenty of water for 3 days.
- In the evening, unplug anything that emits waves in your bedroom (wifi, phone, sockets near the bed) for restful sleep.
- If you like, keep me posted on how you feel via WhatsApp.

"Everything in life is energy and vibration."

Complementary wellbeing practice, not a substitute for medical advice or treatment.