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## Divine Plan Healing Remote Session

### How to participate in the Divine Plan Healing Session remotely

In order to receive the Divine Plan Healing Session remotely, please lie comfortably on your bed or on a sofa at the specified time. Please ensure that you will not be disturbed, either by the telephone, flatmates or pets. Allow yourself to take time for yourself and receive the Divine Plan Healing Session in complete peace and quiet.

Please cover yourself up to your chest with a blanket. The blanket is important as it symbolises the Unconditional Divine Love that will embrace you during the session. Rest assured, you are safe and secure.

The Emerald Heart Light and The Mary Magdalene Light will flow to you directly for about 45 – 60 minutes. How long you receive the Light depends on what you need at that moment and how deeply you can engage with it. The Light always works for your highest and best good.

Please give yourself permission to receive the Light. You can silently say the following mantra to yourself:

I am worthy to receive this Divine Love  
I allow my Self to receive this Divine Love

Please also allow yourself to release all that you no longer need.

Relax as much as possible during the session. Know you are safe and can open to receive. I can't tell you exactly what to expect during the session, as each experience is unique, but most recipients fall into a very relaxed state. You may even fall asleep. Perhaps you have the feeling of being bathed in Light or being lovingly embraced. But no worries if you feel none of the above, trust the process. When you wake up or feel like getting up, you will probably feel very refreshed and awake and eager to get up.

Be sure to drink more water than usual during the next 48 hours. Your body may want to detox from that which no longer serves it and water helps with this.

### Setting a Healing Target

You can choose a topic for which you would like to receive this healing session. The Light will work within you for about 2-3 days. Please choose something simple and phrase it positively.



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For example:

- Improving a relationship with a person or power animals or so on
- Finding balance
- Gaining clarity about something
- For your highest and best good

If you do not choose a specific topic, the Light will always work for your highest and best good. Write down your healing target or intention on a piece of paper and place it next to you.

### Feedback

I would love to hear from you about how you felt during the Divine Plan Healing Session, what effect it had on you, and whether you have any questions.

Please write to me to [daniela@divineplanhealing.academy](mailto:daniela@divineplanhealing.academy) If you would like, we can also arrange a short meeting to discuss your feedback or answer any questions you may have.

I wish you a wonderful and magical Divine Plan Healing Session.

With Love and Gratitude

Daniela Hörath  
Heart of Divine Plan Healing  
Head of the Divine Plan Healing Academy