

# FAQ's

## **How much does a session cost?**

[View Session Pricing here.](#)

## **Is it better to see Sarah in person for my session?**

Sarah offers sessions in person occasionally when she travels or if guided to do so. You'll be alerted of those times by signing up for her newsletter. Sarah offers sessions more regularly via Phone, Skype, Facetime, WhatsApp, or Zoom. No matter the method of working together, there is no difference to the quality of the healing work. Sarah is able to love you and work with you energetically just as much from a distance as if you were sitting right next to her. At the soul level, we are connected no matter what physical distance is between us.

## **Preparing for your Session:**

Please prepare questions for your session. It is fine if you are open to whatever guidance comes through, but preparing at least one or two questions will make Sarah's work easier and your session deeper. By sitting with your heart and considering your questions, you are opening up to your Angels and Spirit Guides already. When Sarah then connects with you, your energy field will be ready to flow, and the session will move with the most grace possible. Sometimes we will deal with areas that you don't

expect, but it is in the preparation that even this becomes most possible.

**Can I speak with Sarah in-between sessions?**

As a rule, Sarah cannot speak to clients between sessions due to limits of time and energy.

**Does Sarah record sessions?**

A recording service is not included in your session. If you wish to record your session, you are welcome to make one copy using your own recording device provided that the recording is for personal use and it is not copied or otherwise shared with any other person or communicated in any medium.