

Remote Spirit Care. Simply explained.

Perhaps a friend or family member has suggested a session for you because they think it could be a positive experience.

A bit like recommending a spa day or another wellbeing activity, it is something they believe you might appreciate — not a sign that there is anything wrong with you.

This little guide explains the practical details so you can make up your own mind.

Your choice matters.

You can agree, ask for more information or simply say no. There is no obligation to have a session.

No pressure

No change of beliefs

What actually happens?

Remote Spirit Care offers distance-based spiritual wellbeing support through a service called Remote Spirit Release.

The practitioner follows a structured approach, with the aim of supporting spiritual wellbeing and balance.

01

No appointment to attend

The session takes place remotely. There is no travelling, call or special preparation.

02

The practitioner does the work

The practitioner follows an established process and records the work undertaken.

03

A written report

The booking client receives a written report of the spiritual observations and work carried out.

This is a spiritual practice, not a medical treatment. No particular outcome can be guaranteed.

How does it work?

- **Who arranges and pays?**

The friend or family member suggesting the session can book and pay for it.

- **What details are needed?**

Your name, general location, month of birth and year of birth are used to identify you for the session.

- **Who sees the report?**

The person who books receives it and agrees to share it with you if you would like a copy.

Before deciding

Please read the Remote Spirit Care Privacy Notice. It explains how your personal information and the written report are handled.

It is up to you.

If you're happy for someone to arrange a Remote Spirit Care session for you and receive the report, simply let them know. You can tell them in person or reply to their message. There's nothing else you need to complete. If you'd rather not go ahead, that's absolutely fine too.

Before saying yes, make sure you are comfortable with:

- ☐ Having a remote spiritual session arranged for you.
- ☐ Your four basic identifying details being supplied.
- ☐ The person booking receiving your report.

Still unsure?

The ten questions on the next two pages cover the things people most often want to know. You can also read more on the website.

More details: remotespiritcare.com

Privacy Notice: remotespiritcare.com/privacy-notice/

10 simple questions

01 **What is Remote Spirit Care?**

A remote spiritual wellbeing service, similar in approach to distance Reiki. Its aim is to offer spiritual support and balance.

02 **Why has someone suggested it?**

They think it might be a positive experience for you, rather like suggesting another wellbeing activity. It does not mean there is anything wrong with you.

03 **Do I need to believe in it?**

No. You do not have to share the practitioner's spiritual beliefs or change your own.

04 **Do I need to attend?**

No. The session takes place remotely, without travel or a call.

05 **Do I need to do anything?**

No special preparation or participation is needed during the session.

And a few more...

06 **What happens during the session?**

The practitioner follows a structured spiritual method and records their observations and the work undertaken.

07 **What information is needed?**

Just your name, general location, month of birth and year of birth, to identify you for the session.

08 **Who pays and gets the report?**

The person arranging the session pays and receives the report. They agree to share it with you if you would like to read it.

09 **What should I expect afterwards?**

Everyone's experience is different, and no particular outcome is guaranteed. Remote Spirit Care is a spiritual practice, not a medical treatment.

10 **What if I do not want it?**

You can say no. If you are happy to proceed, tell the person who shared this booklet with you.

For more information, see remotespiritcare.com and our Privacy Notice. The decision is yours.