



## HEALING SESSION GUIDELINES

- Spend a few minutes writing notes of any guidance you received during the session. Writing the notes will help you integrate the energy transmission you receive during the session. It's important that you write the notes rather than your practitioner as it will empower your healing journey further.
- Change can be one of the hardest things that we undertake. If it were easy we would all be living our ideal lives. It is important that you, the client, be committed to the journey – and if there are any reservations, please voice them so that they may be addressed and cleared in a healthy way.
- Since we create our own reality, consider me your tour guide. As much as I can raise the frequency, assist in releasing/realising things, and share information, the responsibility of accepting or rejecting new patterns lies with you. It's ultimately your choice.
- Please leave as much quiet time after a session as possible, to integrate whatever new perspective may show up. Drink plenty of water, rest if you need to, and take care of yourself following a session.
- If you are in the habit of using recreational substances it is essential that you let me know and refrain from using for 24 hours preceding and following a session.
- If you are taking medications, or begin taking medications, please reveal the nature of the issue and the types of medications involved.
- If you have a health challenge please indicate this when making your appointment, or at the beginning of the session. It's to your benefit.
- If you have any physical injury or disease, we ask that you please be in the care of a licensed medical professional – keep up your visits to your doctor and notify them immediately of any concerns.
- The changes that occur can be subtle and yet very profound. Please do not rush off for any other energetic or psychotherapeutic treatment for at least 24 hours. Doing this can inadvertently neutralise the benefits realised in a session.
- Your body/being/essence has its own intelligence, which is very well informed as to what needs to happen and in what order it should happen. If you do not get the changes you wish for in the order that you choose, try to remember how wondrous this process can be. Belittling your progress because it doesn't follow your preconceived notion of how it *should* look is no way to celebrate the strides you have made. Reflect on the positive changes or realisations you have made, and then ask how it can get even better.
- Don't be quick to judge. The effects of some sessions can take days, weeks, or even months to unfold. Sometimes it takes someone else to see the changes in you, since they have a different perspective.
- Keep your body well hydrated after a session. You may experience a surprisingly strong detoxifying effect even though there was no physical manipulation or even contact.