



Divine Abidance Energy Healing
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Healing Session Guidelines

- 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 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/realizing issues, 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 perspectives may "show up." Keeping your body well hydrated after a session is also important because you may experience a surprisingly strong detoxifying effect even though there was no physical manipulation or even contact.
- 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, including alcohol, it is essential that you let me know and refrain from using for 24 hours preceding, as well as 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 before our next session.
- 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 that I have a complete picture.
- If you have any physical injury or disease, I 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.

- 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 change you hope 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 as to how it should And remember that the wisdom of both your body and the God energy coming into it through me always knows and chooses what is for your highest good and greatest joy!
- Try not to 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. Be patient and compassionate with yourself and your healing process.
- Thank you for the honor of assisting you on your healing journey. We all have wounds and healing journeys to take to heal those wounds, but some choose not to take the journey, so congratulations – you are one of the strong and brave!