

Please read the following very carefully!

Your health sessions are to enable you to be present and in the moment with joy, love and compassion while creating health, harmony, and a sense of well-being in your body and your life.

Our work together is very deep and continues after your sessions. Removal of energy imprints or blocks is done layer by layer. After the first layers are removed, deeper health/emotional issues have space to surface and be released. You are always in control of whether to let go or hold on! ...Choose to let go!

Movement is necessary after your health sessions. Take a walk in nature; play with your animals or do anything that brings you joy. The body must adjust to its new energy form and flow. Movement or light exercise will facilitate the energetic adjustments in your body. This is not the time for lifting heavy objects or intense exercise.

Drink huge amounts of pure water; If you received a bottle of water charged specifically for you in a small group, be sure to keep the energized water going. It is recommended to drink 8 ounces of room temperature water with an added 1 tablespoon of organic lemon juice as soon as you begin your day. If possible, take a bath after each session with an added capful of Rob's Transformational Bath (available online or at Live events) or add a cup of sea salt. Baths are very important so take them often! The body needs to flush particles of toxins not removed during the session and hydrate newly energized areas.

You may be tired and require extra rest. Your body may feel sore. You may develop flu like symptoms or headaches as your body de-toxes for a day or so. If you are experiencing any discomfort, drink more water. You may be very hungry. You may spend extra time in the bathroom. Dreams may intensify. It is important to listen to and honor your body!

Your body may feel light and you may experience the sensation of emptiness in your torso. Many energy blockages have been removed and your powerful divine light and love energies are now moving through and healing your entire body. You may also feel lighter in Spirit and more connected to Source and Self. Take note and express your gratitude for all of the subtle positive changes in your reactions, feelings and emotions as well as your body health.

You may feel some discomfort. As your Divine energy powers through your body adjusting, rejuvenating, and restoring every cell, know that it can feel like you are experiencing the aftermath of an intense physical workout. Energy is flowing in some areas it has not been in for a long time, so you may feel tired and sore.

Know that these sensations will pass as the body adjusts to the increase in energy flow. Know that as your body adjusts, the sensations you felt during your session will become less noticeable. You have not lost them! Emotions will come up and when they do, acknowledge them, feel them, express them and release them! DO NOT ENGAGE in the old story behind the emotion.

Should you feel like crying, CRY, or if it is anger, amp it up, stick your tongue out and scream! Emotions come forth after this work because your body desires to release old emotions. Allow yourself to feel the emotion, then take a deep breath and blow the emotion out of your body. Repeat if necessary. Intend to fill the space you created with your Divine love and light and be grateful for all the gifts in your life.

Continued

Because of the depth of the work and its continuation after the sessions, no other energy work or heavy exercise is advised for at least three days following your sessions. Any other energy input may confuse your energy body and dilute the process. Heavy exercise will stop or slow down the healing process.

Focus all thoughts and words on the positive. There is no need to discuss, engage in or think about ANY negative event or story of your past. Doing so will add a new negative imprint or blockage to your energy field.

Your mind has been trained to follow certain patterns of thinking. These are the old patterns that have created your emotional/energetic blockages. Your mind will ATTEMPT to continue with these patterns... old thought patterns will continue until you establish new patterns. Be vigilant in your practice of establishing new supportive thought processes. Focus all thought and spoken words on what you want NOT what you don't want. Are you choosing to discipline your thoughts?

Love, gratitude, and forgiveness raise your vibrational frequency and provide positive energy fuel for your body, mind and emotions.

When you first awaken and just before you go to sleep, visualize your in breath filling your heart space with your brilliant light and love, and your out breath releasing all that no longer serves you. As you do this, think of EVERYTHING you are grateful for and continue this for several minutes.

Think about and feel your desires. The Universe will provide you with whatever you wish for, so as you do so, be grateful that they have ALL been made manifest! Desire, declare and be grateful for what you want and be ready to receive it!

Should you have any questions, please call 720-502-7908.

BLESSINGS!