



PREPARING FOR SMALL OR SURROGATE GROUP SESSION with ROB WERIN

Work will begin on you the moment you sign up, and continue days following each session. Sessions are most powerful when “stacked” or in rapid succession. The more serious your challenge, the more sessions may be required.

The day or days prior to your sessions, The Divine Being will begin to work with you more aggressively, and you may or may not feel this. You may become emotional, feel your symptoms exaggerate, have a headache, not be able to sleep, etc. All these experiences are your body in preparation. Some may feel less, and that is also perfect.

Prior to your session, take 30-60 minutes to be still, drink water, and give your body permission to let go of all that does not serve you. Set your intentions to allow and receive and surrender to the Divine healing energy.

Prepare a quiet and comfortable space to receive. Lying down or relaxing in your favorite chair is preferred. Have your computer or other device positioned so I may see you, and completely turn off your cell phone, unless it is your device connected to Zoom.

During the session, you will be “worked on” continually and I will visually observe your energies as the Divine Being works through me for you. As you are in private, please allow your body to express whatever emotion is coming forward. Have Kleenex and water close by.

A container of spring water next to you is recommended. While the session is proceeding, the water will be changed in frequency and vibration to match the healing needs of your body. When the session is over, your water will be different and important for your ongoing healing. Do not drink from the energized container, simply use this as the “energizer” for all water you drink, using just a few drops of your energized water to change all other water. Continue to refill this water container before it goes dry. Each healing the water in the container will be re-energized for your healing.

AT THE END OF THE SESSION

Rob will ask for session experiences or questions. Please do not ask Rob what he “saw” or what “he took out” or any other diagnostic type of question. By law, Rob is not able to speak to these questions. Also, do not ask Rob about your existing medications or supplements, as also by law Rob is not able to comment or prescribe drugs or supplements.

After your session, please reserve another 30-60 minutes for resting continued integration. Exercise, alcohol, and other energy work is not advised for a least 3 days following your session. Refer to After Your Health Session.