

ROB WERGIN

Health + Life Transformation



INSTRUCTIONS FOR WORKING WITH ROB

GREETINGS & BLESSINGS! Thank you for scheduling this healing session. I am honored to work with you, grateful for your trust, and look forward to sharing your journey! We are here to assist you in reaching and maintaining your health goals.

For that purpose, we ask you to read this agreement to establish clear lines of responsibility.

WHAT TO EXPECT

- The Divine Being begins its work on you the moment you sign up and will continue days following each session. As you read this, please give your Angels permission to work with me for your highest good. Quite often, you may sense yourself being “worked on” once you have scheduled an appointment. As you feel it begin... be grateful!
- **Responsibility rests with you.** It is imperative to have clear intentions, believe in your wellness goals and be committed to your intended outcome in all healing sessions. Believe and trust you can achieve the wellness in your life that you desire and deserve! Trust you can create anything you wish!
- Healing sessions are a natural preventative and holistic approach to body/ mind harmony and overall health and well-being. Our intentions during your sessions are to assist you in relieving old beliefs and emotional patterns from your body, thereby increasing your overall health and well-being.
- It has taken many years to create the conditions in your body, and these cannot be completely removed in one or two healing sessions. Therefore, a **MINIMUM recommendation of four to six healing sessions may be necessary to achieve your health goals.** The more serious your challenge, the more sessions may be required. Celebrate the presence of

your Divine Light and Love! Ask for ALL that's for your highest good according to Grace and the Divine, beginning now, and for each session.

- Please do not be surprised if you feel emotions arising, body dis-comfort or other intensities a day or so prior to your appointments. All of this is part of the normal process.
- At times you may feel worse before you feel better. This is known as a “healing opportunity”, or release of the toxins that created your condition(s).
- Rob works with your Divine energy to clear emotional and physical issues...all for your highest good. ALL information shared during conversations or health sessions will remain confidential. Should you not understand this entire disclaimer, please do not hesitate to ask questions!
- The effects of your healing sessions are sometimes subtle and sometimes intense, and you may or may not always be aware of the levels of your healing. Following each session, it is important you focus on the positive and subtle changes. Do NOT look for “what is wrong”.

PREPARING FOR YOUR SESSION

- 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.
- Please dress comfortably and do not schedule any activities, other than that which bring you joy, for at least two hours after the conclusion of your healing sessions.
- 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. In each healing session the water in the container will be re-energized for your healing.
- After your session, please reserve another 30-60 minutes for continued resting and integration.
- Please refrain from alcohol or recreational drugs for at least 24 hours after your session. Do not schedule additional energy work, go to the gym, or perform other athletic events for at least 3 days following your healing sessions. Your body needs time to adjust, acclimate, and heal.

With love and light and heartfelt joy,

Rob Wergin

**Rob Wergin is not a medical doctor, nor does he portray himself as one. He does not diagnose your body, emotions, or prescribe medications. His services do not replace the services of other professionals, such as medical doctors, counselors, psychotherapists, chiropractors, etc.

AFTER YOUR HEALING SESSIONS

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 that elevates your heart rate.

Drink huge amounts of pure water. If possible, take a bath after each session with an added capful of Rob's Transformational Bath (available online at robwergin.com) 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 detoxes 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.

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 email admin@robwergin.com.

BLESSINGS!