



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 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 begin moving in the direction of 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.**