

Please read this before your session:

~ I will make the sounds I hear in your body. The sounding results in the movement of energy that is blocked or no longer serves you. If you feel that the energy is moving too quickly or if you are feeling uncomfortable, let me know right away.

~ In addition to the sounds I make, I may also cough, sneeze, burp, fart, or gag. Sometimes I throw up. I may sound like I am dying. Don't worry about me. Don't even think about me. Keep your focus on your breath and on your body. Be aware of what you are feeling and what is moving in your body.

~ I will check in with you frequently as to what you are experiencing and how you are doing. If you tend not to be in your body, you may not feel much in your first session. The more completely you are in your body, the deeper we can go in releasing what doesn't serve you.

~ The work is most effective when we work in partnership. The more you participate, the better. You don't need my permission to say out loud what you want to release. You are welcome to sound along with me. It is fine to stop me at any time to share something with me or ask for clarification.

~ This session is for you and about you. If you don't like the direction the session is going in, tell me immediately. If the work becomes intense or uncomfortable, let me know and we can slow it down. You are welcome to terminate the session at any time without explanation.

~ I may give you information as to what I am picking up in your body and will check in with you about it. If you don't relate to what I am saying, let me know. Two people can experience the same thing but describe it differently.

~ I may ask you to say things out loud, such as "I release all energies of anger." If you relate to what I am asking you to say, repeat it out loud three times. You are always welcome to change the wording. If you don't relate to what I ask you to repeat, don't repeat it. You don't want to repeat anything that doesn't feel right to you. If what I ask you to repeat feels right, say it consciously with clear intention.

~ It is important that you are alone in a room for the session. Lying comfortably on your back without crossing your arms or legs is the preferred position to be in. You may also be seated as long as you aren't crossing your arms and legs. If your body directs you to move, follow what your body is directing you to do.

~ You are welcome to ask me questions at any time during the session. There is a window that opens when we work together. Within a short period of time after the session, I usually won't remember much (or anything) that happened or the information I gave you.