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Healing Session Guidelines

“Transformative healing to reclaim your joy of life”

- Change can be one of the hardest things we undertake. If it were easy, we would all be living our ideal lives. It is important that you, the client, be committed to the journey and if there are reservations, please voice them so that they can be addressed and cleared in a healthy way.
- Since we create our own reality, please consider me your tour guide or coach. As much as I can raise the frequency, assist in awareness and release of issues, and share information, the final responsibility of accepting or rejecting new patterns lies with you. It's your choice to follow your healing path. It takes some strength and determination along with plenty of self-compassion, but you are worth it!
- Drink plenty of water, rest if you need to, and take care of yourself following a session. Please leave as much quiet time after a session as possible to integrate whatever new perspectives may “show up.” Keeping your body well hydrated is important because you may experience a surprisingly strong detoxifying effect even though there was no physical manipulation and often no contact.
- If you are in the habit of using recreational substances, including alcohol and marijuana, it is essential that you let me know and refrain from using them for at least 24 hours preceding as well as following a session. Please understand that recreational substance use will reduce the effectiveness of healing treatments at any time between sessions, and chronic and/or excessive use may cause the discontinuation of my services.
- If you are taking medications, or begin taking medications, please reveal the nature of the issue and the types of medications involved before our next session.

- If you have any kind of health challenge, please indicate this when making your appointment or at the beginning of your session. It is to your benefit that I have a complete picture of your health profile.
- It is imperative that you be in the care of a primary care physician in addition to utilizing energy healing, and if you have a physical injury, disease, or mental health issue I will require that you be in the care of a licensed medical professional and/or therapist. Keep up regular visits to your doctors and therapists and notify all of us immediately of any concerns.
- Your body/ being/ essence has its own intelligence, which is very well informed as to what needs to happen and in what order it should happen. If you do not get the change you hope for in the order that you choose, try to remember how wondrous this process can be. Belittling your progress because it doesn't follow your preconceived notion of how it should be will only slow your healing process. And remember that the wisdom of both your body and the Divine Energy coming into it through me always knows and chooses what is for your highest and best alignment and greatest joy!
- Try not to be quick to judge. The effects of some sessions can take days, weeks or even months to unfold, and the healing picks up momentum with subsequent sessions if they aren't too far apart. Sometimes it takes someone else to see the changes in you, since they have a different perspective. Be patient and compassionate with yourself and your healing process.
- Thank you for the honor of being a part of your healing journey. We all have wounds caused by childhood and genetic trauma passed down to us from our ancestors, and we all have journeys to take to heal those wounds and move closer to The Creator - it's what we came into this life for. Most choose not to take the journey, so congratulations – you are one of the strong and brave souls willing to follow your path toward full health and our True Home!