

## **Awaken Enchantment Welcome Form**

This form is to introduce you to what an intuitive healing session is and what a session with me involves.

### **What can I expect in a session?**

The intention in a session is to address and shift whatever serves your highest good. Thus creating balance, strength, and harmony. I assist you by using my intuitive insight to tap into your energy body and connect with your guides. We will then scan your full energy body, locating any blocks, particularly held emotions, belief systems, and patterns rooted in fear. As well as, energy body weak/dark spots that are causing imbalance and disharmony for you. I'll then facilitate your natural healing ability by working directly in your energy body with your guides. I will use my Elemental Eleven™ energy healing resources to help transform those blocks from struggles into strengths while enhancing self-connection. As we are shifting energy and making connections as to the origin of any interference insights will surface and you will naturally progress into the greatest possibility for yourself.

### **Before a session:**

Please read the welcome form before your first session with me. Please create a quiet and private space for yourself where you will be uninterrupted for the hour, allowing you to relax and be present for your self-care and healing time. Before I call you for your session I will light a candle, pull an oracle card, and spend approximately five to ten minutes grounding into your energy and connecting with your guides and the point of focus for your session. You are a multi-layered being, so your energy will guide us wherever is most beneficial for you first.

### **During a session:**

You can share with me your reason for booking a session and anything in particular you'd like to work on. I will share what I picked up from your energy and what your guides brought through as the point of focus. With your guides we will begin to scan your energy body, locating any interference. As we come across the blocks we will use energy healing resources to heal and transform. As we are doing so, naturally insights will surface, and we will connect the dots so you can have a deeper awareness and understanding of your experiences. A session with me may involve intuitive insights, visualizations, ancestral healing, inner child healing, soul retrieval, crystal healing, past life healing, healing sentences, power animal medicine, sacred geometry light body activation, messages from guides, messages from your higher self, and ritual.

### **After a session:**

I recommend drinking water, taking a short walk or some quiet time. We are shifting energy and at first you may feel tired or find sensations increase slightly before they release. You may then quickly expect a feeling of relief and lightness to take place due to enhanced self-connection and well-being. Relying on the recommended resources from your session, soaking in an Epsom salt bath, getting out in nature, staying hydrated, and resting after a session are helpful, as it's most beneficial for you to practice self-care while things are harmonizing. It's also beneficial to not talk about or share your session with anyone right away, but to let your energy quietly and personally have a chance to process it.

**Intuitive healing** honours the relationship between mind, body and soul. Every physical, mental and emotional challenge has a spiritual basis. Intuitive healing allows your natural healing ability to work its magic with the help of a facilitator who gives words, visualization, insight, and resources to support it. It addresses belief systems, held emotions and patterns rooted in fear that are causing disharmony and imbalance. Energy healing resources are then used to transform them at the core level. As a natural side effect of shifting these held beliefs, emotions and patterns, your energy will progress into the greatest possibility for itself.

**Ancestral healing** is healing the unresolved emotional issues and belief systems inherited from your ancestors. Recognizing where your unconscious loyalty to your ancestors is influencing you can have deep healing benefits for all generations: past, present, and future. Your ancestors all have a story and you inherit their stories as an opportunity to heal them. When you are willing to bring family patterns to awareness you can then heal and transform them. And while honoring your ancestors, you give yourself permission to move forward and write your own story with greater personal power, freedom and ancestral support. Ancestral patterns and belief systems can manifest in your life in many different forms including anxiety, lack, anger, shame, pain, addiction, fear, phobias, illness, depression, and more.

**Inner child healing** is about reconnecting with your authentic self and your safety. Your inner child has soul aspects that fragment during trauma, fear or uncertainty in childhood in order to protect you. Bringing these hidden pieces back is deep and beautiful, an experience of healing that sees your struggles transform into strengths. Negotiating with these fragmented soul pieces to reintegrate them awakens and strengthens the inner child in you, allowing for deeper self-love and connection. It's about letting the unseen be seen. It's about no longer hiding or holding the things that keep you stuck but giving them permission to move, be felt and processed.

### **Frequently Asked Questions**

**Q: How does this work over the phone?**

A: I work with energy so we don't have to connect in person because energy is limitless and everywhere! I work internationally via phone and Skype, so as long as you have a phone or access to the internet, we can work together. Your energy begins a session more grounded and receives more quickly by being relaxed in the comfort and safety of your own sacred space while having less to process. And I am my most optimal in my sacred space with less to process.

**Q: How long is a session?**

A: Each session is scheduled for an hour.

**Q: How do I make payment?**

A: All sessions must be paid in order to secure the appointment via Stripe or PayPal. Accepted forms of credit card payment are: Visa, Mastercard, American Express, Discover, Diners Club, JCB

**Q: What is your cancellation policy?**

A: Please allow at least 24 hrs notice for cancellations. Less than 24 hrs notice, there is a \$50 cancellation charge. No-shows to scheduled appointments will be charged in full.

**Q: Are sessions recorded?**

A: I do provide a free MP3 recording that is sent via email. I understand that it can be nice to be reminded of any recommended resources from your session. But you are naturally integrating energy throughout the session and it's not necessary or beneficial. I recommend you don't re-listen to a recording more than once. Your energy will want to progress forward, not step back into a session. Sessions are intimate and personal and recordings should not be shared. Files will be sent via WeTransfer, please check your junk mail in case they aren't on your safe list. They will expire within seven days so please download them immediately upon receipt as I don't keep the files once they are uploaded.

**Q: Do I need to do anything to prepare for my appointment?**

A: You can write down any concerns, issues, questions and symptoms you want to address so you don't forget them. And create a quiet and private space for yourself to relax and enjoy the session.

**Q: How often should I have a session?**

A: Some clients choose to connect every couple of weeks or every few months in regards to a healing or inner blockage, whereas others might utilize just one session. The timing and amount will be unique for each individual, as we all process differently. You'll want to trust your intuition about when you feel you want a session. I recommend waiting at least a couple of weeks between sessions so your energy has time to process and fully integrate all the shifts.

**Q: What's the difference between a psychic reading and an intuitive healing session?**

A: A psychic reading is prediction-based. The reader is tapping into your energy to read the future and the possibilities that are available to you, as they appear in that moment of time. While readings can be accurate they will always be subject to change because of free will. A healing session addresses what lies behind a question and seeks to shift it at the core level. As a natural side effect of shifting those held beliefs and blocks, your energy will progress into the greatest possibility for itself. It's my personal opinion and experience that a healing session is most beneficial and empowering. It effects lasting change as it strengthens your inner-self to hear your innate wisdom.

**Q: Do you offer gift certificates?**

A: I don't offer gift certificates as having an energy healing session is a very personal choice, and one that the client has to want and be ready for. If you want to gift someone a session that desires one please make arrangements between the two of you.

**Awaken Enchantment Disclaimer and Waiver**

The purpose of this consent form is to explain the intent of Allyson Giles and Awaken Enchantment (hereafter referred to as "Allyson") and what you can expect from a session with her. Allyson is here to support and guide you in your personal evolution. Allyson will assist you by being supportive, honest, present, compassionate, and by directing you back to your own wisdom using a variety of modalities, some of which may strengthen, balance, clear, and charge your energy body. Allyson will serve your best interests as her client, conducting her professional activities without causing or intending to cause harm. Allyson will treat you with equal respect, regardless of your origin, race, religion, gender, age or sexual preference. Allyson will keep confidential all information shared or discussed during your session, unless required by a court of law. You acknowledge that integrative healing is a partnership between you and Allyson and that your self-responsibility is essential.

In your session with Allyson you may discuss major stresses in your life including belief systems, childhood, health history, habitual thoughts and patterns, traumas, past lives, and other issues that may influence your emotional, mental, and physical well-being. Certain memories or images experienced during a session may represent traumatic events which can evoke intense emotional reactions or distress. Allyson will honor your decision to terminate a session at any time and she too has the right to refuse or terminate a service at any time if she encounters behaviour that she finds to be abusive or inappropriate or if she feels you aren't a compatible match as client and practitioner.

Your work with Allyson is intended to be in harmony with any other healing work that you undertake, including traditional Western medicine. It has been made clear that energy healing is not a substitute for medical examination or diagnosis and that it is recommended that you see a physician for any physical

or mental ailment. Allyson is not a physician and does not diagnose illness, disease, or mental disorders, and does not advise you to discontinue any medical treatment you may be receiving. Allyson recommends you consult a licensed professional for advice of a legal, financial, medical, or psychological nature that she is not qualified to provide.

You acknowledge that you are 100% responsible for your own actions taken based upon having a session with Allyson and that she cannot be held liable for any problems that may arise that you think could be attributed to the healing session. You attest that you understand that a healing session is an entirely voluntary experience and release Allyson Giles and Awaken Enchantment from any and all claims of malpractice, nondisclosure, or lack of informed consent.