

Preparing for Your Energy Work Session

Thank you for scheduling a 20-minute energy work session. This guide will help you prepare and understand what to expect.

What to Do Before Your Session:

1. **Payment:** Please make your payment of \$120 USD prior to the session. Send a screenshot of your payment receipt to me (details below). This confirms your booking.
2. **Brief Description:** In the same email with your receipt, please provide a *very brief* description of the issue you'd like to address. One or two sentences are sufficient. *Please avoid lengthy explanations or detailed stories.* Any topic is possible, including physical pain, emotional issues (such as emotional betrayal), trauma, stress, sleep problems, etc. For example: "Chronic lower back pain," "Difficulty sleeping," or "Feeling overwhelmed after a difficult breakup."
3. **Online Presence:** Please ensure you are available online (via [Platform you use, e.g., Zoom, Skype, Phone]) at the scheduled time for the session. This allows you to provide feedback during the energy work.
4. **If Applicable: Severity Grading:** If your issue involves pain or a physical sensation, please be prepared to grade its severity on a scale of 0 to 10 *at the time of the session*. (0 being no sensation and 10 being the most intense sensation you can imagine).

Understanding the Process:

- **Not Therapy:** This is *not* a therapy session. Energy work focuses on strengthening your central energy channel (centreline). Any improvement you experience is a side effect of this strengthening process.
- **Non-Cognitive Approach:** My work is not based on understanding the details of your story through logic or reasoning. Therefore, providing a detailed narrative is unnecessary.
- **Focus on Energy:** The session will focus on working with your energy field to promote balance and well-being.
- **Time-Based Service:** You are paying for my time and expertise in facilitating this energy work, *not* for specific results. While many clients experience positive changes, results are not guaranteed.
- **Client Presence Preferred:** While the energy work can be done remotely without your presence, I find it most beneficial when you are present online to provide feedback during the session. This allows for a more interactive and tailored experience.

What to Expect During Your Session:

- I will connect with you online at the scheduled time.
- I will briefly check in with you before beginning the energy work.
- I will ask for feedback regarding any sensations or changes you experience during the session.

What to Expect After Your Session:

- Experiences vary. Some may notice immediate changes, while others may experience subtle shifts over time. There may also be no noticeable changes immediately.
- It's important to be patient and observe how you feel in the days following the session.

Important Reminders:

- Send your payment receipt screenshot and brief description to me before the session.
- Please be online and available at the scheduled time.
- If applicable, be prepared to grade any pain or physical sensations out of 10 at the time of the session.

Cancellation Policy:

I understand that unexpected events can happen. To ensure fairness to all clients, I have the following cancellation policy:

- Cancellations made with more than 24 hours' notice will receive a full refund or the option to reschedule.
- For first-time cancellations with less than 24 hours notice, there will be no charge. However, subsequent cancellations with less than 24 hours notice may be subject to a charge of the full session fee. Exceptions can be made for genuine emergencies.

I look forward to working with you.

Sincerely,

Rich Wickes

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