WELCOME TO THE INNER NORTH JOURNEY

Intuitive Coaching, Reading & Healing Session Guide

Welcome to your path of inner exploration. Integrating my psychological insights with deep intuitive coaching, reading, and healing, drawing on techniques in the Lewis Bostwick tradition, my work with you focuses on validating you as a spirit, bringing more awareness to your space, clearing blockages, and empowering you on your own path to find your true north.

> **Our Shared Foundation: Values, Intention & Truth**
>
> *This practice is anchored in the core values of authenticity, honesty, and respect, alongside a deep commitment to integrity, compassion, and spiritual sovereignty. I always work with the absolute intention of serving the highest good of my clients. Please know that this session is a fluid, living space; the insights and awareness you receive here are always exactly the right ones for you in this precise moment. Trust that what unfolds is perfectly aligned with your current spiritual growth.*

This session is intentionally mapped to facilitate profound clarity, spiritual validation, and self-ownership by ensuring your mind and energy work in unified alignment. Please review this vital preparation and accountability outline carefully.

1. What This Session Is (And Is Not)

Clarity is the absolute foundation of deep transformation. By structuring this container into distinct spheres, you allow your energetic system and mind to open safely, optimally, and with perfect accountability.

WHAT IT IS	WHAT IT IS NOT
A Blend of Psychology & Intuition: A non-clinical, supportive application of psychological principles and deep intuitive dynamics to clear personal barriers and bring more awareness to your internal space.	**Clinical Psychotherapy or Medical Treatment:** This session does not involve clinical diagnostics, psychiatric evaluation, mental health therapy, or clinical remediation of psychological illness.
A Gentle Perception of Present Space: A gentle perception of the energetic patterns, reactive programming, pictures, and spiritual agreements presently held in your aura and chakras, validating you as a spirit.	**Fortune-Telling or Fixed Projections:** I look at what is fluidly unfolding based on your active vibration. The future is a shifting map of choices and paths, not a rigid, inescapable fate.
Energetic & Personal Sovereignty: Providing tools and clear insight to help you separate from foreign energy, access a state of complete neutrality, and step into your own personal truth so you can completely own your own space.	**Financial, Medical, or Legal Directives:** I do not provide specialized consulting, opinions, or actionable instruction regarding investments, legal claims, corporate structures, or health care.

2. Understanding the Flow of the Energy Work

In this practice, I honor you as an inherently whole, capable, and autonomous spiritual being. Our sessions operate through precise pathways of energetic translation, spiritual validation, and clearing:

- **Reading What is Unfolding:** Rather than telling your future, I perceive and offer gentle insight into the subconscious agreements, blocks, and potentials operating in your field. This brings immediate clarity and awareness, empowering you to connect with your own inner guidance and choose your direction as a sovereign spirit.
- **How the Energy Healing Operates:** During our session, I act as the dedicated energetic facilitator. I will work gently with your space to help shift stagnant or heavy energy blocks, running high-vibrational healing frequencies through your system, and utilizing specific healing guides to support the harmonization, validation, and balancing of your field.
- **Your Role in the Session:** While I direct the frequencies and assist in clearing away foreign energies, your explicit internal permission and willingness to release old growth cycles are what allow the adjustments to integrate. Your role is simply to sit back, breathe, and remain open, neutral, and centered in your own space.

A Gentle Note on Your Sovereignty: *Throughout this session and always, your own discernment and free will are your truest guides. Please remember that all insights are shared to support your own personal awareness and empowerment. Your decisions, actions, and overall well-being are and will always be your own beautiful responsibility as you own your space.*

3. Integration & Post-Session Energy Dynamics

As deep layers of energetic patterns, pictures, and foreign cords are read and cleared from your field, your physical and spiritual bodies will naturally undergo an integration process. Following the deep teachings of the tradition, moving energy triggers a natural calibration cycle. During this period, you may experience:

- **Physical or Emotional Release:** You may feel temporarily tired as your body processes the shift, or a bit emotional as old, stagnant energy rises to leave your space. This is completely normal and a sign of deep energetic cleansing and energetic renewal.
- **Expansion & Lightness:** Conversely, you may experience an immediate, profound sense of lightness, greater clarity, and an open feeling of beautiful spaciousness within your personal aura and boundaries, allowing you to fully inhabit your own space.
- **Post-Session Care:** Allow yourself permission to rest if needed. Drink plenty of fresh water to support your physical body through the transition, ground your feet to the earth, and enjoy your newly reclaimed energetic space.

4. How to Prepare for Your Session

To establish an uninterrupted, high-vibrational environment, please coordinate your personal and physical space ahead of our call time:

- **Secure a Quiet Sanctuary:** Choose an entirely private room where you will not be disturbed by family, co-workers, phone alerts, or pets. Absolute privacy lets your energy settle and drop walls completely.
- **Ground and Hydrate:** Spend 5 to 10 minutes prior to our session sitting completely quiet, closing your eyes, and stabilizing your breathing. Ensure you have a full glass of water beside you.
- **Arrive with Open Intentions:** Pinpoint several core themes you wish to explore. Focus entirely on expanding your personal awareness rather than seeking a rigid or fixed blueprint.

UNIVERSAL LEGAL NOTICE, DISCLAIMER & MANDATORY RELEASE OF LIABILITY

PLEASE READ CAREFULLY. AGREEMENT TO THESE CLAUSES IS AN ABSOLUTE CONDITION OF SERVICE.

By purchasing, booking, scheduling, or attending any session with me, you explicitly acknowledge that you have read, understood, and agreed to be bound by the following legally binding global terms:

Sole-Practitioner Scope (Psychologist vs. Psychotherapist): You explicitly recognize and validate that while I hold professional credentials as a trained psychologist and integrate my psychological knowledge into my individual offerings, this service is strictly non-clinical, non-therapeutic, non-medical, and does not under any scenario constitute clinical psychotherapy, counseling, or formal psychiatric intervention. All services are rendered exclusively by me as a solo practitioner.

Spiritual & Growth Purpose Only: All intuitive readings, energy clearings, guides introduction, and coaching interactions are meant exclusively for personal awareness, spiritual exploration, validation, and educational inner growth. They are never a substitute for medical, psychotherapeutic, financial, investment, tax, or legal consulting.

Absolute Indemnification, Waiver & Release: You unequivocally agree to completely release, waive, hold harmless, indemnify, and defend me from any and all liabilities, civil claims, demands, lawsuits, financial losses, or expenses (including legal fees and court costs) that could emerge out of or in connection with your session, your interpretation of the data, or any subsequent life decisions you perform based on the spiritual insights shared. Your booking serves as an absolute digital signature of total assent to this liability waiver, completely precluding any claims or financial chargebacks.