

HEAL YOUR LIFE

by remembering you are love



PRE-SESSION PREPARATION & DISCLAIMER

Greetings!

Thanks for scheduling your health & healing session. We are honoured to work with you, and are excited to be a part of your journey forward.

PREPARATION:

Confirmation of your booking is the physical acknowledgment of your intention to achieve wellness and is the trigger for the healing to begin. Whether your session is face-to-face, over the internet/phone, or distant, it is important you immediately set a specific clear intention for what you want to achieve.

You *can and will* heal your life to the extent you believe in your own abilities to do so. It is **IMPORTANT** to make a commitment to **YOU!** **Believe** and **Trust** you can achieve the wellness in your life that you desire and deserve. **Trust** you can create anything you wish. Our role is to assist and guide you in reaching and maintaining your wellness goals.

OWNERSHIP & RESPONSIBILITY:

We are here to assist you in reaching and maintaining your wellness goals. For that purpose, we ask that you read this document in full to ensure you understand your role and more importantly- your responsibility in the healing process.

- Energy medicine/psychology/healing are all similar terms that explain the use of energy in restoring you back to an optimal state of balance. Integrative Spiritual Alignments (ISA) is the method of how I do that.
- ISA is a non-evasive healing approach that activates the higher light frequencies that return you back to wholeness. My intention with every healing is for you to achieve your highest good and most accelerated growth.
- A true healing can happen in an instant, however most people have years of B.S. (belief systems) that prevent them from reaching their optimal state in that time frame. It is up to you as to how many sessions you will need before you choose to accept the healing given.

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- **My recommendation is a minimum of three to five sessions** depending on the severity of the problem and the desire to achieve your health and wellness goals.
- All healing comes in different forms. The best way to allow for a healing to take place, is to proceed in a state of expectancy, without specific expectation or attachment to results. Be the “Observer” and the observed. (Click Here To Access A Free Audio Training On The Observer technique.)
- Everyone’s experience with ISA Healing is unique. Often a healing can take place in the middle of a session, other times, it takes time to unfold and release. It is important you “let go” and allow the healing to take effect and transform.
- During the healing you may feel a subtle shift to an intense emotion. Trust the process and focus on making positive change.
- Please do not be surprised if you feel emotions arising, body dis-comfort or other intensities a day or so prior to your appointment. All of this is part of the normal ISA healing process.
- Environment plays a MASSIVE role in the development of your issue/problem, and therefore also plays a massive role in your healing. Often you will be given suggestions to change your environment, and again, it’s up to you to choose how much change you will make.

If you have any questions or concerns about your healing session or this disclaimer, please contact us at chat@douglaspeacock.com.

With love & light,

Douglas Peacock

Douglas Peacock is not a medical doctor, nor does he portray himself as one. He does not diagnose your body, emotions, or prescribe medications. His services do not replace the services of professionals, such as medical doctors, counsellors, psychotherapists, chiropractors etc. You should always seek professional advice before adopting any natural treatment for a health problem.

ALL information shared during our conversations or health sessions will remain confidential. Should you not understand this entire disclaimer, please do not hesitate to ask questions!