



## Session Information

**Focus** We are all here on a journey back to God, to our true selves. Whether the concerns that bring us to actively pursue spiritual healing are physical, emotional or spiritual doesn't matter. Sessions help the client to heal misconceptions and learn the truth. As this awareness grows, the connection to God within grows and one can increasingly trust inner knowing. Often physical healing occurs as well.

To assist in this journey, I offer wisdom & skills gleaned from my own personal work as well as training in the Pathwork, Sufi healing and other modalities. Spiritual healing is not therapy although sometimes the issues addressed overlap. The client is fully responsible for his/her process and choices and is encouraged and assisted to trust his/her inner wisdom.

**Commitment** Although a limited number of sessions can be helpful to deal with very specific issues and even one session is beneficial and often provides significant healing, generally it will serve the client's journey best to pursue ongoing sessions. This is clearly recognized by the Pathwork®, so for current Pathworkers, I generally recommend bi-weekly, or preferably, weekly, sessions, and because of the nature of the work, please allow at least two sessions for closure if/when you decide to terminate.

### Types of sessions/venue

- ❖ Individual counseling, healing, coaching or channeling
- ❖ Couples or small groups wishing to heal together and support each other
- ❖ Mediation/conflict resolution for couples, legal adversaries and others
- ❖ Zoom or phone. For clients in the Asheville NC area, in-person can be arranged in special circumstances.

**Rates** Sessions are \$125 and generally run 45-55 minutes. If it is in spiritual truth for both the client and healer, a different fee is possible.

**Confidentiality** What you share in session is held in confidence.

**Cancellations** If you need to cancel, please let me know as soon as possible. If you cancel at least 1 full business day in advance, there will be no charge for the session.

**Recording** You are welcome to record sessions. I will record phone/Zoom sessions as mp3s if arrangements are made in advance.

**Groups & Classes** Check Meetup or the web site for classes. If you are interested in a class or group that is not scheduled, let me know and I will schedule one when there is enough interest.

**Referral discount** If you introduce someone to FSH who receives a session or attends a class, then you are entitled to a 25% discount on your next session or class (please ask).

**Vyvamus on guidance** [This refers to channeled guidance, but is equally applicable to other types of sessions.] If you have doubts about . . . the guidance you receive during the session or any other aspect of the process, examine it very carefully. It will serve your process. And learn to trust, yet discern. One should not give up one's power of discernment because the source is purportedly a higher entity. You must always be the final judge. But you have to learn to know when your judgments, your bias, your past is determining your decision and when your heart is. This may take some time. Do not hesitate to make a mistake. No mistake is uncorrectable in the grand plan. Do what feels right. If it later feels wrong, try to correct your error, make restitution so to speak. Your process will be served. If you have questions, feel free to ask.