

POLICY

The responsibility of the practitioner and the client

I would like to take this opportunity to share my thoughts and recommendations on the responsibilities of the practitioner and the client:

As your practitioner, you have my guarantee that I will always act in a friendly and professional manner. I will use all my training and experience to get you the best result for you. I take privacy seriously and will never share with others anything you tell me. The fact that you are my client is also confidential. My mission and responsibility are to help you resolve blockages during the session and this responsibility ends when the session is over, when I hand responsibility for making empowering changes in your life over to you.

As a client, I expect certain obligations from you (consider this your agreement with me):

(1) It is important that you are honest to yourself and to me. My job is to support you in dissolving and resolving your blockages and when we cooperate during this process it will make the process run smoother. The point is often that you realize that there is something there. If you suppress or hide it, I may not be able to help you.

(2) Healing is ultimately your responsibility. Although I will do everything in my power to help you, you are the one who needs to take the next step in this healing process. My job is to help you release your blockages and trauma. It's like opening new doors for you. Your healing session will open many doors - the ones you choose to go through are your choice. It is important to know that you have free will in all events in this process, and that the actual healing (physical change or change in social habits) comes when you choose it. You can sometimes recreate these patterns if you choose to react in different situations in a way that you have always done before. That is, before the blockages, patterns, trauma and beliefs were resolved you had to react in a certain way in a certain situation. Now that the blockages, patterns, trauma and beliefs are resolved, you have the freedom to react differently.

Be aware of this and use this to strengthen yourself!

Important:

Most clients experience immediate emotional and spiritual changes during their initial session. Physical changes vary from person to person. Many may feel a significant physical improvement after the first session, while for others it may require 2-3 sessions. This cannot be guaranteed.

It is "okay" if your body needs some time to process the changes. If you do not feel an emotional or spiritual change after the consultation, please address this in a written message to me so that I can find a solution with you.

I do not make unrealistic promises, and I suggest that you discuss your expectations and a reasonable time frame for results with me during the introductory session.

I am looking forward to connecting with you and helping you help yourself to a new, healthier YOU

Best wishes/

Åsa Bergström