

# ATTUNEMENT AGREEMENT

**Understand the expectation as the client prior to your first attunement session, please initial each individual statement.**

\_\_\_ I understand if an issue with the practitioner recommendation arises, I will not discontinue any recommendations. I will reach out to the practitioner immediately.

\_\_\_ I understand anytime a recommendation is discontinued without permission, it delays care and is considered non-compliant. (water, supplements, CEP, etc.)

\_\_\_ I understand if I am non-compliant for three consecutive sessions, care will be discontinued.

\_\_\_ Cancellation policy requires 24 hours' notice or you will be charged in full and must be paid prior to scheduling any further attunement sessions.

\_\_\_ I understand I must give 4 hours' notice to move an in person session to a remote session.

\_\_\_ Technical difficulties / remote session Policy.

\_\_\_ I have read ALL the reading material listed under "Required Reading" prior to my consultation.

\_\_\_ I am aware of all the required purchases prior to my first attunement and will have them readily available.

\_\_\_ Financial Policy regarding packages and payment (return policy etc)

\_\_\_ I understand and have signed the terms of acceptance form.

\_\_\_ Based off the required reading and expectations I will bring up any questions during my consultation.

\_\_\_ I am aware of my required water intake and agree to have completed 7 consecutive days prior to my first attunement session.

\_\_\_ I am aware of Core Essence Protection process and agree to do it 2x a day for 7 consecutive days prior to my first attunement session.

\_\_\_ I have read the Autonomic Recovery Program and will be prepared to start this program my first attunement session.

Signature \_\_\_\_\_ Date \_\_\_\_\_

# Client expectation prior to first attunement

## Required:

**Drink your water:** Take your current body weight and multiply it by 0.66, this will give you the number of ounces you are required to drink for 7 consecutive days prior to your first attunement. If you are having physical difficulty drinking your water (nausea, gagging) notify me immediately. Be prepared, you will need to plan ahead. Review document Hydration Policies and Pointers. Choose your container and USE the same container. Required to bring their container to every visit with them to take supplements, to do testing, salt taste test, \*have your water with you for attunement appointment\* (pg #).

**Core Essence Protection:** Complete core essence protection at morning and in the night, with stoking the fire once throughout the day. Do not deviate from the protection mediation or alter it in anyway. Record yourself reading the instructions aloud or watch the YouTube videos listed below until you are familiar enough with the instructions.

(pg #)

<https://www.youtube.com/watch?v=S3UvDM3JZ-o>

<https://www.youtube.com/watch?v=it3DBegSe0w>

**Purchases:** Review the purchases required, it includes supplements, food items, TBM materials. Find those items near you and have them in your home by your first attunement session.

Have client Attunement kit in home by first attunement. (See page #)

## Practice Improving:

**Sleep Hygiene:** Take note of your current sleep hygiene habits and work to make changes this week. Get creative with solutions, black out windows, tape lights, move electronics, (see page #)

**Electromagnetic Hygiene:** Work toward not putting your cell phone on your body or up to your head, less time with blue tooth headphones, no laptops directly on body. Studies show electro-magnetics negatively impact our physiology. (see page #)

**Practice ARP:** Review the autonomic recovery program sheet. Start working to implement the changes through your diet, purchase foods required to have on hand liver, steak, offal etc. Avoid sweeteners, work to read labels, plan out your meals. (see page #)

**Regulating Circadian rhythm:** Circadian Rhythm is a natural 24 hour cycle. It includes physical, mental, and behavioral changes. Take note of your current circadian patterns, work throughout the week to finalize your circadian worksheet (see pages #-#)

**Wearing your violet wrist bands:** Wear these wristbands 24/7. These are essential to your health improvement.

Flying protection

<https://www.youtube.com/watch?v=m2uTHzzXT98>

