

DEAR Bodywork Treatment Card **(Detoxification of Emotions via the Akashic Records)**

Stages of DEAR Bodywork may vary from client to client and from session to session. Stages may not be consecutive, and a client can start and finish at any stage.

Pre-bodywork to establish connection and trust:

1. Talking, listening, explaining the features, benefits of, and reactions to the DEAR Bodywork sessions.
2. Having a shower/steam to wash off negative emotions and to relax the body.
3. With your permission, open your Akashic Records to receive Divine guidance on how best to work with yourself and to share any information or insights that the Akashic Records have to offer.
4. Exploring tantric rituals to open up one or more of the five senses (touch, hearing, smell, taste, sight) to establish deeper connection, trust and unconditional love.

Stage 1: Introduction to “touch” in a safe and sacred environment, while acknowledging the emotions flowing in the moment. Introductory body massage (full or part body based on the your comfort zone) will be given which incorporates stretching of the body. You can choose to be fully clothed and to have a chaperon present.

Stage 2: Training on Kundalini meditation and deep breath-work using sounds and movement. Learning the art of communication, followed by a deep body massage, to areas of the body you feel comfortable to expose.

Stage 3: Introduction to Tantric exercises and body movements with expression to release body armoring, followed by a full body massage on the naked body, without touching the genitals and working within the boundaries specified in the Consent Form.

Stage 4: Introduction to deep meditation as a way to help focus on deeply rooted negative emotions, followed by a deep full body massage on a naked body without touching the genitals. Incorporate deep breath work, body movements, sounds and various Tantric rituals to help focus and to facilitate Kundalini awakening. As you relax the body and mind, you will go into a deep trance. The healing then begins and emotions start flowing.

Stage 5: A lengthy consultation to introduce the features, benefits and reactions of the genital (prostate and Lingam for men, G-spot and Yoni for women) massage. A deep full body massage on a complete naked body is followed by a genital massage with your consent.

Stage 6: After a series of genital massages [females may let go, to release Amrita (female ejaculation)], you release a flood of emotions that was held for many years. This will help you to unload many long held negative imprints, stuck in the pelvis due to suppression and denial. It will help you to deeply connect with your masculine/feminine side of your body to fully open up and to enhance your sexuality. The objective of the DEAR Bodywork genital healing process, is to help you develop your consciousness and to find Shiva/Shakti and within you.

Stage 7: Exploring intimacy as a giver or as a receiver by challenging one or more of the five senses to enhance deeper connection, intimacy, love and communication.