

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 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.

Explanation of the Akashic Records

The Akashic Records are the individual records of a soul from the time it leaves the Source Father/Mother's house until it returns.

At the time we make the decision to experience life as an independent soul, there is a field of energy created to record every thought, word, emotion and action generated by that experience. That field of energy is the Akashic Records.

Akashic, because it is composed of Akasha (the energetic substance from which all life is formed) and Records, because its objective is to record all life experience.

By opening the Akashic Records with a sacred prayer, we align ourselves to the vibration of the one receiving the reading (either ourselves or another). The prayer works with energetic vibration to "key in" to the specific name of the life form, and carries with it God's protection through Masters, teachers and loved ones.

The information in the Akashic Records helps us bring our past and future present in our now. By accessing the Akashic Records, we can identify and release anything that we have created that has become a block to our present realization of our oneness with God.

We can look at why we have addictive patterns, why we choose the relationships we do, why we have created our habitual responses, and how to create action in our lives instead of re-action.

The healing energy of the Akashic Records allows us the freedom to choose grace in all things; therefore, overriding any illusion we have created that causes us to believe we are separate from God/Spirit/Source.

It is one of the most powerful tools available on the planet today to help us remember our oneness with God/Spirit/Source.

DEAR (Detoxification of Emotions via the Akashic Records) Bodywork **Appointment Confirmation**

Hi, thank you for your interest in having a DEAR Bodywork session.

My phone number and WhatsApp is **+65 8124 9832**.

A DEAR Bodywork session can last anywhere from 3 to 8 hours. Give yourself at least 4 hours for your first session. This is sacred time and you want to give yourself ample space. The session will be held at The Divine Spark, located at Block 630 Ang Mo Kio Street 61 #02-970 (above 7-eleven), Singapore 560630.

First session rates

A 3 hours DEAR Bodywork are

- i) **SG\$570, SG\$185** per hour thereafter for female
- ii) **SG\$100 + donation, SG\$35** per hour thereafter for male and transgender

Subsequent session rates

A 3 hours DEAR Bodywork are **SG\$510, SG\$165** per hour thereafter

Payment can be made via

- a) PayNow or PayLah! to **+65 8124 9832**.
- b) Bank Transfer to **POSB Bank, Bank Code 7171, Account Name: Tuan Shunde Noel**
Branch Code: 081, Account Number: 421-69379-0
- c) Paypal to **NoelTuan@gmail.com**.

Please complete payment before the session.

In preparation for this session please follow the following guidelines:

- ✓ **Complete and sign the Confidential Questionnaire and Consent form at <https://goo.gl/forms/jtzDhOYyb8xV5uPz2>**
- ✓ I have a 'No Show Policy'. You must cancel or reschedule 24 hours in advance or pay 50% of the fee.
- ✓ Bring a towel for showering. You may want to change into a fresh set of clothes after the session. If so, please bring a fresh set of clothing to change into.
- ✓ Rest well the night before. This is conscious work. You want to be aware during the session.
- ✓ Eat enough and bring snacks so that you will not be hungry during the session. Hunger can prevent you from going deeper into your session.
- ✓ Do not use any recreational drugs or alcohol 24 hours prior to the session. Prescription drugs are acceptable.
- ✓ Fractionated coconut oil will be used on the body and essential oils will be used for aroma in a diffuser. If you are possibly allergic to any of these substances, please let me know immediately.
- ✓ It is best to allow yourself some quiet time after the session to reflect and process.
- ✓ Drink plenty of water afterwards.

Thank you for adhering to these guidelines. I look forward to our sacred time together.

Love and light, Noel