



## April Ann Roy – Info and Release Form

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WELCOME!

As a spiritual teacher, guide and energy worker, my purpose is to help you become the sovereign authority in your life. I want to assist you in getting to know your true self, allow your healing and forge your own path of spiritual evolution.

I am looking forward to working with you and supporting you on your journey! Before we have our first session, I wanted to briefly share how I ended up in this role and make sure that it's clear how I practice.

Since childhood I experienced unexplained pain, dysfunction, asthma, sensitivities and allergies to many things, extreme fatigue and sensory processing issues. I grew up in a restrictive and traumatic, fear-based religious environment and was verbally and physically bullied at school. I was depressed, angry and suicidal as a teenager and developed debilitating anxiety as well. These physical, mental and emotional issues worsened over time and carried into my adult life.

I sought help in the traditional mental and medical health care system...but after years of so many tests and procedures to get answers, visits to the ER, being hospitalized a number of times, and taking medication, nothing was giving me lasting results. I was a miserable and angry person feeling overwhelmed and hopeless. Eventually, I stepped outside of that model of health care and found my own way to healing, emotional wellness and spiritual freedom.

Over the course of more than a decade, I dove into research and practice of alternative and natural healing methods, learning about so many things that we aren't generally taught in grade school or even university. I used many of the things I learned on myself and found a great deal of healing...but eventually hit a wall and stopped progressing. This caused me to seek even deeper.

I have been gifted since a very young age with the ability to read and use energy as a tool for wisdom and healing. However, my religious upbringing caused a lot of fear surrounding these natural abilities that kept me from using them in a more expansive and helpful way. It was after I hit that wall that I began to explore the possibilities around movement of energy in an intuitive way to facilitate healing and awakening. This exploration opened me up to such depths of physical, emotional and spiritual healing in a way that I never dreamed existed!

As I stepped more fully into my calling, people around me began to notice the changes in my body and life and started to ask for help themselves.

So, I said yes!

As I serve those who seek help in many different ways, I desire to present myself and my offerings in the highest way I know. What you'll find below are the things I feel are the most important to me when working with others.

- Whether it is spiritual guidance/teaching, somatic or energy work, meditation, sound healing or coaching, what I offer comes from a state of heart centered, intuitive wisdom and knowing.
- It is my intention to serve with non-judgement and acceptance of all those who come to me.
- I honor the free-will of each individual and everyone's path no matter where they are at.
- We are unique spiritual beings experiencing through physical human form with a mind which is a tool to be used wisely. When we bring all three aspects of ourselves together in coherence, healing and spiritual evolution are natural.

May you uncover the truth of who you are and unleash the limitless potential in the realm of possibility!

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Lastly, by law I am required to present this statement to all who use my services –

Understand and acknowledge that you have voluntarily requested and consent to one or more of the services provided by April Ann Roy.

I (April Ann Roy) am not a medical or mental health professional. If you are having a mental or physical health crisis or emergency, please call 911 or seek professional help. By law it must be stated that the services provided by April Ann Roy are for educational and entertainment purposes and are not meant to diagnose, treat, prevent or cure. Use these services/offering at your own risk.

Understand that ANY service/offering April Ann Roy provides is not a substitute for medical treatment, medications or mental health counseling and it is recommended that you concurrently work with a qualified health care professional for any condition you may have.

Some methods used during sessions may shift and move energy within the body/mind and cause uncomfortable, physical or emotional symptoms. If you are curious or concerned about anything, please don't hesitate to ask at any time. It is up to you to inform me (April Ann Roy) if any method, activity or conversation is making you feel uncomfortable or to discontinue the session and leave if you feel you need to.

No guarantee can be made as to the effectiveness of any method/service provided.

Understand that by signing this form, you release, waive and indemnify April Ann Roy and JRoy Inc., including their volunteers, employees, officers and owners from any accidents, injuries, damages or death for participating in any group or individual session provided by April Ann Roy.

Understand that whether the session is held in a public or private space you release any and all liability from owners, volunteers, employees, and officers of the buildings or property on which the session is held.

You testify that you are at the legal age of 18 years or older and are mentally capable of signing this release form.

By signing this agreement/release page, you are saying that you have read and understand this document.

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Name *(Print & Signature)*

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Date