

GENERAL ORIENTATION, CONSENT & RESPONSIBILITY RELEASE

<p>YOUR NAME:</p>	<p>DATE:</p> <p>EVENT:</p>
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Thank you for selecting, Mercedes Warrick as your Channel for this retreat. Your trust is valued. This document contains some general information as well as a consent and liability release.

- Mercedes is a spiritual channel. The information that she channels comes from the Eternal Infinite. A set of guides that comes forward for each and every Channel. Because of the nature of the Conscious One Mind, each Channel will be different, because each audience is different. Among the Guides who become present are yours. Think of it this way, there is a big round table and as the Channel progresses, the Guides with the information appropriate for the question of session comes forward. Sometimes there will be a pause as Mercedes will be aligning to the new Guides. The range of Guidance energy can be Ancestral to Ascended Masters to all aspects of the Divine Source Energy. Each teaches us in the moment based on universal principles and non-denominational spiritual law. Through her Channel Mercedes typically receives four types of Channeled information:
 - She channels ancient spiritual wisdom (website, www.MercedesWarrick.com)
 - She channels art (website, www.MercedesWarrickArt.com)
 - She channels (and teaches) healing & transformation (website, www.TheReikiExperience360.com)
 - She channels soul conversations (website, www.MercedesWarrick.com)
- Mercedes speaks in a spiritual or Light Language. To your ears it will sound like a foreign language. It is like being at the United Nations. The Language is spoken and the “English” translation comes.
- The Channels typically are teaching / knowledge channels. Mercedes does not consider herself to be psychic or predictive. You have the agency of freewill. Therefore, this can change based on your choices, decisions and actions. These sessions are spiritual in nature and are not intended to be absolute advice. **YOU ARE RESPONSIBLE** for your actions. Use discernment.
- The Channels can take many formats. Some will contain a question and answer format; other Channels are straight information sessions. Others may contain healing and transformation work. In a retreat format these options are usually left to be flexible and fluid

so as the Retreat enfolds the Channel is a point of discovery. Note that some deep healing work has occurred in Channeled sessions please be prepared to experience what comes forward with an open heart and mind.

5. The order of activity within a Channel usually is, although subject to change within each environment or circumstance.
 - The Preamble: This is usually the “shiny object” that has captured Mercedes’ attention. There is some comment, observation or opening remarks.
 - The Channel: The Channel will come in and begin. Mercedes is a conscious Channel so she tends to be present as the Channel unfolds.
 - The Conclusion: There may or may not be a recap. This usually happens if the Channel is present specifically to teach.

Please do not expect Mercedes to remember specific items, comments or recommendations. Sometimes she does, most times she does not.

6. Soul Conversations can occur when someone from your soul group appears. Typically, these are Ancestors who have come to be elevated, to assist with your healing or may provide some insight for you.
7. In a retreat setting, it is not guaranteed that each participant will receive personalized Channeled information. Know however, that you are there for purpose and reason, therefore, everything stated through the Channel usually has meaning for everyone present.
8. The modalities that I have received certification or training in are: Holy Fire Reiki, Theta Healing, Qi Gong, Yoga, Spiritual Alchemy and Yogatsu. A must visit page is <http://mercedeswarrick.com/mindfulness-relaxation/reiki-intuitive-energy-balancing/> This page explains about reiki, relaxation and energy balancing.
9. The triune energy system: your aura, your meridian and your chakra system are the fields of your personal space that is accessed doing most of my Energetics work. This page on my website explains the Chakra system. <http://mercedeswarrick.com/mindfulness-relaxation/>. Please note any questions you may have and each will be happily explored doing your orientation session.
10. No cell phones are permitted in the session. Interruptions will disrupt the flow. This is sacred time and space plan accordingly.
11. Once a Channel has begun no entry will be allowed. **BE ON TIME FOR THE SESSIONS. CHECK YOUR RETREAT AGENDA FOR START TIMES.**

12. During your personal time at the Retreat you may wish to schedule a private or small group session with Mercedes. When you schedule an appointment you are agreeing to show up!

13. Payments.

- a. Payments for private small groups or individual sessions, over and above the scheduled retreat sessions, are due when booking your session. **PAYMENTS ARE NON-REFUNDABLE ONCE RECEIVED. If for any reason, other than an unexpected conflict or revision to the retreat schedule, you have to cancel your appointment you may reschedule and every reasonable effort will be made to come into an agreed time and date.** Any appointments canceled for other than those listed above or if you do not show up for your appointment will not be reimbursed and any payments received will be forfeited. **Please know that every effort will be made to reschedule time with you even if we conduct the session post-retreat via phone.**
- b. **Pay for your Session.** Cash or Credit Cards are the accepted methods of payment. You may make an online payment by visiting: <http://mercedeswarrick.com/pay-for-your-session/> On site credit card payments use the Pay Pal here system.
- c. See me during a break in the Retreat Sessions to schedule or to make any changes to your appointment.

14. Your Comfort Level:

- a. If you are ever uncomfortable it is your responsibility to say so.
- b. If you have questions it is your responsibility to ask each.
- c. Journals for writing your reflections and insights are highly recommended.
- d. Eat lightly at least 1 hour before your appointment. This is energy work and being hungry does not support having a vital and vibrant session.
- e. Dress in layers. When the energy is flowing some people may get hot, some people may get cold. For your comfort dress in a way that will accommodate changes in room temperature.

15. Preparation:

- a. Please consider what your intention is for each session. This may change or be adjusted as we go through the introduction / preamble of each appointment. It is important that you take time to reflect on what you desire, items that may have come forward or desired outcomes.
- b. Plan your time. Your private session will be about 60 minutes in length. It is advised, if possible, that you have at least 30 minutes between your private session and your next activity.

16. For more information about Mercedes Warrick visit:

- a. What is a Channel & Who I Am Channeling: <https://youtu.be/6nGHGXLNQA0>
- b. About Mercedes: <http://mercedeswarrick.com/contact/>
- c. FaceBook, Linked In, Twitter and You Tube pages are also active.
- d. After the retreat, if you would like to have access to my FREE meditations, receive information about upcoming programs and events there are two places to sign up:
 - My YouTube Channel: <https://www.youtube.com/user/mwarrick2858> (for the meditations)
 - My Website: [Newsletter](http://mercedeswarrick.com) (Also see the side box on my website <http://mercedeswarrick.com>)

PLEASE READ, REVIEW, PROVIDE REQUESTED INFORMATION & SIGN:

Activity: By participating in the any public presentation or session presented by Mercedes Warrick activities may include but are not limited to: Mercedes Warrick In Channel, breathing, yoga, meditation, or qi gong as well as energy healing and prayer. **By participating you are fully acknowledging that this program may include physical, mental-emotional, and spiritual work, practicums and exercises. By signing this release, you are acknowledging that you are voluntarily participating in these activities and assume all risk of injury to yourself that might occur. Further by signing this release you are confirming that you are physically, mentally and spiritually fit for participation.**

Personal Limitations: You agree to comply with written and verbal instructions before, during and after the training. Meditation, breathing, theta and Reiki are forms of relaxation. You understand that these sessions will be accessing your energetic and mental / emotional bodies as well as physical body. Your desired outcomes may vary. You understand that there are a number of factors which can affect your desired outcomes including but not limited to: stress levels and personal openness, beliefs systems, your personal spiritual practices and teachings.

When considering physical activities please work to your body's individual condition, do not over extend or exert yourself. Consult a physician before participating in any comprehensive training/retreat program. No Instruction or comments are intended to take the place of medical/spiritual advice or treatment. Consult a medical doctor or appropriate professional should any questions arise concerning any area of your health.

During some training it may be necessary for trainers/practitioners to touch parts of your body. If you have any objections or sensitivity to touching it is your responsibility to inform the trainers or therapists immediately. Techniques presented are suggested as guidelines.

You are responsible for your actions and the subsequent outcomes/results of your actions. There is no implied or intended guarantee of results or performance. The exercises, models or information are not intended to replace or be used as a substitute for advice or treatment from any medical professional, caregiver, business, life or legal advisor

No claim is made to “cure” any particular condition. The practitioner facilitates your coming into a state of relaxation and we do not promise or guarantee to “cure”. Energy alignments, spiritual counseling or channels should be seen as a complement to medical/spiritual treatment/care, not a substitute for it. All medically-prescribed treatment should be continued until you review your needs in consultation with your physician.

All sessions are intuitive and introspective. This is not empirical advice. The client/participant (YOU) should carefully contemplate and evaluate any/all life, medical or business changes. YOU ARE SOLELY RESPONSIBLE for your actions. You have choice. Consult a full spectrum of professionals, advisors and medical providers before taking any action. Discern. Carefully consider the choices and actions you make. Mercedes Warrick, her associates and affiliates are not responsible for any actions taken by you.

I, for myself, my personal representatives, heirs and next of kin, fully acknowledge that participation in the programs presented by Mercedes Warrick dba It’s ALL Spiritual (The Company) includes physical exercise, energy healing, breathing exercises, meditation, prayer and spiritual channeling. I am voluntarily participating in these programs and assume all risk of injury to myself that might occur and I acknowledge that it is my responsibility to decide whether I am physically, mentally or spiritually fit for participation. I hereby forever expressly release and hold harmless Mercedes Warrick, The Company – It’s All Spiritual, it’s servants, agents, business partners or employees from any and all claims, actions, suits, costs, damages and liabilities including the loss or theft of personal property, or injury.

Name: Please Print.	Email:
	_____@_____._____.
Signature:	Address: State: Zip Code:

Phone:	
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<hr/> <p>Today's Date:</p>	<p>Your Date of Birth:</p>
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In Case of Emergency, Contact:

<p>Name: Please Print.</p> <hr/>	<p>Email:</p> <p>_____@_____._____.</p> <hr/>
<p>Signature:</p> <hr/>	<p>Address: _____ State</p> <p>Zip Code: _____</p> <hr/>
<p>Phone:</p> <p>() ____ - _____</p> <hr/>	<hr/> <hr/>

Yes! Please Add Me to Your Mailing List! _____

Visit: <http://mercedeswarrick.com/general-information-release-retreats/>

To download a copy of this document for your files. Thank you!