**Preparing for a follow-up appointment**

Vajra Healing (Bryan Aston)

Pre-appointment checklist:

1. Write up answers to the questions
2. Send the answers and a recent photo to [vajrahealing@hotmail.com](mailto:vajrahealing@hotmail.com)
3. Send payment in advance

Note The checklist and guidelines are the same as for the first appointment. The only difference is a smaller set of questions.

**Guidelines**

* Write up answers to the questions
  + Providing these answers in advance will help us to make the most of the session time
  + Feel free to add free-form comments at the end if it makes sense
* Send the answers and a recent photo to [vajrahealing@hotmail.com](mailto:vajrahealing@hotmail.com)
  + Add the **appointment date** in the e-mail subject line
  + Add a **recent photo** – ideally taken the day of the session, or within the last couple of days
* Send payment in advance
  + A **PayPal invoice** will be sent (unless other arrangements have been made). Payment options for the invoice include PayPal, a credit card, or a debit card – a PayPal account is not needed
  + The invoice must be paid **by the start of the appointment time** – otherwise, the session will be cancelled
  + There is a **24-hour cancellation policy** – the full fee will be charged for sessions cancelled after this time

**Policies**

* All information sent in these mails is confidential – and it will be deleted soon after your work with Bryan is complete
* Keep in mind that Bryan sees this work as a support, rather than a replacement, for care given by physicians, mental health care professionals, or other healing providers. Also, Bryan does not diagnose, make predictions or give advice on decision-making.

**Questions**

1. Have you experienced any **shifts** in your life since the last session? The shifts may appear in emotional, psychological, spiritual, financial, or other areas. (please describe)
2. Is there anything **new** you would like to focus in this session? Or do you prefer to continue with the same focus areas as in the previous session?