

Conscious Completion Audio Tracks

Quality Intentions for Your Well-Being (Please initial)

1. ____ I have read the “Free Intake Session” page. I strengthen the benefits of these audio tracks by having a general understanding of the Transgenerational Clearing concepts and marinating in the progress I experience or shifts in my life.
2. ____ After listening, I stay aware and open to witnessing shifts and changes in sensations. I breath through my nose (if this is comfortable), to increase the benefits of the clearings and integrations.
3. ____ I practice staying free from assessment, judgements, ruminating or mind forward relating. I practice relating from my heart instead.
4. ____ I oversee my process of creating new habits. The audio tracks can now be a tool to interrupt the old habits I wish to change.

Safety and Boundaries (Please initial)

5. ____ I understand physical detoxification or emotional sensitivity may temporarily increase once I start using the audio track. I Continuing to listen to the audio tracks to help with these shifts. I draw on other forms of medical or therapeutic support if I need it.
6. ____ I maintain the intention and potency of the audio tracks with one audio purchase per person or family household.
7. ____ I do not distribute or copy these audio tracks.
8. ____ I only use audio tracks for personal use.
9. ____ I understand there are no promises of effects or outcomes with these audio tracks and responses to them may vary.
10. ____ Laurel Anderson-Rostami, MA, ABS and Conscious Completion, Inc. are in support of conventional medical treatment, evaluation, diagnosis, prescriptions, or other licensed health care and agree that these are not to be modified, suspended, stopped, or replaced with the use of these audio tracks. Laurel Anderson-Rostami, MA, ABS and Conscious Completion, Inc. do not assume responsibility for any medical or health condition that you have or may have in the future.
11. ____ I do not use the audio tracks while operating heavy machinery or other situations they are not suited for.

Downloading Audio Tracks (Please initial)

12. ____ I do not use the audio tracks on the cloud. I only download them directly onto my device.
13. ____ I void my week warranty and forfeit a refund if I use the audio tracks on the cloud.
14. ____ Replacement links are available for \$20. Individualized household links are \$25.
15. ____ I have 1 week to follow the emailed instructions to download the files onto my device(s). A week warranty covers free assistance with downloading to one device or providing a full refund if there is no way to download the audio tracks onto your device.

Name: _____

Signature (No typing) _____ Date: _____

Address: _____

Phone: HM _____ WK. _____ Cell: _____

Email: _____

Preferred way of communicating: _____ May I email you my newsletter? _____