



# Heal Your Soul

*Online Course with Jen Wozny*

## **Application Form**

This course is designed to take you deep into yourself to unpack some things that need to be unpacked, let go of things that don't serve you, and identify and heal the root causes of the things that bother you. It can be an uncomfortable process. It takes courage, determination, and heart to do this work. Indeed, many people resist it.

The blessing is that you will do the work at the pace that is right for you, you don't need to spend much time with any given wound if you don't want to, and when you finally heal a wound using this modality, it's gone forever. You can go gently and slowly, staying at the surface layer of your issues. Or you can dive right in, going deep and into the darker areas of your soul.

All throughout, you will be in the presence of others who are sharing this same type of journey, and guided by the compassion and wisdom of Jen.

Since the focus is on healing yourself, this application focuses on ensuring that you have accepted that you do, indeed, need some healing; and that you are willing to look at those wounds. (We all have them.)

Please take some time to sit quietly with yourself; reflect openly and honestly on your inner world, your life to date, and what you know about your history—your soul's history as well as your family's histories, as they affect you, too.

Here are some things you might think about:

- any of the things that trigger you in everyday situations;
- injuries (physical, psychological, emotional) that you have had;
- traumas small and large;
- heartaches, betrayals, breakups;
- feelings of being stuck, pushed down, or held back;
- diagnoses such as depression, anxiety, or obsessive compulsiveness;
- fears or nightmares;
- feelings of not being fully present in your body, dissociation, or excessive daydreaming;
- abandonment issues, disappointments, feeling let down;
- loneliness or isolation;

- not feeling good enough, low or no self-confidence, feeling that you need to prove yourself;
- uncontrollable thoughts, negative beliefs, or unwanted habits;
- keeping yourself busy on purpose, running away, not wanting to look clearly at a situation;
- anger, rage, feelings of helplessness;
- feeling powerless, feeling or being subjugated, feeling invisible.

This is just a short list of the wounds that we commonly have. Do you see yourself in here?

Can you imagine being free of these, so that they no longer bother you but instead you live every day of your life free, uplifted, empowered, and happy?

That's what this course is about: You—empowered.

## Application Questions

Please answer all questions below.

1. What is your greatest wound, that you know of right now?
  
2. List at least five things that you would like to heal through this course.
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
  
3. List three wounds of yours that you have already healed; they can be big or small.
  - 1.
  - 2.
  - 3.
  
4. The “shadow side” of ourselves is comprised of the parts of ourselves that we repress, don’t want to look at, and hide from ourselves. The shadow is often our dark side or deepest wound that we’re afraid to acknowledge or possibly ashamed of. Identify one piece of your shadow that you know needs attention.

5. What practices do you currently do to take care of yourself—body, mind, emotions, and/or soul?

6. Are you already in touch with your soul (or higher self)? If so, describe your relationship.

7. Are you already aware of some of your psychic abilities? If yes, please describe them.

8. What do you most want to get out of this course?

9. This course is best when we are all present for the live classes. Will you be able to attend all of the live classes?

10. This course includes homework after each class. Applying the knowledge and doing the practices are the only way to receive the healing. Do you commit to doing the homework?

11. Is there anything else that Jen should know at this time?

**Pre-requisite:** To be considered for this course, you must have had at least one 60-minute appointment with Jen within the last year. Please write the date of your appointment (as best as you remember it):

**Consent Form:** Please also complete the Consent Form and Policies form below, and submit this together with your application.

## Consent Form and Policies for the Heal Your Soul online course

This form governs the Heal Your Soul online course created and taught by Jen Wozny of *Put The Light Here*. By signing this form you are agreeing to adhere to all of these Policies and that choosing not to adhere to a Policy will result in your immediate removal from the course without notice, recourse, refund, or compensation.

**Please initial each line and sign the bottom.**

### POLICIES

**Recording Devices:** Absolutely no recording devices may be used during the course, including audio, video, screenshots, and photographs. You may take handwritten notes. This respects both the safety and comfort of the participants, as well as Jen's intellectual property. Please note that the Zoom calls, however, will be recorded and posted on the private, password-protected course webpage, for the viewing of registered students. These videos will be deleted at the end of the course. **Initials:** \_\_\_\_\_

**Energy Healing:** In this course, it is understood that you will do energy healing on yourself. Energy healing is a serious practice and must be undertaken with care and only when you feel confident in your abilities. You agree that you accept full and total responsibility for your wellbeing at all times throughout the duration of this course, particularly when you do energy healing on yourself. **Initials:** \_\_\_\_\_

**Refunds:** Please be sure that this course is right for you, as no refunds will be given. **Initials:** \_\_\_\_\_

**Confidentiality:** Jen Wozny treats your personal information, including that shared during the course, as being Confidential. It will not be shared without your written consent unless required by law to do so. Please note, however, that Jen Wozny reserves the right to discuss publicly such information in a de-personalized manner, that is without identifying you by name, age, gender, appearance, or occupation. **Initials:** \_\_\_\_\_

**Medical Disclaimer:** All information shared in and related to this course is offered for information only and does not constitute medical advice. If you have any concerns about your health, please consult your medical doctor. **Initials:** \_\_\_\_\_

**Intellectual Property:** All information shared in this course, unless otherwise indicated, is the intellectual property of Jen Wozny, and may not be copied, shared, or distributed. All information in this course is solely for the personal use of the registered students of the course. Unless otherwise and clearly indicated, Jen Wozny, the Founder of *Put The Light Here*, shall own and

retain all right, title, and interest in and to any and all concepts, processes, know-how, documentation (in printed and electronic format), ideas, information, including without limitation all copyrights and other intellectual property rights in any of the foregoing disclosed by Jen Wozny during the course of the Event (collectively, “Jen’s Property”). Jen’s Property shall not be shared or copied in any manner, including publicly, without the prior express and handwritten consent of Jen Wozny, the Founder of *Put The Light Here*. **Initials:** \_\_\_\_\_

**Limitation of Liability:** By participating in the course you agree to accept total responsibility for your complete health and wellbeing and behaviour at all times, and you further agree Jen Wozny shall not be liable for any incidental, special, or consequential damages of any kind or nature howsoever occurring. Jen Wozny’s total liability hereunder for damages or any claim brought by you, regardless of the form of action (whether under contract or tort, or otherwise), shall not exceed the total amount actually paid to Jen Wozny for services rendered under which that liability arose. **Initials:** \_\_\_\_\_

These terms and conditions constitute the entire agreement between you and Jen Wozny with respect to the subject matter hereof and cancels and supersedes any prior understandings and agreements between you and Jen Wozny with respect thereto. Unless otherwise agreed to in writing by both parties, all consents and permissions within this form prevail. **Initials:** \_\_\_\_\_

**Do you consent to all of the terms and policies in this form? Please circle one:**

**Yes     /     No**

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date of Signature: \_\_\_\_\_