

# Guide to Wellbeing

## *Essential notes for All Wellbeing guides*

All material Copyright of Jess Mansfield © 2021

### *Contents*

<i>Philosophy.....</i>	<i>2</i>
<i>Universal respect.....</i>	<i>3</i>
<i>What is a human rights philosopher?.....</i>	<i>3</i>
<i>Working with integrity.....</i>	<i>4</i>
<i>Notes to reading.....</i>	<i>5</i>
<i>Code of conduct and guide details .....</i>	<i>6</i>
<i>Disclaimer* .....</i>	<i>9</i>
<i>Payments .....</i>	<i>9</i>
<i>Pricing .....</i>	<i>10</i>
<i>Sharing this material* .....</i>	<i>11</i>
<i>Free Intuitive guidance session (optional) .....</i>	<i>11</i>
<i>Instructions for Intuitive guidance consult.....</i>	<i>11</i>
<i>Money back guarantee .....</i>	<i>13</i>
<i>Offers and discounts .....</i>	<i>13</i>
<i>Contact.....</i>	<i>13</i>

*\*The Author has requested these sections be read as a minimum for any guide purchases.*

[www.uniqueugifts.com/wellbeing](http://www.uniqueugifts.com/wellbeing)

## *To All readers,*

I am asking each reader to review these *Essential notes* before reading any guide. It applies to all guides so only needs to be read once! I ask these notes be viewed as similar to a 'terms and conditions' page as set out for many companies, but in this case, from writer to reader, I am actually asking you to read the fine print! There are questions, doubts, and confusions which could arise from reading any one guide with no review of these *Essential notes*. This may affect the reader's openness to the information at hand. I do not like delays, especially when getting this information to you (all 375,000 or more words of it!), or you finding it, is not necessarily a straightforward task to begin with!

If, for any reason, a reader feels they don't want to read these notes, of course I cannot expect or sway one to do so, so I ask, at the minimum, reading the *Disclaimer*, and *Sharing this material*, sections which you can access via the *Table of Contents*, for those who choose to read and/or share these guides.

## *Philosophy*

I have written these guides with a core motivation: to create information which can be easily understood, and provide practical advice which is easily implemented and designed to be empowering. I am a human rights advocate and I do not at all believe in 'hierarchical teaching', because I believe we are all our own greatest teachers! I also believe we only 'hear' information when we are ready to; similarly we only make personal changes when we are ready. *Only you know what feels right for you!* All information in these guides is a culmination of what I have learnt as a philosopher, Reiki Master, teacher, and human being; influenced in the information I have come across and the healing work I have done. There are many references, and I honour all those writers and healers I have learnt from. I personally practice everything written in these guides, and in doing so I have created circumstances in my favour which I previously did not believe were possible. In writing these guides, I have deepened my own learning and self-healing practices. I am sharing what I have learnt which has brought me great personal enrichment and inner peace, in the hope it could be of use to fellow humans in want of such experiences.

The intention of these guides is to encourage greater self-understanding, not to tell the reader what is right or wrong, or judge the circumstances of anyone, or to suggest the reader is not already in full clarity of self-awareness! I believe we each know for ourselves what is best although if we don't know ourselves to the depths, our resistance may be conditioned, therefore it is worth assessing whether new information is worth considering. The information in these guides may be things well-known to the reader or not known at all. For what is obvious, I apologise; for what is cryptic, I hope to clarify; and in all examples I am acutely aware of the vast differences between the mindset of readers. In my attempt to give examples, I am limited in not knowing each reader's personal examples, and even the hypothetical examples I offer could be limited!

I cannot presume to know what you 'should' do, think, and believe to create inner freedom and wellbeing, if you don't as yet feel you experience or know how to experience these states (I know I certainly didn't when I was younger and it took practice!). I can only explain how I have achieved these things, and hope there is a connection point which resonates. I am not saying I have worked out the magic formula for all humans to bring themselves to enlightenment, nor am I saying I never experience frustration, anger, and

forms of unhappiness. It has been the opposite. The intensity I have experienced of such states has been the very motivation for me to learn how to heal, or live in better acceptance of, or give more compassion to, my frustration, anger, and unhappiness. But, I do experience inner peace often, and in objective analysis of the human condition, I believe it is possible for any human who has an openness to such practice, to heal their conditioning in ways which allows for the possibility of inner peace even amidst trying circumstances! Of course this does not apply to people in situations where cultivating inner peace is impossible. Where it *is* possible to practice, and if it works, great! But it is not for me to say whether these guides would be of specific use to anyone. *I know for a fact if the guides work as a magic wand for you, it's a wand you already own.* If you're a naysayer on these guides; respect via a full refund.

*It's a personal thing.*

### *Universal respect*

The crucial note to all these guides is they in no way refer to people in situations where personal freedom is practically unobtainable, nor is it designed to imply people can easily find a way out of acute hardship, or heal the pain of tragedy. I can only send compassion and pray for the possibility of healing of all conflict, and of all which causes suffering. I wish human rights for all was something all enacted, as a given, but it must still be worked towards and implemented for everyone. I do believe, *no one person's human rights are more or less important than anyone else's.* Therefore, I hope all those who can, do feel able to practice personal freedom.

*Even one small step in the right direction can equal a big step in the bigger picture.*

I truly wish the best for everyone, but this does not mean I have an expectation of others' choices, because a fundamental principle in my philosophy is respect for free will. Even if this was not my belief, it is still a fact: *I cannot control others, compromise their free will or make their choices for them, nor should I presume so.* I do believe those who work on inner peace, may find they can bring much healthier good to the world when they feel clear of their own self-doubts and judgements.

I evolve as these guides do, I am not saying anything in these guides is 'set', the exception being the absolutely necessary principle for our actions to be: *for the good of all and with harm to none.*

In saying this it is worth noting for those who attach guilt to personal freedom (i.e., suppressing one's own needs in fear others would react badly to any assertion, and believing such assertion could upset, and therefore 'harm' others) may prevent people from trusting what feels right for them, and acting on it. But really we may often underestimate others' goodness and how much they would like to support us (in their own way) and who would not at all be bothered or harmed, in any of our acts of self-respect.

*Doing the right thing for you is as noble as doing the right thing for someone else.*

### *What is a human rights philosopher?*

I have used terms to describe my work such as ‘human rights activist’, and ‘social activist’, but these days I feel ‘human rights advocate’ and ‘human rights philosopher’ better describes my work. Activism itself has been negatively associated with protests, for example, and I feel when it comes to human rights, we need to use terms which *no one* feels has a negative connotation! Advocates speak up and voice for people whose voices are otherwise not heard. To give a glimpse of my philosophy, I believe every human on Earth needs their human rights respected, no matter what. This includes each person feeling self-empowered, which I believe is essential to wellbeing. All beings want to survive and if possible, thrive. Human rights for all may take a long time to implement, but it will never be more or less pressing than it is now. One being suffering unnecessarily at the hands of another’s greed, anger, or hatred is intolerable, let alone many. I therefore believe peace for the one is as important as peace for everyone. Healing parts of humanity may help heal the whole of humanity, in the long run. It is very hard when control systems run much of the world to its own wants, regardless of human rights. As more purchasers of the world buy ethically, some control structures must adapt, and I do pray we, the human race, following past millennia’s riddled with enforced suffering, are at long last on the road to compassionate recovery.

I have no affiliation to any religion, being a human rights philosopher, I am for every individual regardless of any other title, label or status, other than being human, and yes, I do understand there are many clashes caused because of the differences and conflicts between humans. If I am using the term ‘prayer’, as an example, in the non-religious context, I mean it more simply as a term to indicate, ‘the state of wishing something is so’.

### *Working with integrity*

All the information in these guides is borne from personal experience, I am not advising anything here which I have not personally practiced and achieved myself. I believe human beings are innately the same in many ways, we all require certain things for basic happiness: love, breathing, healing, laughter, healthy relationships, recognition, success, enjoyment. I feel when any one of us humans masters something within ourselves, in the Universal field we concurrently open possibilities for others to do so, if they haven’t already! A demonstration of this in the animal world, is when species collectively evolve from what only a few in the species originally discover, *the information is then shared amongst each member even when they live in separate areas and there is no visual learning due to physical distance*.<sup>1</sup>

Because of spatial uniqueness – the fact that we can only perceive life through our own set of eyes/senses – means I really couldn’t say what is right for anyone, but I can share what I feel is best. *No one can change the fact that we are all very different!* But the blueprint for humanity is the same. To create harmony, we need to connect to our sameness, *our need for Universal love and respect*, and work on compassion and non-judgement to learn to work with each of our differences, in the best way we can. I perceive life and this existence as I do. You perceive life and existence as you do. My Reiki Master says, and indeed I say before each Reiki session, “I only ask you set your intention to be open to receiving the healing that is on offer”. Whether you like, dislike, don’t know, or have any inkling of Reiki, the concept of being open is often one of the most important when wanting to learn and adapt to new information and integrate new practices. All I could advise any reader is to be open to information which may or may not work for them.

---

<sup>1</sup> James, John, *The Great Field*, Library of Congress Cataloging-in-Publication Data, USA, 2007, pp. 26-27. James, referring to Rupert Sheldrake’s work and ‘the 100<sup>th</sup> monkey effect’, phenomena.

If something is useful, great! If money has been spent without an inkling of improvement experienced, one's funds shall be returned. I am not here to convince anyone of anything, nor could I! As a phrase which encapsulates this work:

"There are no judgements here".

It is truly enjoyable getting all these guides together. It has already brought me fulfilment and helped me stay open to practicing new ways of being myself. There has also been quite a bit of magical phenomena in the journey of creating these guides which I point out in some examples.

These guides are designed to be practical and active, advising *how* to enact these principles. Each practice is infused with the intention of, in all things acting only *for the good of all and with harm to none*.

*As a writer, teacher and guide, I do not believe I know more or less than anyone else. I do not believe you can measure individuality or personal experience and understanding. I have no need for the reader to be or do anything. Of course I humbly hope these guides serve you well, but if not, I equally hope you find all it is you need to live a free and fulfilling life.*

If you feel these guides are not applicable or useful, you are welcome to contact me if you feel I could provide you with information in a different context, such as creative teaching for example, (music, writing, acting), as opposed to the active self-work in these guides. Or you are welcome to ask for general advice on matters outside of these guides. See [www.uniqueugifts.com/general-advice](http://www.uniqueugifts.com/general-advice)

*I do believe working on bettering any aspect of our lives, whether physical, mental, emotional, practical, or spiritual, naturally raises the energy of the entire system. This is why following the path of least resistance can sometimes be good. We start somewhere and somehow improve other things we weren't even thinking about. I wish to see humanity come to a state where it is able to heal itself, individually and globally.*

*"It doesn't matter where you start, just start"<sup>2</sup>*

### *Notes to reading*

Many guides are offered freely, and can act as Companion guides for All guides.

All guides begin with *Affirmations* (a phrase to be repeated and integrated into the psyche), and *Actions*, so even if one doesn't get far into the guide, they have an instant option to practice if desired.

Please note for all recommendations I can only refer to and suggest references I have come across. We live in a very big world with voluminous amounts of information available. Each person has their own unique ways of drawing to themselves the information they seek, so of course I advise trusting one's intuition in finding all healing materials, practices, guides, and practitioners.

---

<sup>2</sup> Stars in the making, *Change from within*, Words and Music Copyright © 2005.

There are specific phrases in the guides which may really stand out to you, any phrases which has a significant pull I suggest writing them down on a separate sheet of paper, or if you print the guides, to highlight the text. I find in my own learning when reading healing books and materials, it's easy to find messages of significant meaning, but not so easy to integrate the meaning, as I may read the passage and think, "Yes, that's it!" and then keep reading and later forget about those key messages.

### *Code of conduct and guide details*

#### *Respect*

My philosophy is one of non-judgement and compassion for all things. I have realised in writing these guides much of my philosophy is imbued with the principles of Reiki, such as working with integrity, appreciation for all life, respect for healing energy, humbleness, and respect for all living things.

#### *Intention*

All information in these guides is designed to support changes which could enhance one's life and wellbeing. There are no expectations for anyone to do so, this would be arrogant and disrespectful (the opposite of *working with integrity*). If any information is not useful, please disregard it. It may be useful for another reader. All I can do is make the information available. *I wish every reader well!*

#### *Non-judgement*

I do not have any expectations for the reader to do anything in relation to these guides, but I do encourage all readers to trust their own instincts in relation to what is best to implement to improve things they may well want to improve, whether this is inspired from the guides or not. I do believe it can be a trap for us to define ourselves as 'set' in a certain way, and self-judgement often does this. It prevents us from trying new things when we are not even willing to change our perspective or set ideas about something. We presume if we are not successful, as an example, it must be our own or someone else's fault, but what if neither were true? What if the pattern had to do with something else altogether; no blame required? In writing these guides I am acutely aware of the huge differences in beliefs amongst every single reader. This uniqueness is completely normal! (Please see the *Being neutral* guide.) As a practice, the reader is also welcome to take on this view, to look at the various examples and even wonder of the response of other readers with different views to yours again. Whether we agree or disagree with others, or indeed if you agree or disagree with anything written in these guides, I am suggesting in looking at it from a bird's eye perspective, through the eyes of a thousand readers, or millions of readers, allows the option to note how normal it is for humans to have such an eclectic range of unique responses and perspectives to information they receive from the external world.

#### *Examples*

I write intuitively, therefore many of the examples spring from the moment, and are not meant to indicate specific situations. Where examples are based on real experiences I have stated so. If some examples feel

too personal, or annoying, or are not relevant, the reader is encouraged to disregard or adapt them to their own specific circumstances where it is useful.

In each guide, I have listed a personal example in the *Philosophy* sections, as my philosophy is formed from my personal experiences. Although people only learn from their own experiences, sometimes hearing the tangible experiences of others can inspire more confidence in the benefits of specific wellbeing practices. There are personal examples throughout the guides.

All advised in these guides are practices which I do personally which continually enhance my wellbeing and enrich my life. In the journey of writing these guides, it has made me even more so want to clear any negative entanglements, and heal any hypocrisy in the way I live my life.

### *Language*

Again, because I write intuitively, there may be times where it seems I have strayed off topic, and even some colourful language here and there! In editing these guides, the goal of course is to be succinct and create ease of reading. A writer could not possibly cater to every single reader's specific preferences, so I can only write the way I feel is best, and anything which is judged, if it is, could be used to show the truth of something for that reader, i.e., it is not a judgement in itself to say it is true what we judge reflects our own personal mindset. We often think the word 'judgement' is negative, and often our judgements are but it also the way we perceive something due to our own belief system, therefore having a judgement in itself doesn't necessarily need to be considered good, bad, or otherwise. It is a reflection of the truth of what one currently believes. In relation to *repetitiveness*, where it is present, is where I have considered the reiteration to be pertinent, and positive to reassert. On this point I do like Hay's statement: "Remember, you have been criticising yourself for years and it hasn't worked. Try approving of yourself and see what happens."<sup>3</sup>

There may be thoughts, beliefs, reactions, and opinions the reader has which contradict things written in these guides. This is an indicator of each human's natural differences (unique spatial viewpoint), or it could be bringing something into awareness, which could even be challenging to a negative mind-set. Many people, including myself, have become so accustomed to negative thinking, we may need to hear the 'good, new information' many, many times, to even come close to competing with and matching, any negative beliefs.

For those who are sticklers for 'using language correctly', please note I sometimes may adjust words to suit my meaning, even if they are not 'correct' English, or 'incorrectly' interchange you/I/we, again, where the pronouns I feel can be interchangeable.

An apology to American readers, as I have adhered to the English standard in relation to using -ise instead of -ize, e.g., recognise; and also centre, instead of center, et cetera. Feel free to give feedback on this because I am quite open to creating an American standard version. These guides are currently available in English. For non-English readers, please advise via email if you require a translation.

---

<sup>3</sup> Hay, Louise L, *You can heal your life*, Hay House Inc., USA, 1999, p. 9.

### *Use of terms*

When I use the terms *the Universe*, and *Universal*, I intend these terms to indicate the *All that is*. I acknowledge some may call this God, or some may not use any terms to refer to a higher power or spiritual energy. I agree with the mantra on Ashely-Farrand's CD, "Salutations to the principle of the guru that exists in everyone".<sup>4</sup> In my opinion, it takes a conscious being to acknowledge there is a Universe or a God therefore the individual 'knower' cannot be left out of the transaction, nor could they be 'helpless' to an omnipotent energy source, which is the same energy everything is made of. Study of quantum physics recognises scientifically, the invisible field which informs all things and which we ourselves influence!<sup>5</sup> As Lipton states: "*It's the invisible energy fields that give shape to the material world; you are an energy field*"<sup>6</sup>

A phrase which encompasses my philosophy is *for the good of all and with harm to none*. I believe this is a pretty standard and straightforward phrase for a human rights philosopher. I first discovered and adapted this phrase from a similar phrase used in workshops with the pagan teacher and songwriter Wendy Rule.<sup>7</sup> It aligns as well, with one of the Reiki precepts.

### *Mutual trust*

I, as you, have the right to self-respect, and to feel the respect of others, so I do ask for specific personal information shared in these guides to be considered as confidential, i.e., no passages shared on social media with negative intent! I also guarantee to the readers who choose the free *Intuitive guidance consult*, all shared information is treated as confidential. See *Instructions for Intuitive guidance consult*.

### *Audio*

Audio versions of these guides can be made available. Please request via email. I may tailor some recorded meditations to be used in conjunctions with these guides. Such materials are automatically free and can be made accessible to all recipients of guides.

### *Accessibility*

Please request and advise if translations, and brail is required.

### *Appearance*

Please note the key focus of these guides is the information, not the presentation. You are welcome to request changes (enlarged font, for example) if you require. Images are my own or sourced freely from Unsplash (lotus and forest images), see <https://unsplash.com>

---

<sup>4</sup> See Ashley-Farrand, Thomas, *Mantra meditation for creating abundance*, Sounds True Inc., Track 11, 2003.

<sup>5</sup> Braden, Gregg, *The divine matrix*, Hay House Inc., USA, 2007, pp. 37-58. Also see, Radin, Dean, *Supernormal*, Deepak Chopra Books, USA, 2013, pp. 257-266.

<sup>6</sup> Lipton, Bruce H., *An introduction to Spontaneous evolution*, DVD, Tampa Florida, Hay House Inc., 2012.

<sup>7</sup> See <https://www.wendyrule.com/>



Lotus images, *Empowering the empath* guide: <https://wallpapersafari.com/lotus-wallpaper-for-walls/>

Waterfall images: <https://www.pexels.com/search/waterfalls/>

### *Future changes*

These guides, may be altered in content, appearance, and pricing. All recipients of guides shall be emailed the updated versions in honour of the original purchase (including free guides).

### *Appropriation*

I, as the author of these guides, may borrow material from some guides to be used in related guides where I believe it is appropriate.

## *Disclaimer*

*I, Jess Mansfield, as “the author” of these guides, is hereby exempt of any and all responsibility for any actions taken or not taken by the reader, in the purchase of these guides, including free guides. The author cannot, and does not, presume to know what is best for the reader, and the information offered, although intended to be useful, is given without expectation, or guarantee, of any results.*

*All Wellbeing guides content is copyright. You are welcome to share these guides with people you know, however it is appreciated reciprocation is honoured where possible as set out in Payments.*

*The author does not dispense medical advice and advises these guides are **not** to be used in replacement of any necessary physical, mental, or emotional support, and treatment which one may require. In all such circumstances, the author advises professional advice be sought.*

*These guides are specifically intended to provide information which may or may not be helpful in enhancing one’s holistic wellbeing.*

## *Payments*

I do not know how many hours it has taken to write, edit, and present these guides. Some of the guides are shared freely, but as an act of self-respect and in recognition of my work, reciprocation is worth establishing for the more voluminous guides. My Reiki master described this concept in such a straightforward way when explaining the protocol on how to decide when or if to ‘charge money for Reiki sessions’.

*“The idea you can pay someone money for Universal energy is silly. Healing energy is freely available to all who engage with it. But what you can charge a fee and ask reciprocation for is the time and focus required to be the facilitator of that energy.”*

Guides are priced according to length or density of content. Some guides are offered as a free companion to purchased guides, where I feel it may be needed. Some guides are offered freely where the information is of more worth than the fee! Of course 'pay as you feel' donations are welcome if readers experience any improvement from one of the freely offered guides.

For those who don't feel they can afford guides, or can only make small donations, are asked where possible to like social media <https://www.facebook.com/uniquegifts> and link to free guides here [www.uniquegifts.com/wellbeing](http://www.uniquegifts.com/wellbeing) or to share with trusted people who may want to purchase these guides.

*Any and all support in my endeavours to share this work  
is greatly appreciated.*

### *Pricing*

Please see: *Offers and discounts*

<i>Self-truth for healing</i>	<i>Free companion guide</i>
<i>Practical relaxation</i>	<i>Free companion guide</i>
<i>Healing conditioning</i>	<i>Free companion guide</i>
<i>Healing interactions</i>	<i>Free companion guide</i>
<i>Handling confrontation</i>	<i>Free small guide</i>
<i>Being Neutral</i>	<i>Free</i>
<i>Healing addictions</i>	<i>Free small guide</i>
<i>Healing the runaway helper</i>	\$15
<i>Healthy assertiveness</i>	\$20 *Free companion guide: <i>Healing the runaway helper</i>
<i>Empowering the empath</i>	\$25
<i>Healing relationships</i>	\$25 *Free companion guide <i>Healthy assertiveness</i>
<i>Personal healing</i>	\$30
<i>Personal alchemy</i>	\$35
<i>Universal healing</i>	\$25 *Free companion guide: <i>Personal healing</i>

*All guides: \$100 (\$75 discount) Bank transfer is preferred.*

## *Sharing this material*

These Wellbeing guides are a culmination of work I have been wanting to get into the world for many years. It has taken time, frustration, patience, and tenacity to bring this work into a practical format which can be accessed easily. Payments are to recognise and respect my own time, effort, and care taken in preparing these guides. For these reasons I ask each reader who wishes to share this information to approach in a way which is respectful to all parties, including me, the writer.

### *Guidelines to sharing*

1. I ask each reader who feels there is valid information in these guides, to share only with the same intention as I am sharing; never to judge, or enforce, or push others to 'read these guides' and 'do this work', but to offer in respect of the 'free will of all' in simply stating "I have come across some information which I feel is useful for me, and which you may or may not be interested in. The author has advised I can share *up to 5 copies* freely with trusted folk, but has also asked remuneration be given for those who are happy to purchase"
2. I think it's preferable to limit copies of any guides you purchase to the few people where you feel you can openly offer as stated, preferably acting in non-judgement and free of expectation, "Here's the link"
3. You are, of course, 100% welcome to share the link to these guides on social media! Any reader who supports this work online, and brings readership in recommending to family, friends, and to people when it feels right to, please email me and I'll email you *a free guide of your choice*

*All readers are welcome to share the free guides liberally.*

## *Free Intuitive guidance session (optional)*

For purchase of any guides (including free guides), a free *Intuitive guidance session* via email only is on offer. *Please note: this is **not** a counselling service and the author/intuitive guide Jess Mansfield is relinquished of any responsibility for any actions taken or not taken by the client relating to any advice relayed from these sessions. Jess Mansfield does not dispense any advice meant to act in replacement of professional health advice, counseling or medical treatment. All information is treated as confidential.*

*Intuitive guidance* is not meant to replace in any way, the answers one needs to find for oneself. The guidance is designed to support one in their own quest for greater personal fulfilment, and reflect the awareness one may have forgotten they have access to, in recognising one's own unique truth in any situation.

## *Instructions for Intuitive guidance consult*

*Non-urgent enquiries only.*

*The general advice in regards to self-care, is usually as follows: if one requires medical help, one sees a doctor; if one requires psychological support, one sees a counselor; if one requires healing support, one sees an energy healer; and so on.*

*The intuitive guidance offered could be best described as holistic support of a practical nature. All this work is designed to facilitate and support self-empowerment. If one is seeking guidance it is ideal one is concurrently open to the possibility of a solution or shifting perspectives. I also cannot guarantee what advice could be offered.*

*You may want to read more info and testimonial at the link <https://uniquegifts.com/general-advice/>*

1. Email [jess@uniquegifts.com](mailto:jess@uniquegifts.com) 1-2 sentences highlighting specific issues which you want clarity on. Examples could be a decision which has been nagging at you; a health practice you're struggling to implement; an unresolved issue in a relationship, and also, any questions relating to anything as set out in these guides

2. All my work is *Guidance only*. As the disclaimer states, I cannot guarantee or be responsible for any outcomes, or any actions taken or not taken in regards to any advice given. I do ask all emails be written with respect and awareness as to how information is shared. It is also asked that the enquiries are genuine, i.e., it is something which you are open to considering new information on

3. For those who may find it hard to voice what they want clearly, are welcome to try this formula, or even copy and paste these questions into the email with short, succinct answers

*What is the current energy/theme/idea/problem which you really wish you could change or resolve?*

*Is one thing in particular, a specific habit, pattern, person or situation, causing upsetting reactions, and how long has it been this way?*

*Is there something you really want, desire, and have worked hard to achieve, but it's still eluding you and you don't know why?*

All guidance is infused with the principles of non-judgement, therefore things one may perceive as a silly thing to ask, or haven't asked for guidance on before, are welcomed. Because as a practitioner to enact non-judgement I myself must be neutral, it really doesn't matter one way or the other what information is shared or what is asked. I can only ask, as I ask anyone, to communicate in ways which support mutual respect, and again, for those who need to, *seek professional counselling*.

*Please note: As a qualified Reiki Master and Teacher (BTeach), I am required in my own ethics to treat all information shared as confidential, but as teacher I am bound by professional ethics and it is advised again, serious issues and crises which require professional support are not to be shared and **cannot** be addressed using this service.*

## Money back guarantee

If you have transferred monies and genuinely feel you have not received any value from the guides, I am offering a no questions asked refund. Please email 'Refund this guide', is all the info I need.

## Offers and discounts

*Concessions – 20% off any/all guides*

*Donations – pay what you feel*

*Loyalty rewards – 15% off any service from purchase of 3 guides <https://uniquegifts.com/services/>*

## Contact

You are welcome to write to [jess@uniquegifts.com](mailto:jess@uniquegifts.com) for the following reasons:

- to enquire about any of these guides or offers*
- to request fee waivers*
- to share something you feel compelled to share on how one or more of the guides may have helped*
- to ask a genuine question about any of the guides*

*I do ask all contact is respectful in nature. Keep in mind for any reader who is dissatisfied with the guides, I ask they not contribute negative feedback or complaints, but rather ask for a refund. "Please give my money back" with the bank details is all the information I need. In this way, no money has been wasted, and only the time spent on reading the 'obnoxious' guide was wasted. Not too much damage and probably worth the risk in hope of finding something worthwhile.*

*If a reader truly feels a point of contention is so strong and must be shared, I cannot guarantee I can reply or engage with such dialogue. Where at all I deem reasonable, of course I am open to responding. These guides have been written with the intention to support wellbeing, not make it harder to achieve. The money back guarantee is essentially my way of indemnifying myself of responsibility as guaranteeing these guides could help anyone is as naïve as thinking I could understand every person's unique needs! If you have any issues at all as a reader, please do ask for a full refund.*

*Thank you to All who have supported the creation of these guides, and most especially to my computer, the hero, and the Universe who helped us through some epic MacGyver repairs. Thank you All for the continued support.*

*I wish all readers the very best, and Universal compassion and support, always.*

*Yours sincerely,  
Jess Mansfield*