

Ellen Farrell

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HOLISTIC LIFE COACH ~ INTUITIVE ~ ADVANCED ENERGY MEDICINE, REIKI MASTER

## **WELLNESS SUPPORTIVE MEASURES – SERVICES AGREEMENT INFORMATION**

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ELLEN IS A LICENSED COUNSELOR, CERTIFIED REIKI MASTER, & CERTIFIED NESTA YOGA INSTRUCTOR, AND HAS BEEN PRACTICING YOGA AND MEDITATION OVER 30 YEARS, AND REIKI SINCE 1987. SHE IS ALSO A GRADUATE OF THE 4-YEAR EDEN ENERGY MEDICINE CERTIFICATION PROGRAM, AND IS AN EDEN ENERGY MEDICINE CERTIFICATION PROGRAM-ADVANCED PRACTITIONER (EEM-AP).

**SEE THE INFORMED CONSENT FORM, ENERGY MEDICINE INFORMED CONSENT FORM, WHAT YOU NEED TO KNOW, CSML/REGRESSION FORM/CONTRACT, FOR MORE INFO.**

ELLEN'S YOGA INCORPORATES ENERGY MEDICINE EXERCISES AND HER YEARS OF YOGA AND MEDITATION TRAINING FROM NY TO LA AS WELL AS ALEXANDER TECHNIQUE AND HER EXPERTISE FACILITATING YOGA AND MEDITATION GROUPS AT THE SAVANNAH COLLEGE OF ART AND DESIGN (SCAD), WHERE SHE WAS A COUNSELOR AND WELLNESS SPECIALIST. ELLEN BEGAN THE STUDY OF MEDITATION AND EASTERN AND NATIVE PRACTICES AS A TEENAGER, AND IN 1981, BEGAN PRACTICING TRANSCENDENTAL MEDITATION. SHE TEACHES AN ECLECTIC MIX, FOCUSING ON THE NEEDS OF THE INDIVIDUAL (RELAXATION, FOCUSING, & HEALING TECHNIQUES, CHAKRAS AND OTHER ENERGY SYSTEMS, NATURE, AND DIVINE CONNECTION). ELLEN IS AN EMPATH AND PSYCHOLOGICAL INTUITIVE. SHE CONTINUES TO BE GRATEFUL TO THE GUIDANCE, WISDOM, AND PRESENCE OF SPIRIT, WHICH BRINGS MESSAGES OF LOVE, WISDOM AND TRUTH.

### **REIKI**

REIKI IS AN EXCELLENT ADJUNCT TO THERAPY AND FOR MAINTAINING OVERALL WELLNESS. THIS NURTURING MEDITATIVE EXPERIENCE ALLOWS STRESS, PAIN AND TENSION TO MELT AWAY. PRONOUNCED 'RAY-KEY', REI- MEANS UNIVERSAL, AND -KI MEANS THE LIFE FORCE ENERGY THAT FLOWS THROUGH ALL LIVING THINGS. REIKI IS THE ANCIENT SCIENCE OF APPLYING THIS ENERGY TO EXPERIENCE A STATE OF WELLNESS AND RELAXATION, PROMOTING BALANCE, HEALING, AND WHOLENESS. ELLEN INCORPORATES REIKI INTO ALL HER SESSIONS.

***IN TYPICAL REIKI SESSIONS THE CLIENT*** RECEIVES GENTLE YET POWERFUL ENERGY THROUGH HAND PLACEMENTS AROUND 7 KEY ENERGY CENTERS CALLED CHAKRAS. TYPICALLY, THIS PLACEMENT MAY INVOLVE DIRECT CONTACT OR THE PRACTITIONER'S HANDS MAY REST ABOVE THE CLIENT'S BODY (AS WITH THE FIRST CHAKRA) – ESPECIALLY WHEN THIS IS MEDICALLY OR THERAPEUTICALLY INDICATED. THE FIRST 2-4 SESSIONS OFTEN COVER BASIC ENERGY ISSUES, AND ELLEN'S DEEP CHAKRA WORK (WHERE TIME ON EACH POSITION VARIES AS TIME READING, HEALING, BALANCING & ANCHORING DEPENDS ON THE NEEDS OF THE CLIENT). AS A PSYCHOLOGICAL INTUITIVE, ELLEN DELIVERS REIKI ENERGY WHILE READING THE DEEP LAYERS OF CHAKRAS (REVEALING TRAUMA & IMBALANCE TO BRING ABOUT CLARITY & HEALTH), CREATING FLOW AND ANCHORING INTO THE CORE STAR. ELLEN ALWAYS CALLS UPON THE HIGHEST LEVELS OF LOVE, WISDOM AND HEALING.

### **MEDITATION/YOGA**

MEDITATION IS A POWERFUL TOOL FOR MANAGING STRESS! GAIN CLARITY OF INTENTION; RAISE AWARENESS, BALANCE, AND CONNECTION TO INTUITION. TYPES OF GUIDED MEDITATION FACILITATED BY ELLEN MAY BE MINDFULNESS, CONCENTRATIVE, VISUALIZATION, CHAKRA CLEARING/BALANCING, GUIDED IMAGERY, HEALING & GROUNDING, RELATIONSHIP BOUNDARY WORK, NATURE, BREATH/LIGHT IMAGERY, CONNECTION WITH GUIDANCE & HIGHER AWARENESS. YOGA (WHICH MEANS *TO MERGE WITH THE DIVINE*) POSTURES/ASANAS MOVE ONE TO NOT ONLY INCREASED RANGE OF MOTION AND FLEXIBILITY, DETOXIFYING THE BODY & IMPROVING ENERGY LEVELS, BUT ALSO INCREASES INNER PEACE, ASSISTING YOU IN ACHIEVING HIGHER CONSCIOUSNESS, AND GREATER INTUITION & SPIRITUAL AWARENESS.

### **REIKI/YOGA/MEDITATION/ENERGY SYSTEMS SESSIONS**

**POLICIES AND PROCEDURES** – ELLEN INTEGRATES MANY MODALITIES TO SUPPORT BALANCE AND HEALING: REIKI ENERGY (SINCE 1987), YOGA, MEDITATION, VISUALIZATION, & OTHER TRAUMA HEALING MODALITIES SUCH AS: EMDR, ENERGY PSYCHOLOGY (EFT), PAST LIFE REGRESSION THERAPY, ENERGY MEDICINE EXERCISES, KINESIOLOGY CHECKS, CORRECTIONS, AND ENERGY TREATMENTS, FLOWER ESSENCE EVALUATIONS, CHAKRA/ENERGY READING, CLEARING, BALANCING – AND CORE STAR MATRIX HEALING. THESE ARE INTEGRATED WITH CBT, AND TALK-THERAPY PROCESSING – AS DISCUSSED AND AGREED UPON WITH CLIENT. DURING ENERGY WORK:

- ❖ ***THE CLIENT REMAINS FULLY CLOTHED FOR ALL ENERGY MEDICINE TECHNIQUES***, & MAY BE STANDING, SEATED, OR RECLINING ON MESSAGE TABLE. DIRECT CONTACT MAY BE MADE (WITH PERMISSION), WITH THE PARTICIPANT'S HEAD, FACE, NECK, UPPER BACK, HANDS AND ARMS, ETC. IN ADDITION, FOR TEACHING PURPOSES, THERE MAY BE LIGHT TOUCH, PHYSICAL ADJUSTMENTS OR CONTACT AS NEEDED (RELATED TO SHOWING PROPER ALIGNMENT, ENERGY FLOW OR BODY POSITION RELATED TO THE PHYSICAL HEALTH AND SAFETY OF THE CLIENT). ONGOING FEEDBACK FROM THE CLIENT FOR THEIR ULTIMATE COMFORT IS ENCOURAGED DURING THE WORK.
- ❖ PRIOR TO TREATMENT THE CLIENT WILL DIVULGE ANY RECENT INJURIES, SURGERIES, AREAS OF DISCOMFORT, SENSITIVITY, OR PAIN.
- ❖ WELLNESS AND ENERGY MODALITIES SUPPORT OVERALL HEALTH, AND ARE COMBINED WITH PSYCHOTHERAPY SERVICES. HEALING IS A BODY-MIND-SPIRIT EXPERIENCE! ALSO, A SPECIFIC MODALITY MAY BE REQUESTED FOR INDIVIDUAL SESSIONS. SEE BROCHURE AND/OR INFORMED CONSENT FORM/S FOR FEES. FEES MAY CHANGE, AND ARE TO BE PAID PRIOR TO, OR ON THE DAY OF EACH SESSION.

***REIKI, EDEN ENERGY MEDICINE, CORE STAR HEALING, EMDR/EFT, PAST LIFE REGRESSION THERAPY, FES BACH FLOWER EVALUATIONS, AND YOGA/MEDITATION, WHICH SUPPORT STRESS MANAGEMENT, AND ENERGETIC – EMOTIONAL HEALING ARE NOT MEDICAL PRACTICES. THEY ARE TO BE USED AT YOUR DISCRETION. PLEASE SEEK APPROPRIATE MEDICAL ADVICE AS NEEDED. ELLEN DOES NOT DISPENSE DIAGNOSES OR PRESCRIPTIONS.***

I agree that Ellen Farrell will not be liable for injuries or damages to my person or property arising out of or connected with, the use of services or facilities related to the instruction, or the premises in which the same are located. I do hereby forever release and discharge Ellen Farrell from all such causes of action. I agree that all exercises and lessons shall be undertaken at my sole risk. For example, if I do not follow proper alignment and instructions given by teacher (i.e., practice must be done in bare feet), it is possible to twist, strain or pull ligaments, joints, muscles, etc.

*I have read and understand the above statements. I have had the opportunity to ask questions about the statements above. I have been provided access to a copy of this form and the contact number. Signing the Informed Consent Form implies agreement with the above.*

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CLIENT SIGNATURE

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DATE