

Ellen Farrell

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MA, NCC, LPC, EEMCP ~ LICENSED COUNSELOR ~ PSYCHOLOGICAL INTUITIVE ~ REIKI MASTER

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

### **INFORMATION**

ELLEN IS A LICENSED COUNSELOR, CERTIFIED REIKI MASTER, & CERTIFIED NESTA YOGA INSTRUCTOR, AND HAS BEEN PRACTICING YOGA AND MEDITATION FOR OVER 25 YEARS, AND REIKI SINCE 1987. SHE IS ALSO A CERTIFIED PRACTITIONER OF EDEN ENERGY MEDICINE (EEM-CLP), AND HAS COMPLETED GRID/REGRESSION, 4<sup>TH</sup> YEAR ADVANCED TRAININGS. **SEE THE INFORMED CONSENT FORM FOR EDEN ENERGY MEDICINE... BY SIGNING THIS DOCUMENT, YOU ALSO AGREE TO THE EEM INFORMED CONSENT FORM TERMS.** ELLEN'S YOGA INCORPORATES THE 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 & HEALING TECHNIQUES, CHAKRAS AND OTHER ENERGY SYSTEMS, NATURE, AND DIVINE CONNECTION). ELLEN IS AN EMPATH, AND PSYCHOLOGICAL INTUITIVE, AND TEACHES MEDITATION TO GROUPS AND INDIVIDUALS. SHE CONTINUES TO BE GRATEFUL TO THE GUIDANCE AND PRESENCE OF SPIRIT, WHICH BRINGS MESSAGES OF LOVE, WISDOM AND TRUTH.

### **REIKI/ENERGY MEDICINE**

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.

**THE CLIENT** RECEIVES GENTLE YET POWERFUL ENERGY THROUGH HAND PLACEMENTS AROUND 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, & WHENEVER THIS IS MEDICALLY OR THERAPEUTICALLY INDICATED. SESSIONS MAY COVER ALL CHAKRAS (TIME ON EACH AREA VARIES BECAUSE READING, CONNECTING & BALANCING CHAKRAS DEPENDS ON THE NEEDS OF THE CLIENT). AS A PSYCHOLOGICAL INTUITIVE, ELLEN DELIVERS REIKI ENERGY WHILE READING THE DEEP LAYERS OF CHAKRAS (REVEALING THE PREVAILING STATUS AND THOUGHTS, STUCK ENERGIES, TRAUMA, SHIFTING STATUS INTO BALANCED CLARITY & HEALTH); IMPROVING FLOW AND CONNECTING THEM TO EACH OTHER & THE CORE STAR/GRID, & TO THE HIGHEST LEVELS OF SPIRITUAL AWARENESS, & GROUNDING WITH THE EARTH ENERGY GRID.

### **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, DETOXYFING THE BODY & IMPROVING ENERGY LEVELS, BUT ALSO INCREASES INNER PEACE, ASSISTING YOU IN ACHIEVING HIGHER CONSCIOUSNESS, GREATER INTUITION & SPIRITUAL AWARENESS.

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

**POLICIES AND PROCEDURES** – ELLEN WORKS WITH REIKI ENERGY (SINCE 1987), YOGA, MEDITATION, VISUALIZATION, & OTHER HEALING MODALITIES SUCH AS: EMDR, ENERGY PSYCHOLOGY (EFT), PAST LIFE REGRESSION THERAPY, DONNA EDEN ENERGY MEDICINE EXERCISES, CHECKS, CORRECTIONS AND TREATMENTS, FLOWER ESSENCE EVALUATIONS, CHAKRA/ENERGY READINGS AND EVALUATIONS, AND CHAKRA CLEARING AND BALANCING. THESE MAY BE INCORPORATED – AS DISCUSSED AND AGREED WITH CLIENT. DURING CHAKRA ENERGY WORK:

**THE CLIENT REMAINS FULLY CLOTHED FOR CHAKRA WORK AND ENERGY MEDICINE TECHNIQUES.** & MAY BE STANDING, SEATED, OR TYPICALLY RECLINING ON MASSAGE TABLE. DIRECT CONTACT MAY BE MADE 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). THE CLIENT WILL BE INFORMED WHERE TOUCHING MAY OCCUR DURING TRACING OF RADIANT CIRCUITS, MERIDIANS, OR HOLDING POINTS, ALLOWING FOR FULL ONGOING CONSENT.

PRIOR TO TREATMENT THE CLIENT WILL DIVULGE ANY RECENT INJURIES, SURGERIES, AREAS OF SENSITIVITY OR PAIN.

WELLNESS MODALITIES MAY BE COMBINED WITH PSYCHOTHERAPY SERVICES IN ONE SESSION, OR A SPECIFIC MODALITY MAY BE REQUESTED IN INDIVIDUAL SESSIONS. SEE BROCHURE AND/OR INFORMED CONSENT FORM/S FOR FEES. FEES MAY CHANGE, AND ARE PAID PRIOR TO EACH SESSION.

**REIKI, EDEN ENERGY MEDICINE, EMDR/EFT, PAST LIFE REGRESSION THERAPY, FES BACH FLOWER ESSENCES, YOGA/MEDITATION ARE NOT MEDICAL PRACTICES, AND ARE TO BE USED AT YOUR DISCRETION. PLEASE SEEK APPROPRIATE MEDICAL ADVICE AS NEEDED. ELLEN DOES NOT DISPENSE MEDICAL DIAGNOSES OR PRESCRIPTIONS, NOR DOES SHE ENDORSE ANY PRODUCTS FOR YOUR USE.**

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 with a copy of this form, or access to it online, the EEM Informed Consent Form, and the contact number.

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CLIENT SIGNATURE

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DATE