



The Five Facets

let healing begin

New Client Communiqué and Consent Form

Integrated Energy Therapy® (IET®) and Reiki Energy Therapy Services

Welcome, Journeyer!

I am honored and happy for this opportunity to work with you and look forward to helping you be well, work well, and do well by helping your body to let go of the energy that is no longer serving you in helpful and positive ways .

Below is some information you need to know, as well as the consent statement that allows us to proceed in helping you move forward in living your best life, the life you not only dream of, but the one you **deserve**.

I'm so excited to partner with you on this leg of your journey and look forward to hearing about the many new and life-changing experiences you are creating for yourself!

Please print and read this document before completing the electronic, new client consent form.

Things you need to know.

1. I am not a doctor
2. I do not practice medicine
3. I do not diagnose or treat for a specific illness.
4. I do not prescribe or adjust medication.
5. Content and services provided by The Five Facets are designed to support, not replace, medical or psychiatric treatment.

What is energy therapy?

Integrated Energy Therapy (IET®) and Reiki energy therapy are gentle, hands-on energy techniques used for relaxation and stress reduction; they can be performed in person or, since energy is universal, they can be performed remotely (Distance Therapy). Practitioners believe that our physical, emotional, mental, and spiritual bodies retain energies from our experiences. IET® works with our 12-strand spiritual DNA and addresses nine cellular memory areas to adjust these retained energies by helping the body release negative energy and to restore the space with the energy's positive counterpart (ie safety replaces fear.) Reiki helps to balance the body's natural energy system by aligning the Chakra system and removing energy blockages.

Clients may or may not feel these shifts as they occur during the session. Clients may also experience warmth, a tingling sensation, lightheadedness, or an emotional release during a session. Clients often feel relaxed, balanced, as well as energetically and emotionally freer following the sessions.

What do IET® and Reiki do?

IET® and Reiki energy therapies help prepare the body for the work you are doing to realize your dreams, to live your best personal, professional, and philanthropic life, and to help you achieve your life purpose and soul mission with a little more ease by:

- 1) Promoting energetic balance
- 2) Fostering relaxation and reducing stress on the body
- 3) Clearing limiting energy blockages from the body

How does Distance Energy Therapy Work?

- 1) You (client) will choose a quiet place free from distractions where you may experience relaxation and interaction with your practitioner.
- 2) You will call 607-288-FIVE (3483) at the scheduled time; the line will remain open during the session to allow for pertinent interaction. You are responsible for all phone charges.
- 3) Though the above are the preferred methods, you also have the option of going about your day during the scheduled time and the practitioner will send a follow-up e-mail following the session.
- 4) Just as “Rome wasn’t built in a day,” your energy is comprised of many layers and years of conditioning. Subsequent sessions will help reach and release those limiting energy areas. We are continually exposed to negativity and loss; setting a maintenance program is like investing a million bucks in your Wellness account.

Comprehension and Consent

My electronic signature indicates that I give my consent to an IET® Energy Therapy or Reiki session as indicated on the intake form. I understand that my information will be held in the strictest of confidence. I understand that I may discontinue my session at any time. I believe I am ultimately responsible for maintaining my health in the best way that is within my understanding. I understand and acknowledge that no guarantees have been made to me regarding the effects of these services. These services are offered with the intention to enhance relaxation and stress reduction. I understand that prior to my first Energy Therapy session I will receive an explanation of the description of the session. I also understand that the session involves the use of hands-on and hands-off light touch energy therapy (Distance Therapy uses sensory and visualization techniques) while I am fully clothed, and given the highest regard for my personal space and comfort. I understand that missed appointments will be forfeited and no refund will be given, though the practitioner will make every effort to reschedule your session.

I understand that The Five Facets materials, programs, and services are not intended to provide and do not constitute medical, legal, or other professional advice. The content and services provided by The Five Facets are designed to support, not replace, medical or psychiatric treatment. *Except in the case of gross negligence or malpractice, I or my representative(s) agree to fully release and hold harmless (Annah Elizabeth) from and against any and all claims or liability of whatsoever kind or nature arising out of or in connection with my session(s).*