



# Essential Life Mastery Coaching & Healing

Melissa Ferreira

Light Body Mentor, Reiki Master/Teacher,  
Soul Angel Card Reader

Essential Life Mastery Coaching & Healing is committed to assisting you achieve your goals through self-awareness, to make profound and lasting changes to your life. This process requires you to be truthful, accountable and willing to do the work needed to transform. Together we will use essential keys to unlock the blocks preventing forward growth!

It is crucial to the process that you the client be committed as well to the following guidelines provided below.

- We agree to work together in this process of “growth and healing” for a better life. To identify the gaps preventing movement and using the suggestions to a achieve goals. Consciously living out personal values to move forward in reaching and maintaining goals to your joy and purpose.

- I will serve as a guide to assist you in overcoming your unique and individual struggles. I will provide for you, perspective, tools and encouragement while assisting you in your path to uncovering your own truth, intuitive voice and self-love. Guiding you to find the answers that are already within you. I will always maintain the highest levels of ethics, integrity, accountability and responsibility in order to help this process.

- I welcome communication between our sessions via email, (melissapeshka@yahoo.com) It is expected during this “relationship” that if you find yourself in a quandary that needs assistance or to share a milestone.

- I recommend a minimum of 4 sessions commitment to begin. This ensures us time to work towards goals set forth by you.

- Individual sessions or packages will be paid in full prior to first session. Check, cash, Venmo or Zelle.

One 90 min Session \$150.00  
Two Session Package \$270.00  
Four Session Package \$540.00  
Six Session Package \$810.00  
Eight Session Package \$1080.00



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- Each session will be private and free from distractions.
- We agree to arrive on time for scheduled appointments. Please give a 48-hour notice of cancelation. I understand emergencies do arise and each occurrence will be dealt with on a case-by-case basis. If two “no shows” occur without notification, the coaching relationship will have to be evaluated.

Signature\_\_\_\_\_ Date\_\_\_\_\_



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## CONFIDENTIALITY AGREEMENT

As your Light Body Reiki Mentor, any information shared during your session will remain confidential.

This process will never be judgmental regarding information shared.

If a time comes that such information need to be shared with a doctor or therapist for your care, it will not be done without your written consent. If a thought of safety is an issue with you or anyone involved with you, I will immediately consult with an appropriate professional.

Melissa A Ferreira

Light Body Reiki Mentor

Signature\_\_\_\_\_ Date\_\_\_\_\_



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## CLIENT INTAKE FORM

NAME \_\_\_\_\_ Date \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ Cell \_\_\_\_\_

DOB \_\_\_\_\_

EMAIL \_\_\_\_\_

EMERGENCY NAME/NUMBER \_\_\_\_\_

CLIENT SIGNATURE \_\_\_\_\_

MEDICAL HISTORY: PAST INJURIES/SURGERIES/ILLNESSES \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

ALLERGIES \_\_\_\_\_

\_\_\_\_\_

MEDICATIONS \_\_\_\_\_

\_\_\_\_\_

OTC \_\_\_\_\_

STRESSORS \_\_\_\_\_

\_\_\_\_\_

EXERCISE \_\_\_\_\_

\_\_\_\_\_

RELAXATION TECHNIQUES \_\_\_\_\_

\_\_\_\_\_

GOALS FOR THIS SESSION \_\_\_\_\_

\_\_\_\_\_

\*SESSION NOTES \_\_\_\_\_

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## REIKI SERVICES RELEASE FORM

Client Information:

- Name: \_\_\_\_\_
- Address: \_\_\_\_\_
- Phone Number: \_\_\_\_\_
- Email: \_\_\_\_\_
- Date of Birth: \_\_\_\_\_

Emergency Contact: Name & Phone \_\_\_\_\_

### Acknowledgment and Consent:

I, the undersigned, acknowledge and understand that Reiki is a gentle, hands-on energy healing technique that promotes relaxation, reduces stress, and encourages the body's natural healing abilities. I understand that Reiki is not a substitute for medical or psychological diagnosis and treatment. It is complementary to other forms of therapy or treatment.

I hereby acknowledge that I am participating in Light Body Reiki sessions with my full consent.

I understand that my participation is voluntary and that I have the right to withdraw my consent and discontinue participation at any time.

### Waiver and Release of Liability:

Consent to Touch, I release Melissa A Ferreira with Essential Life Mastery Coaching & Healing from any liability, claims, or causes of action arising from any injury or adverse outcome that may occur because of my participation in Light Body Reiki sessions.

I understand that Reiki is a holistic, complementary practice and does not replace medical care provided by licensed healthcare providers.

I understand that Reiki involves light, non-invasive touch or may be conducted with the practitioner's hands slightly above my body.

I consent to this form of touch as part of the Light Body Reiki session.

I understand that there are no guaranteed results, and I freely and voluntarily assume all risks associated with Reiki sessions.

**Cancellation Policy:** I understand that I must provide at least 24 hours' notice to cancel or reschedule a session. Failure to do so may result in a cancellation fee.

**Photos:** I consent to my photo being taken and used for promotional items. **Circle** Y or N

**Client Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

\_\_\_\_\_  
Practitioner Signature: \_Melissa A Ferreira\_

Melissa A Ferreria

Date: \_\_\_\_\_