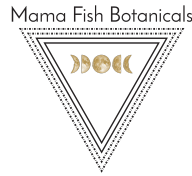


# Mama Fish Botanicals



Welcome! I'm so excited that you have chosen to embark on a your personal healing journey to wholeness. My intention is to support you in body, mind and spirit and to hold space for your healing restoring the natural state of your body bringing you into alignment with your true authentic self. I understand that the methods of this treatment may include, but are not limited to: energy balancing and harmonization, reiki, sound healing, shamanism practices, chakra balancing, meditation, visualizations, aromatherapy and botanicals support.

Reiki is a simple, gentle, hands-on energy technique that originated in Japan used for stress reduction and relaxation. I understand that Reiki and healing art practitioners do not diagnose conditions nor do they prescribe or perform medical treatment, prescribe substances, nor interfere with the treatment of a licensed medical professional. I understand that Reiki does not take the place of medical care. It is recommended that I see a licensed physician or licensed health care professional for any physical or psychological ailment I may have.

I understand that energy work is a generally safe method of treatment, but that shifts in energy can occur and may create some physical, emotional or spiritual side effects which may include physical tingling, feeling lighter energetically, mild fatigue, nausea, muscle soreness, headache, thirst, shifts of perception, etc. I do not expect the energy practitioner to be able to anticipate and explain all possible risks and complications of energy treatment, and I wish to rely on the energy practitioner to exercise judgment during the course of treatment which the energy practitioner exercises a best and highest interest for healing, based upon the facts then known and for my best interests and highest good. I will immediately notify the Shawna of any unanticipated or unpleasant effects associated with any of the energy modalities applied. I understand that results are not guaranteed.

# Mama Fish Botanicals



## Liability Waiver and Release

I, \_\_\_\_\_ am here to inspire my own personal healing and transformation. I take personal responsibility for my well-being with respect for myself. I acknowledge that Shawna Fisher with Mama Fish Botanicals, is not a medical doctor or mental health care professional, and accordingly cannot and will not provide me with medical advice or psychological advice. I will rely on my own medical practitioner or mental health professional for advice for medical or psychological advice.

I hereby release, waive, and hold harmless any claims against, Mama Fish Botanicals, Shawna Fisher or any associates or affiliates arising from or relating in any way to my participation in a reiki session. I take full responsibility and am responsible for all liability for loss, injury or other damages incurred while in association with or applying energy techniques.

I have carefully read this agreement and fully understand its content. I am aware that this is a waiver and release of potential liability and a contract between the above noted parties and myself. I understand that this contract is binding and acknowledge that I am signing this of my own free will.

Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_

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

Name: \_\_\_\_\_

# Mama Fish Botanicals



Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Are you currently under the care of a physician? \_\_\_ Yes \_\_\_ No

Current Medications and supplements: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Any significant medical history? If yes, please explain \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you have any allergies? \_\_\_ Yes \_\_\_ No  
\_\_\_\_\_  
\_\_\_\_\_

Are you currently pregnant? \_\_\_ Yes \_\_\_ No

Are you sensitive to perfumes or fragrances? \_\_\_ Yes \_\_\_ No  
\_\_\_\_\_  
\_\_\_\_\_

Are you sensitive to touch? \_\_\_ Yes \_\_\_ No

Have you ever had an energy medicine treatment before? \_\_\_ Yes \_\_\_ No

What do you hope to accomplish with this treatment?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Mama Fish Botanicals



Any additional considerations?

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Are these areas in your life balanced or out of balance?

- Personal Stress      Balanced / Out of Balance
- Work Stress          Balanced / Out of Balance
- Sleep                  Balanced / Out of Balance
- Exercise              Balanced / Out of Balance
- Meditation            Balanced / Out of Balance

What modalities are you interested in during your treatment?

- Reiki- Relaxing, bringing life force
- Sound Healing
- Vibrational healing with tuning forks- Planetary alignment for balancing and releasing
- Chakra Balancing- Harmonizing & balancing energy centers
- Cord Pulling - Releasing energy attached to what's holding you back
- Shamanic Healing - Receive guidance & clarity from helping spirits thru percussion
- Shamanic Divination - Receiving guidance on a question
- Learning ways to protect energy and stay grounded

## Treatment Options

Each session is a custom experience where we combine Mama Fish Botanicals, crystal therapy, meditation, shamanism practices, sound healing, aromatherapy and chromotherapy. My intention is to hold space to release physical, emotional and spiritual blockages stored within and around your body to realign your body/mind/spirit, harmonize your energy, balance your chakras, increase your personal vibrational frequency to bring you into alignment with your true self.

**Energy Medicine Treatment- \$120 hr / \$160 90 minutes**

First treatment includes a 7 Chakra Balancing Crystal set, Chakra Balancing guide and Mama Fish Bath Ritual

**Reiki Treatment- 1 hr \$90/90min \$130**