



Starting your healing journey

I am honoured to be joining you on your journey of healing and look forward to sharing many wonderful moments together. As everything has energy, energy healing can be applied to many areas of our life and in many ways, you will be directing this journey.

Whilst we will begin where you are and with a basic healing process, as we progress our journey can take many paths up the mountain. To ensure we follow the best route for you, it is best that I have the right information from you. Some of this will be in the client registration form, but more valuable than written information is the feedback you give before and after each healing session.

Learn to pay attention to your thoughts, energies and emotions; become aware of your reactions to everyday situations and be honest in your discussions with me. Everything we discuss is treated with the utmost confidentiality.

Energy healing is a sacred practice that has been around for thousands of years and whilst little has changed in principle, much has changed in the world we live. Therefore we need to make sure we follow best practice:

Before we begin, I will need a few things from you:

- 1) A completed client registration form.
- 2) If you are pregnant or have given birth in the last 10 days, I will need a signed letter of consent from your Doctor/Gynae confirming that you have informed them of our work. Otherwise a written waiver of this requirement for my files.
- 3) If you are under the age of 18 I will need consent from your parent or guardian who may also need to be present for our sessions.

What you will get from me:

- 1) Confidentiality. Our work will be completely confidential except in the rare cases where confidentiality is overridden by law.
- 2) Punctuality and Timeliness. Our sessions will be 1 hour long and I will be ready for you at the agreed time. If you are running late please let me know, however, I may be unable to extend our session due to scheduling requirements. If you are unable to attend a session, I ask for at least 12 hours notice.
- 3) Referrals. If I am unable to help you, or if I feel that you would benefit from working with another healer or a modality in which I am unqualified I will give you the contact details of someone who can assist you or help you find the right person.

Please note, we will not be able to do any healing should you have consumed any alcohol or recreational drugs on the day of your appointment.

How does the process work:

To begin with we will work primarily with you on a healing bed (Or in a chair if you prefer). I will simply have my hands in your energy field (Between 5 and 30 cm away from your body) channelling healing energy where it is required. I will only touch your shoulders and feet with your permission. At a later stage we may progress to a more interactive style of healing.

If you have any other concerns or questions please feel free to contact me and I'll be happy to help in any way I can.

I look forward to meeting you soon.

Mark Bind

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A handwritten signature in blue ink, appearing to be 'Mark Bind', enclosed within a circular scribble.