

Dr. Heather M. Rugg, PhD

Intuitive With Impact

**California Client Information Form,  
Acknowledgement, & Consent to Receive Treatment  
(In accordance with California Senate Bill SB-577)**

**What is Shamanic Energy Healing, Lightarian Reiki and Pranic Healing?**

Shamanic Energy Healing, Lightarian Reiki and Pranic Healing are forms of complementary health care practices, which have been found to enhance the body's ability to heal itself.

**What Shamanic Energy Healing, Lightarian Reiki and Pranic Healing is Not**

Your practitioner is not a licensed physician, and Shamanic Energy Healing, Lightarian Reiki and Pranic Healing does not require licensing by the State of California. They are meant to be a compliment to "healing arts services licensed by the State of California"; i.e., they are a compliment to traditional Western medicine provided by doctors, nurses, and other licensed medical professionals.

**Theory of Treatment**

Stress, trauma and illness restrict the natural flow of ki (chi) aka prana or "life force energy" through the body. By restoring the flow of life force energy through the body, Shamanic Energy Healing, Lightarian Reiki and Pranic Healing rejuvenates the body's ability to relax and, therefore, supports the body's ability to heal itself.

Although one session may be adequate, long-term imbalances in the body sometimes require multiple treatments (sessions) in order to allow the body to reach the level of relaxation necessary to bring the system back into balance. Improvement often requires commitment on the client's part (e.g., willingness to make lifestyle changes) in order to fully benefit from Shamanic Energy Healing, Lightarian Reiki and Pranic Healing treatment/session(s).

**Nature of the Services Provided**

During a Shamanic, Lightarian Reiki and Pranic Healing session, the client is asked to lie down (or sit in the chair if preferred). He/She remains fully clothed during the treatment session. Shoes are requested to be removed prior to entering the treatment room. Socks are preferably left on. Much of the session will involve the practitioner holding her hands about 2-3 inches above the client's body. If guided to do so, the practitioner will ask permission to place her hands on your body but only in a manner acceptable to you and within the legal limits of her practice as a Shamanic, Lightarian Reiki and Pranic Healing Practitioner.

Once the session begins, the practitioner allows the life force energy to flow through her hands, which may be experienced by the client as heat, coolness, vibrating, tingling, a light pressure, a slight pulling sensation, or nothing at all. The Practitioner may also use other hands-off techniques, such as sweeping the body of unneeded energy or using vocal tones to break up energy blocks. The practitioner is simply a conduit or channel of the life force energy. It is believed that the energy is guided by God/Source/Spirit for the physical, mental, emotional, and/or spiritual well-being of the client. Therefore, a specific outcome cannot be guaranteed by the Shamanic, Lightarian Reiki and Pranic Healing Practitioner.

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