#### small%20dragon%20womanMary D’Agostino ♥Heart of Gaia Creative Healing Arts, LLC♥

**Intuitive Counseling/Readings**

**What to expect:** Each session is an opportunity to receive insight, guidance, direction and wisdom. Bring questions of immediate concern related to family, career, health, finances, life goals, relationship or whatsoever is on your heart and mind. Mary will assist you with insight and understanding. Practical applications and strategies are also provided.

Mary holds a sacred space for you to be heard, and to delve into what matters most to you. Mary’s goals are always to assist you in becoming your own guide and to awaken your authentic self.

**Intuitive Sessions are also available in the Akashic Records, and Connection with Loved Ones in Spirit or Mediumship.** A full list of Sessions is available on Mary’s website [www.marydagostino.com](http://www.marydagostino.com)

**Reiki Treatments**

**What to expect with a Reiki treatment:**

Reiki (meaning life force energy) is a gentle hand’s on healing art. It is administered by light touch that is designed to align and restore the body’s natural rhythm and patterns. The recipient stays fully clothed and lays on a massage table. Soft music is played and you may converse or go into a relaxed state. Reiki is aligning and balancing the energetic system of the body- more commonly known as the chakra system or meridians. Your inherent healing ability is activated when receiving a Reiki treatment.

**Common Reasons to receive Reiki**: Reiki is an excellent complimentary modality to use for maintaining or recovering overall health and wellness. Reiki assists in clearing and releasing emotional, mental, physical or spiritual blockages. Reiki is also used in support of surgery, healing of injuries, chronic pain, cancer, and various ailments of the mental, emotional and physical bodies.

**How often should you receive Reiki**: This will be determined according to each client’s needs at the time. It is however, preferable to have a series of treatments in order to receive full benefit.

**Common experiences during and after treatment**: During treatment clients may experience deep relaxation, visualizations being stimulated, tingling, coolness or heat in areas of energetic congestion, but overall the experience is extremely relaxing and gentle. After wards you may experience a surge in energy, or you may feel the need to rest. After treatment be sure to drink plenty of water, feed your body nourishing foods, get rest and avoid alcohol.

**Session Rates: Mary works per hour to ensure you receive the necessary time and attention. $125 per hour for all sessions**

Credit Cards, Venmo, Check or Cash accepted. Cancellation Policy- Kindly give 24 hours notice of cancellation. Sliding scale available for financial need, please ask.

***Mary D’Agostino is a Professional Intuitive Counselor, Soul Medium,, CRMT and Educator. She specializes in the Sacred Art of Living an Inspired Life.***

***970-988-5090***

***Heart of Gaia Creative Healing Arts LLC www.marydagostino.com*** [***mary@marydagostino.com***](mailto:mary@marydagostino.com)

Confidential Client Intake Form

Heart of Gaia Creative Healing Arts LCC Mary D’Agostino 970-988-5090 mary@marydagostino.com

Name:

Address:

Email Address:

Phone:

Date of birth:

Would you like to be on my confidential email list? \_\_\_\_\_\_\_*you will receive email updates*

In order to ensure the most of your experience with Reiki and/or Intuitive Readings, please note the following:

1. I am skilled as an alternative and complimentary health care practitioner in the healing modality of Reiki. I am skilled in the areas of Intuitive Guidance, Psychic Development, Spiritual Counseling, Life Coaching, energetic healing, teaching and facilitating individuals, classes and groups. I have been in private practice since 2003.
2. I will not diagnose, nor give any medical, psychological, or financial advice.
3. I am held to the highest ethical standards of my profession as a healer, intuitive guide and spiritual counselor and will uphold those standards. For a full list of Heart of Gaia policies please refer to marydagostino.com.

1. All information shared within a session is confidential.

**Client Confidentiality and release form:**

I understand this modality is not a replacement for medical or psychological care. The practitioner does not diagnose medical illness, disease or other physical or mental conditions. All sessions are confidential.

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