

Welcome to Conscious Completion!!!

Dear Client,

Thank you for setting up a session!

Please fully read and fill out the intake paperwork and mail it to **34405 Columbine Ln Polson, MT 59860** along with your payment to reserve your session. You may scan it and email it back and use payment options below (email is not confidential).

For future sessions you can fill out the Pre-Session Form to help prepare for your session or keep notes between sessions. This is meant to be a support between sessions and an activator for clarity. Prior to our sessions issues usually start to come to the surface to be acknowledged, neutralized, or clarified. Making time to fill it out prior to each session or between the sessions is usually helpful. You are welcome to add your own questions and comments or keep a journal instead.

Free easy payment can be made through my website with Zelle (<https://www.clearxchange.com> payments go to landersonr@aol.com). This takes a few days to set up with your bank but once it is set up you have this resource for easily making and receiving payments.

To get the most from your sessions it is helpful to make sure you are hydrated. Drinking water at a gentle pace throughout the day. 7 to 8 hours of sleep per night is helpful. For three days prior to our session please eliminate any alcohol consumption or anything else that may block or aggravate your body or mind (limiting sugar and caffeine is very helpful).

For optimal support during your session be in a comfortable private place with a blanket, pillow, tissues and warm water ready. It is best to do all phone sessions sitting or standing. At the time of your session call: 425-572-0224.

It is best to communicate by phone or text: 425-572-0224. If you need to cancel or change a session, please call or text within 24 hrs. to receive a full credit or refund for your session.

I am grateful for the opportunity to help you thrive in optimal health!

Blessings,
Laurel Anderson-Rostami, MA, ABS, LMHC