



Client Agreement and Contract

For coaching and healing work with Kasia Rachfall, Self Mastery Coach, based in Kelowna, BC, Canada.

Welcome, ambitious, courageous soul!!

I'm so excited to work with you! I do the work I do because I want the struggle, unsupportive belief systems, trauma and conditioning to stop being passed down to future generations. My vision is that it stops with me. And with you.

I believe change can happen faster than you ever thought possible and you can put your gifts and talents out into the world, be renowned and respected for your work, and not have to sacrifice or lose yourself in the process. You can take charge of your mindset, your energy, your spiritual connection and trust yourself to achieve all your goals.

**This agreement lays out the context of our work together, what you need to do/be in order to be successful, what you can expect, what I expect and answers the most commonly asked questions.

Please read through and understand this document. Please print, sign and date *the last page*, scan or photograph the last page, and email back to me prior to our first session.

Section 1: Our Work Together

Session Flow & Structure for Coaching Programs

During the initial sessions we zero in on your main goal / outcome for our work together. I will hold space for you to answer the questions that I am intuitively guided to ask. I call on the help of my spiritual team and your spiritual team. This means spiritual Guides, Masters, Angels and other support for our highest good and the highest good of all. We may also access your Akashic Records or Numerology for guidance and healing.

In subsequent sessions we may use any of the following tools and modalities to bring you closer to your outcome: Neuro-Linguistic Programming, Coaching, Specialized (aka Energy) Kinesiology, Akashic Records, Time Line Therapy®, Mental Emotional Release Technique®, Divine Practical Numerology, Tarot, EFT and others.

Each session will take approximately an hour, though sometimes we may be finished faster. The work will probably be different from what you might have expected. In total, we will not spend a lot



of time talking about the problem, just gathering information about it. In fact, most of the session is about other things.

It is very important for us to discover the internal thought process of HOW you create the problem. That means that we are looking for your strategy, or how you structure the problem. Because our focus is on structure, that means that, once we discover it, we can move on and focus on having the problem disappear very quickly.

Because of this, you may cut short your answers or even talk about your problem in ways that you have never considered. I may ask you questions that you do not totally understand consciously in order for your Unconscious Mind to make the changes you want at the unconscious level and Higher Self level. It is important to do this so that we can reduce the time taken for the therapeutic and healing process.

Your commitment is to answer the questions from an honest place of self reflection and knowing what your deepest truth is, not from a habitual or knee-jerk place of how you may have answered such questions before.

Your commitment is also that you will need to uncover and to stubbornly focus on what you want. The people who are happiest overall in life are those who recognize that you *have a choice* to focus on what you don't want or what you do want.

After the session You Must Focus On What You Want and complete all homework.

If your old pattern attempts to rear its head, then you must refuse to run that pattern again and use the tools and strategies I offer you to manage it. Please remember that I have the utmost, total and complete respect for you and absolutely no respect for your old problem. I have created a Tool Chest for you to utilize on a daily basis to help you create and focus on what you want.

Session Flow:

During an Akashic Records session I will open up your business Akashic Records by using my Key, we will ask the questions you have, and I will share with you all the information I receive for you. I receive the information in the form of thoughts, words, feelings and images. You may not hear what you want but you will always hear what you need. You will never be told what to do by your Record Keepers. It's often the case that there is no past life trauma/drama that caused your current challenges or struggles. Please be mindful of what you expect to hear during the reading. Awful or epic past lives do not always contribute to our current circumstances.

During a Numerology session I will deliver the information I interpreted based on your numerology calculations which are based on your date of birth. This information will focus on your purpose,



main lessons and themes that you are navigating in this lifetime. You will never be told what to do or judged for anything we discover in your blueprint.

During an Energy Kinesiology session we will work with your physical body and energy field and use muscle testing and acupuncture points to isolate where you are holding stress and what your body needs to release it. This modality requires light touch over clothing (if in person) and is an effective way to release imprints of the past from your system and balance your energy towards what you want instead.

Section 2: How You Can be Successful in Working with Kasia Rachfall

There are many ways in which you will contribute to and create success through our work together. To guarantee your own results throughout this process it is recommended that you:

- Show up **on time** to all sessions and be 100% prepared.
- Set a powerful intention to heal & transform fully, commit to yourself and your greatness 100%
- Take ownership for your progress and your accomplishments and look for daily evidence of how the our work is successful and how your life is shifting towards what you want.
- Be fully present with no distractions.
- Do all pre session work and all post session integration work.
- Tell yourself the brutal honest truth.
- Be prepared to feel emotions no matter what they are - you are completely safe to feel them in the healing space of the session.
- Don't downplay anything you feel or experience. It's all valid and ok for you to feel it.
- Don't argue for or defend your limitations and current limiting beliefs. They are what has kept you stuck in pain.
- Be open to adopting new beliefs and expand into more of your core self.
- Be open to forgive yourself for holding on to the pain, and to forgive others who have/may have contributed to it.
- Embrace new ideas and inspired actions that come to you even if the old you would have never even considered something like that before. Being mentally, physically and emotionally free of past pain opens you up to receive guidance and clarity from your Higher Self in a way that may be unfamiliar to you.
- Raise your personal standards and be a dreamer
- Be willing to look at fresh perspectives and different ways of doing things

Your Choice, Your Responsibility:

The primary objective of our working relationship is you taking positive action to take charge of your mindset, release limitations, worry, and doubt from your mental, emotional and physical body



and take the steps to achieve your goal. The work I offer is a “do with” process rather than a “do to” process, which means you are responsible for making your own decisions and attaining your own outcomes. While during the session I may offer you advice and other ways of looking at your problem and its solutions for your consideration, you hereby agree that whatever we discuss is only my perspective and is not binding upon you nor is it a prescription. It is your responsibility to confirm whether or not any changes you made produced the desired results. It is your responsibility to communicate your results to me. My liability is limited to the amount paid for the work.

Section 3: Expectations

I expect

- That you show up to session(s) on time and be fully present with no other distractions.
- That you fully commit to the transformational healing journey with curiosity, openness, integrity and honesty and expand your view of what is possible.
- That you do all the work with the positive expectation that it is working for you and you look for evidence of all the ways in which it is working. This work may include pre-session homework and after session integration and accountability work.
- That you are brutally honest with yourself and with me about how you feel and what comes up for you during the session(s).
- That you are committed to taking action and making the changes that you know are in your best interest and will cause your life/work/relationships/communication/mindset to move in the direction in which you want it to go.

You can expect

- That I show up and am fully present with no distractions.
- That I hold all your information confidential and private.
- That I utilize all training, modalities and techniques I am certified to practice to aid in your transformation.
- That I hold a safe, sacred, non-judgmental and open space for you to transform.
- That I hold you accountable to your results for the duration of our work.
- I will be a resource to you in accomplishing your intentions.
- I will ask questions that increase awareness.



Section 4: Payment & Scheduling Sessions

Payment for the Program session(s) is due prior to the start of our work.

Payment plans are available. The first payment is due prior to the first session and every 30 days after the first payment, for the duration of the plan.

Payment types accepted are cash, credit card (CAD and USD) and email transfer (to this email kasia@rachfall.com).

I reserve the right to remove access to all groups, programs and materials should any automatic monthly payments decline.

Section 5: Session Cancellations and Rescheduling

Use this link to schedule our coaching calls: bit.ly/kasiarachfallcalendar

My time is irreplaceable and I have a cancellation and rescheduling policy as follows:

- A session may be rescheduled with 24 hours notice subject to my availability.
- If you do not show up for your session at all or give less than 24 hour notice via email to me, your session is forfeit.
- Missed sessions with no notice of at least 24 hours are forfeit.
- If you show up late and miss a portion of your session, that time is forfeit. Your session time will not be extended as this disrupts the sessions of other clients.
- If I miss one of our scheduled sessions with less than 24 hours notice, that session may be rescheduled and you will receive an extra session as compensation.

Section 6: Confidentiality

I take privacy very seriously. Whatever happens in our session stays in that space. You are welcome to speak to your community, family, friends, colleagues, etc. about the work we do together. I keep all your information strictly confidential and private.

I may share your story in a case study format with potential clients and in my marketing. All names and private details are removed prior to sharing the case study.

You may have access to any written or recorded notes I create during your work with me upon written request.



Section 7: Copyright of the Intuitive Artwork I Create

If our work together includes art (*Soul Tattoo Art™*) that I create for you, I retain all copyrights to all artwork. I photograph and share progress pictures of my creation and painting process on my social media platforms and in my newsletter and blog. I do not include your name or private details in any of the progress pictures or posts.

I pair the art I create with the words I channel and may use any image I create for creating prints, *Soul Memos*, and other purposes. I retain all rights to sell, distribute, and share all artwork and products as I deem fit.

Section 9: Testimonial

This is a request and not a requirement. I sincerely appreciate you taking the time to do this for me. I request a testimonial after our work together where I ask you to share with me how our work together benefited you and your life. Your testimonial may be in video/written and include a picture of you and your art. I use testimonials and case studies of clients' successes and transformations for the purpose of marketing my healing and creative services on my social media posts, website, blog posts, talks, written articles and live videos. Please send your testimonial to kasia@rachfall.com at any time during or after our work together.

Signature

By signing below you declare that you have read and understood the process, and terms and conditions of this work.

Full Name Printed: _____

Signed: _____

Date: _____

Date of Birth for your Divine Numerology Blueprint: _____

Address: _____

City| Province/State | Postal Code: _____

Telephone # _____



Appendix: Frequently Asked Questions

Q: How can I continue to work with you after my program is finished?

We may continue to work together on a month to month basis after the completion of this program. I am honoured to continue working with you and we can discuss how that looks and feels once you have completed this healing journey.

Q: How does the healing actually happen?

Our unconscious (aka subconscious) mind's most important job is to protect the body and the mind. When we experience a painful event the emotions we feel can become trapped in our nervous system. If we can't cope with what we experience in that moment our mind puts boundaries around the unprocessed emotions and stores the memory for however long it takes for us to be ready to process them. Sometimes we may be ready very quickly. Sometimes it may take many, many years. The boundary in our nervous system causes us to form beliefs and behaviours that continue allowing us to cope what happened. New neurological connections are forged and different thought patterns form as a result.

When we are ready to release the painful emotions our unconscious mind must know that it's safe for us to bring up what's within that boundary. This is why I ensure the space I hold is safe and non-judgmental. When we're ready to do whatever it takes to let go and change and release the pain the door for healing is wide open. I call on my Spiritual team, my guides, the client's guides and flow Source Energy and am guided to use language to ask the questions that the client needs to answer and find the perspective shift on. The high frequency of the Source Energy and space I hold and the conscious dialogue I have with the client blows out the boundaries in the nervous system and the problem dissolves. The negative emotions clear and love pours in.

Another way to explain it is the frequency of the negative emotion trapped in the nervous system is at a low vibration. The Source Energy I flow and the space I hold vibrate at a very high and powerful frequency. When the client is ready to release the pain and no longer resisting the healing that's possible, the higher vibration raises the frequency of the problem and dissolves it in the process.

Q: Will I feel the Energy Flow? What should I expect?

Some clients feel a tingling sensation all over their body. Others only feel it on the top of their head. And yet others feel nothing. During the session all you need to do is receive the energy



Q: What are the Akashic Records?

During our sessions I may open up your Akashic Records, we will ask the questions you have, and I will share with you all the information I receive for you. I receive the information in the form of thoughts, words, feelings and images. The Akashic Records are the vibrational archive of your Soul and hold information about your Soul's past, present and future possibilities. You will receive information that you need to hear, not necessarily always what you want to hear.

We will ask questions while the Records are open and receive real time guidance. Your Record Keepers may ask you questions, too. Your commitment is to answer questions from an honest place of self reflection and knowing what your deepest truth is, not from a habitual or knee-jerk place of how you may have answered such questions before.

Q: What is Specialized (Energy) Kinesiology & SIPS®?

This system uses muscle testing as a bio-feedback mechanism to uncover where the body and mind holds stress, beliefs, emotions, and patterns, and what it needs to clear them and release the muscle memory of them. Using light acupressure points, Chinese 5 element theory and meridian balancing techniques we balance your energy systems so that you are mentally, emotionally and physically free of the past and can more easily achieve your goals. SIPS® stands for Stress Indicator Point Systems and is a method of releasing stress from the body using acupressure points. Because I have training in distance energy healing I do these sessions both virtually via Zoom and in person. Both types of sessions are equally effective.

Q: What is Numerology?

This is a system of interpreting energy based on the energy of numbers. Each of us is born into a pattern and cycle based on our date of birth. Numerology allows us to create a map of our challenges, lessons, gifts and possibilities. It offers us information on how to navigate and master our life here.