

Client Agreement

For energy, healing and transformational work with Kasia Rachfall, BioEnergy & Somatic Healer & Akashic Records Teacher 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 you to fully see and hear your extraordinary self so that you can be fully seen and heard in the world.

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. By submitting payment for your session(s) you declare that you have read and understood the process, and terms and conditions of our work together.

Section 1: Our Work Together

Session Flow & Structure

Whether we work together for a period of time or only for one session, we take the time to 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 the Divine and Sacred 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 Soul Agreements for guidance and bring in any of the many tools and modalities I am trained in: Specialized (aka Bioenergetic) Kinesiology Stress Indicator Point System, Somatic Experiencing, Neuro-Linguistic Programming, Coaching, Time Line Therapy®, Mental Emotional Release Technique®, Mediumship, Medical Intuition, and others.

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 resolve.

Because of this, I 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.

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.

- You will never be judged or told what you do.
- You have full choice over what you decide to do with the information that comes up in sessions.
- You are the sovereign authority on yourself.

Additional information about Bioenergetic Kinesiology work: we will work with your physical body and energy field and use muscle testing and acupressure 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, blocks and stress of the past and from your system and balance your energy towards what you want instead.

Additional information about Somatic therapies: your physical body has biological stress responses that exist to help you survive. These biological responses are automatic and activate your nervous system and body to either fight, flee, freeze or fawn. If the effects of this activation are not metabolized shortly after the stress occurs, the resulting stuck energy resides in your body and energy system as trauma. Somatic therapies are designed to help you metabolize that stuck energy gently and at a pace that does not re-traumatize you.

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 work is successful and how your life is shifting towards what you want.
- Be fully present with no distractions.
- Do any/all pre session work and all post session integration work.
- Tell yourself the 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.
- Be open to adopting new beliefs and expand into more of your core self.
- Be open to forgive yourself for holding on to 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 patterns 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.

Section 3: Disclaimer & Your Choice, Your Responsibility

If you engage me for an intuitive reading or a healing session, you are acknowledging:

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 suggestions 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.
- I do not read the Akashic Records for anyone under the age of 18 years of age.

Know that the information provided in my readings and sessions is intended for your general information only and is not to be construed as legal, medical, or psychological advice. Any guidance that is given during a reading is given to you for your thoughtful consideration only. You accept full personal and legal responsibility for your own life choices. You are encouraged to make your own decisions regardless of any information or interpretation I may convey.

Please seek the advice of a physician or other qualified healthcare provider right away if you have any questions regarding medical and psychological conditions, or are experiencing symptoms. Never delay in seeking medical advice, nor disregard any medical advice you have been given because of any intuitive information you receive from me.

Remember that we all have free will to choose what is best for each of us as individuals. You are the only person who knows what is best for you in your life. Please be aware that I can't promise or guarantee a specific relative, friend, or guide will come through for you during a reading. It does help if you come to the reading with an open mind and an open heart.

I reserve the right to end any reading or session if I deem it would be in the client's or my highest and best interest.

You agree to release, discharge, waive and forever relinquish Kasia Rachfall, her agents, employees, officers, directors and any other persons associated with the aforementioned persons and entities from any and all known or unknown claims resulting from, arising out of or in any way connected with the information you may or may not receive during your voluntary participation in a reading with Kasia Rachfall.

Section 4: 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 radically 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 5: Payment

Payment for the Program session(s) is due **PRIOR** to the start of our work. Payment types accepted are cash, credit card (CAD and USD) and email transfer (Canada only 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.

All coaching and healing programs require your personal commitment. If for any reason you choose not to continue participating, you **will continue to be liable for the fees of our agreement.**

Transformation, healing and implementation is a powerful process and at times you may feel "up against a wall" or as if something isn't working. This is often a perfect sign that you are releasing obstacles and limiting beliefs. My request is that you bring your concerns to me at any time so I can support you and our professional relationship is held with integrity.

Section 6: Session Scheduling, Cancellations and Rescheduling

Use this link to schedule our sessions: <https://tidycal.com/krachfall>

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 or text to me, your session is forfeit.
- Missed sessions with no notice of at least 24 hours are subject to full payment of the session. If you cancel within 24 hours of your appointment time and do not pay the fee, you will not be able to book another appointment with me until your fee is paid.
- Once a reading or energy healing session has begun, there are no refunds. No refund will be issued when appointments are canceled with less than 24 hours notice.
- 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 7: 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 8: 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. 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 info@kasiarachfall.com or use this google review link <https://g.page/r/CddBMpUh03oVEB0/review> at any time during or after our work together.

Section 9: Signing Page

- I understand that by entering this contract with Kasia Rachfall I will immediately move forward with the financial commitment for this engagement. This includes having my credit card charged for the agreed upon amount or send the e-transfer to kasia@rachfall.com.
- I understand that my work with Kasia requires a personal commitment. If for any reason I choose not to continue or choose to stop participating, I will continue to be financially liable for the fees of this program.
- I agree not to distribute the program materials including giving access to client area(s) of Kasia Rachfall Coaching website or recordings to anyone else.
- I agree to hold my fees confidential between Kasia Rachfall and myself. I will not reveal them to anyone.

Please initial those requests you accept on the line provided below:

___ Kasia Rachfall has my permission to acknowledge me publicly as a client. (optional)

___ Kasia Rachfall has my permission to use me as a testimonial and/or as a case study. (optional)

___ Kasia Rachfall has my permission to record our sessions. I can also ask for a session not to be recorded. Barring any unforeseen technical difficulties, Kasia will provide me with a recording of each session if I request it.

Signature: _____

Date: _____

Print Name: _____

Please sign, scan and email back to info@kasiarachfall.com or bring to your in person session.

Appendix: Frequently Asked Questions

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

We may continue to work together based on your ongoing goals and needs. I am honoured to continue working with you and we can discuss how that looks and feels in a call. Often clients will continue to invest in a package of sessions to continue working together every 6-8 weeks.

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 are Numerology and Soul Agreements?

Numerology 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. Soul Agreements allow us to create a map of our challenges, lessons, gifts, relationships and possibilities. They offer us information on how to navigate and master our life.