



HILL COUNTRY INTENTIONAL HEALING

### CONFIDENTIAL WELLNESS CLIENT PROFILE

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex: \_\_\_\_\_  
Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Best phone number: \_\_\_\_\_  
Email: \_\_\_\_\_  
Mailing address: # and Street \_\_\_\_\_ City: \_\_\_\_\_  
State \_\_\_\_\_ Zip: \_\_\_\_\_

### PRANIC HEALING

Kindly answer the following questions and email them back to me prior to our session.

- Do you smoke?
- Do you drink alcoholic beverages? How often?
- Do you take any prescribed drugs / Medications?
- Do you have a history of psychological disorders?
- Do you have a history of serious physical injury?
- Do you have high blood pressure?
- Have you had any STDs?
- Do you have or have been diagnosed with cancer?
- Are you pregnant or trying to get pregnant?

#### **Purpose of Session (What is the reason you are here today?):**

Symptoms, have you seen a doctor?                      If so, what was the diagnosis?

Please rate your pain/discomfort level (0 no pain to 10 unbearable)

I understand Pranic Healing is not meant to replace conventional medicine but rather to complement and enhance it. If symptoms persist, a medical professional is to be consulted. I hereby release the person(s) providing the Pranic Healing Session and the U.S. Pranic Healing Center from any liability because of the services and sessions I have received.

\_\_\_\_\_  
Printed name

\_\_\_\_\_  
Signature/Date

### PRANIC HEALING SESSION

#### **Before the session:**



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If possible, please take a salt bath:

Use 3 pounds of regular table salt or rock salt (NOT Epson salt)

It need not be expensive sea salt and add 15 drops of essential lavender oil.

Dissolve the salt in a bath of water. Fill the tub enough to cover the entire body. Soak for 20-25 min (including head) and follow with a regular shower to wash off the salt water.

**During the session:**

Do not wear leather, silk, or crystals.

Keep your thoughts and actions focused positively. This allows the healing energy to be more fully absorbed. Mentally repeating the affirmation “I completely, deeply, permanently, and gratefully accept all the healing energy” several times during the session and in the next two days.

**After the session:**

Rest or follow your normal routine but no excessive exercise or activities.

Relax and try to keep your emotions calm and positive.

Preferably do not wash or shower 12-24 hours after the session. This further allows the assimilation of the energy in the emotional and physical body.

Enjoy light meals and try to avoid red meat and pork (they might require too much energy to be digested).

Feel free to contact me if you have any questions. (Text is preferred)

Paige Ryan

512-571-3898

Certified Pranic Healing Instructor