



## Noetic Field Therapy Release Form

The purpose of this release form is to clarify the nature of the service you are receiving and our agreement with each other.

Noetic Field Therapy (Balancing) is an application of ancient mysteries to modern therapeutic needs. Noetic means spiritual mind. The noetic field is an aura of energy surrounding and beyond the body. This field reflects our physical, emotional, mental, archetypal and spiritual levels. Spiritual centers, called chakras in yogic practices, integrate this field and the systems of the physical body. The centers correspond with specific psychological structures. Blocks in the flow of this energy are caused by judgements that you made, or beliefs that you constructed in response to challenging or traumatic experiences. Each issue, or block serves a deeper intentional soul aim to awaken you to a greater sense of self, center, wisdom, loving and awareness. As attachments to limiting beliefs are transformed, it is possible to have spontaneous awareness of your soul and its intention. Distortions in the field are also caused by the tension and emotion of every day living, which usually balances easily without direct focus.

My intention is to serve you in a way that you gain the most from your experience. Since it is a spiritual approach, it is non-infringing: your choice and highest good are never violated. From your perspective, give yourself the liberty to forgive yourself for limiting and self-judging beliefs, and allow yourself to respond to the experience as it is offered.

Because of the spiritual nature of the service, I make no promises as to the results or outcome you may receive. The effects are often subtle and you may not always be aware of the changes. On the other hand, you may be aware of intense changes in new ways. You may need time to adjust to the positive changes resulting from your experience. For that reason, I suggest that you do not engage in sexual activity, use alcohol or recreational drugs for three days after your session. It has been noted that consciousness-altering drugs work against the nature of the balancing. By recreational, I am not referring to substances administered under guidance or prescription drugs. Whatever the case, I ask that you abstain from non-prescription drug use for three days following our session.

I work from a spiritual alignment that assists you in your spiritual progression and wellbeing. As the session begins, I will use a prayer that aligns me and evokes a spiritual presence that I call the Christ and Holy Spirit. This alignment is never in conflict with any positive spiritual path and can complement your spiritual practices. It is very compatible with Christian, Buddhist, Sufi (Muslim), Jewish, Taoist, Shamanic or Native American ways. If your fundamental spiritual viewpoint causes you to feel discomfort with my approach, this service may not be appropriate for you at this time.

After the opening prayer, I work silently for a while, using my hands or a pendulum, to sense and connect with the field patterns and any existing blocks. Next, I will assist you to frame appropriate self-forgiveness statements based on focus statements intended to bring awareness to any limiting beliefs or attitudes. It is your self-forgiveness that allows higher consciousness (within the noetic field) to balance any distortions in your energy. The balancing process will not exceed the limits that are appropriate for you as expressed by your own intuitive determination of your highest good. No set of attitudes or beliefs are imposed upon you. Any suggestions made to you are given as options that might assist you in clearing and balancing your energy field. I make no claims as to the success or outcome of your experience. There is always a possibility that the session will miss your expectations; however, there is the same likelihood that your expectations will be surpassed.

My background and training prepares me to sense and understand underlying causes of imbalance; to focus spiritual energy, and otherwise assist you to use the experience to your greatest benefit. The source of change is within you. Consequently, I engage your inner wisdom and healing resources and assist you to forgive or reframe judgements you have made against your own essence. When used, the pendulum acts as a tool to detect and gives me visual information appropriate for the area addressed. It is no more than an extension of the rapport and spiritual alignment that we share in the balancing relationship.

Noetic Field Balancing is primarily an educational process that touches many levels of your transformational learning. It does not replace the complementary services of counselors, psychologists, psychotherapists, psychiatrists, medical doctors, or professionals in the healing arts who provide services appropriate to your needs. I am primarily a spiritual facilitator, ministering to your transformational needs and the curriculum of your soul awareness.

After your first session, I recommend two additional follow-up sessions no sooner than two weeks apart. Each session builds a foundation for the next. After the first three sessions, scheduling a session every six to twelve months can be helpful. The final criteria is always your intuitive sense for when the next session would be helpful to you.

There are many energy field therapies available. Each has its unique contribution. Regardless of outer similarities, these services may not be the same because of differences in practitioners, techniques and spiritual sources. I encourage you to consider each on its own merit and not compare.

LuAnne Sugar MSS, CMT

Please Sign \_\_\_\_\_

Date \_\_\_\_\_