

Mountain Light Healing, LLC

Energy Medicine/Bioenergetics for Whole Health and Empowered Living

Verena Vomastic, PhD

2840 Janitell Road, Colorado Springs, CO 80906

Phone/Text: (719) 648-5234 ▪ Email: V2@MountainLightHealing.com

MountainLightHealing.com

CLIENT AGREEMENT AND DISCLOSURE STATEMENT For Energy-Medicine/Bioenergetics Services

Welcome! Thank you for your interest in working with me as a client either in person or remotely—virtually over the internet or by phone, whichever is applicable. I am providing you with the following information so that you can make an informed choice about your decision to engage my services. I specialize in guiding my clients to manage stress, to heal their energetic wounds of physical and/or emotional trauma, gain greater clarity, achieve optimal health, and experience expanded awareness, inner peace, and a renewed sense of wholeness, balance, and coherence in their lives. I offer private consultations focused on tailored solutions addressing each client's specific needs for healing and personal transformation.

Please read this information carefully and let me know if there is any part that you do not understand. Although I am committed to sharing my skills and abilities to support your well-being, my work with you is only a resource. As an intentional and conscious participant in your personal growth, you will ultimately take all responsibility for and actions related to your mind-body-spirit health and well-being.

PROFESSIONAL SERVICES OFFERED

My consulting practice is built around a holistic wellness paradigm that characterizes total wellness as the integration, balance, and harmony of physical, mental, emotional, and spiritual aspects of the human condition. Energy medicine serves as my framework for the relaxation techniques I offer to clients as stress-management tools and for addressing a wide range of health concerns and wellness goals. My primary energy-medicine modalities are Energy4Life (E4L) (*formerly NES Health™*), Eden Energy Medicine/Eden Method, the Emotion Code®, and the PhotonWave® system. In addition, I draw on my training and practical experience with the X-Test™ universal prayer system, Reiki, Reconnective Healing® and the Reconnection®, shamanism, sound and mantra healing, trauma-sensitive yoga, the Melt Method®, and various energy-balancing and coherence-building methods and devices, as deemed appropriate. You have the option of selecting individually or collectively any of the services I offer as part of our work together.

BACKGROUND INFORMATION AND TERMINOLOGY

As Albert Einstein expressed in his famous $E = mc^2$ equation over a hundred years ago, the realms of energy and matter are inescapably linked. The term *energy* is generally associated with two kinds of energy fields—veritable energy fields, which can be measured, and putative (or subtle) energy fields, which (for the most part) cannot be easily measured with current technologies. The human body creates and is affected by both types of energy fields. The subtle fields are believed to connect into the physical body through various subtle energy systems, such as the acupuncture meridians and the chakras.

Energy Medicine is a collective term that is used to refer to a variety of approaches and techniques involving electrical, electromagnetic, and subtle energies. Based on the premise that every physical, mental, emotional, or behavioral issue has an energetic counterpart that can be addressed at that level, energy medicine offers gentle, non-invasive, dynamic, and holistic options for supporting health and well-being.

Energy medicine works with the body's energy systems and fields. In this context, health becomes a function of energy flow and organization, field integrity, proper resonance, and coherence (of the heart, the brain, the heart-brain connection, and of light/biophoton emissions). Energy medicine draws on ancient healing and wisdom traditions and leverages modern science and cutting-edge technologies. It is both a complement to conventional medical practices and, in itself, a robust system for holistic care.

Energy medicine uses biophysics to identify blockages and distortions in the body's energy and information fields and engages specific processes and balancing techniques to resolve them, with the goal of boosting health, vitality, and resilience. It is aimed at awakening, activating, and supporting the body's innate abilities to restore and maintain wholeness, balance, coherence, and inner peace. *Bioenergetics* can be defined in general as *the study, detection, and correction of energy in living systems*. It is a form of Energy Medicine focused on energy metabolism and a term used in conjunction with the Energy4Life (E4L) (formerly *NES Health™*) system and other quantum-field methods.

When using energy-medicine techniques, I am not *diagnosing* or *treating* the physical body, which is the domain of medical and allied healthcare professionals; instead, I am working with the body's energy and information flows and structures. There is a distinction between *healing* using energy medicine and the practice of medicine or any other licensed healthcare profession whose mission it is to *cure*. The purpose of *healing* is to assure a state of wholeness, whereas *curing* means to erase symptoms of illness or disease in the physical body.

Energy4Life (E4L) (Formerly NES Health™)

After decades of research, the late Australian frontier scientist Peter Fraser formulated a system that unites the meridian system of traditional Chinese medicine with quantum-wave theory to provide the first comprehensive link between the body's biochemistry and bioenergetics. He found that we each have twelve meridian-like channels that process and coordinate information throughout the body, and that our health and well-being depend on the proper flow of energy and distribution of information through these channels.

His research further uncovered a complex structured network of energy and information fields (which he called the *Human Body-Field*) that interpenetrates the physical body, regulates energy metabolism, and manages biological functions throughout the body. E4L technology revolves around the workings of the body-field and the concept of resonance. It is aimed at catalyzing the body's innate self-healing abilities by correcting blockages and distortions in the body-field.

The E4L system can be used to address energetic imbalances related to existing health challenges (especially those of a chronic nature) and also as part of a proactive long-term wellness program. It has three components performing specific synergistic functions: scanning software (assess/reassess), the miHealth® device (unblock and rebalance), and Infoceuticals® (correct and restore).

The **E4L scan** is a bioenergetic health-assessment tool that probes the human body-field to identify specific energetic and informational distortions. In just a few seconds, the scanning software generates a comprehensive, personalized, holistic wellness report that provides guidance for addressing the body's priorities for support.

The **E4L miHealth®** is a handheld pulsed electro-magnetic field (PEMF) and biofeedback device; it helps to release energy blockages, stimulate trigger points, and bring the body's oscillations back into balance. It also prepares the body-field for subsequent infoceutical protocols.

E4L Infoceuticals® are liquid energetic remedies. They consist of structured water that has been imprinted with bioinformation to directly correct distortions in the body-field and restore the body's inherent self-healing abilities. A special range of *Feel Good Infoceuticals®* can be used to build a bioenergetic home remedy kit for supporting specific wellness goals, without the need for a scan.

The E4L system can be accessed from the comfort of your home using a remote-scanning device. During an on-site or remote consultation, you will receive a review of your scan results and obtain recommendations for miHealth® (if applicable) and infoceutical® protocols.

Eden Energy Medicine/Eden Method

As a certified Advanced Practitioner (AP) of Eden Energy Medicine (EEM) and Authorized Eden Method Teacher, many of the techniques and principles of energy medicine that I apply in my practice come from the work of Donna Eden. Her approach uses the human hands as the tools for manipulating and harmonizing the body's subtle energy systems and fields. I specialize in leveraging EEM for holistic stress management and in facilitating the repair of the subtle body's *skeleton*, the *Basic Grid*. This advanced EEM protocol is aimed at healing the wounds created deep within the subtle body by physical and/or emotional trauma.

The various EEM techniques I use and teach involve touching, holding, tracing, tapping, and moving over specific areas of the body while you are standing, sitting, or lying down. Throughout the session, I will explain to you what I am doing and why; I will ask your permission before touching your body; and I will encourage you to ask me questions and provide feedback on how you are feeling and what you are experiencing.

The Emotion Code®

Every emotion carries a certain vibration that interacts with the body's energy fields. Traumatic life events create negative emotions that distort these fields and, if not completely processed, can get stuck somewhere in the body. Over time, these *trapped emotions* tend to accumulate and often become the underlying causes of physical discomfort and mental/emotional problems. Recurring feelings involving a deep sense of hurt, grief, or loss may lead to the formation of a so-called *Heart-Wall*, an energetic shield consisting of trapped emotions created around the heart to protect it from further emotional damage.

The Emotion Code®, created by Dr. Bradley Nelson, DC (ret), is an energy-medicine technique that engages the subconscious mind to identify and release trapped emotions, making conditions right for the body to heal. Through this process, physical issues and emotional difficulties usually become much more manageable.

PhotonWave® System

The PhotonWave® Rainbow Light Stimulator system is built around an electronically controlled light-emitting wellness device that has been developed, tested, and perfected by scientists, medical experts, and holistic-health practitioners over the past 30+ years. The device is configured to project colored light into the human eyes. This safe, non-invasive method engages different parts of the brain that play key roles in detoxification and regulation processes and gently stimulates and supports the body's innate self-healing mechanisms.

Customized protocols, employing combinations of colors, pulse rates, and exposure times, are used to address energetic imbalances associated with a wide range of physical, mental, emotional, and behavioral issues. The number of PhotonWave® sessions needed to achieve certain results will vary by individual and will typically be greater for chronic versus acute conditions.

Integrative Neuro Training (INT) Method™

The INT Method™ provides an innovative, cohesive framework for bridging neuroscience, physiology, and energy medicine to optimize human performance. Its two synergistic components are WARP™ (Warrior Athlete Resilience Protocol) and EMPRINTS™ (Energy-Medicine Protocols and Resources for Integrative Neuro-Training Solutions). It creates a holistic, multi-sensory experience aimed at promoting neuro fitness through flow-state mastery. (Neuro fitness is a state of nervous-system function where the brain and body

communicate efficiently and adapt quickly, resulting in sharper cognition, better balance/reduced fall risk, greater resilience, higher performance, improved stress and mood regulation, and increased longevity.)

WARP™ was developed by neuro-functional specialist Caydrick Bloomquist; it integrates the concepts of strength-and-conditioning training with focusing and mindfulness aspects. At the core of WARP™ is a rotational spinning device which serves as the flow-state ignition switch and helps to create coherence—a fundamental requirement for healing, whole health, and longevity. Dynamic protocols are tailored to your specific needs and abilities.

EMPRINTS™, my own creation, is focused on flow-state stabilization. It offers a modular approach to establishing and maintaining a robust energetic foundation for neuro fitness. EMPRINTS™ is built around practical self-care tools and techniques; restorative movement, entrainment, and integration practices; and customized energy-medicine protocols leveraging both manual and technology-driven solutions.

The BTrackS™ Balance Tracking System is used to objectively assess neuro fitness and track progress in terms of fall-risk levels and your nervous system's ability to maintain balance while visual inputs, proprioception, and vestibular functions are constrained or challenged.

X-Test™ Universal Prayer System

The X-Test™ workstation operates in a stand-alone mode (without any connection to the internet). It uses advanced technologies to provide an interactive framework for submitting focused prayer requests tailored to specific health concerns and wellness goals. X-Test™ aims to promote a state of high-level well-being for humans, animals, plants, and the environment. Additional areas of application may include, but are not limited to, support for business operations, real estate, personal property, and karmic issues.

Energy Testing

To help identify approaches and solutions that will be most beneficial for your needs, I engage elements of applied kinesiology, commonly referred to as *muscle-testing* or *energy-testing*. These typically involve a light-pressure/counter-pressure technique with specific muscles or muscle groups or the use of a biotensor (dowsing tool). With energy testing, we can assess the energy flow through certain areas of your body, as well as the state of important organizing patterns.

With Autonomic Response Testing (A.R.T.®), a more involved assessment method developed by Dr. Dietrich Klinghardt, MD, PhD, we can further examine the state of health of your autonomic nervous system and the coherence of your body's biophoton field. This technique allows us to detect underlying causes of specific health concerns and to identify suitable options for addressing them.

OUTCOME EXPECTATIONS, RISKS, AND BENEFITS

Energy medicine provides a comprehensive framework for assessing, correcting, and stabilizing the body's energy systems and fields through the work we do together and the recommended protocols you follow in-between sessions. However, it is impossible to guarantee any specific results. We do not know how you will personally respond to the services I offer, but we will work together to achieve the best possible results for you. While the methods I use and teach are gentle and considered safe and non-invasive, it is possible to experience some physical discomfort or emotional distress after your energies have been stimulated and manipulated. This situation may occur in our sessions together or when you are working on your own in-between appointments.

Occasionally, some people have experienced dizziness, nausea, or anxiety as side-effects from energy work. If any technique is uncomfortable or does lead to discomfort or distress, please let me know at once. I will stop immediately and can often apply another technique to rebalance the energies whose stimulation is causing discomfort or distress.

At the end of the session, if applicable, I will suggest self-care exercises aimed at stabilizing and enhancing

the work we have done. If indicated, I can also help refer you to an appropriate professional healthcare provider for further assistance. It is your responsibility to notify me of questions or concerns you have about the energy-medicine services you are receiving and your response to them, as well as to schedule any follow-up sessions you desire.

MY BACKGROUND AND TRAINING

Originally trained as a research scientist with a PhD in mathematics and MS-level education in physics, I dedicated over three decades to supporting Department-of-Defense operations worldwide. All along, I have had a passion for natural medicine and holistic healthcare; my formal training in working with subtle energies began in 2007.

I am certified as a NES Health™/E4L Bioenergetics Practitioner, Advanced Practitioner (Four-Year Graduate) of Eden Energy Medicine (EEM-AP) and Authorized Eden Method Teacher, Emotion Code® Practitioner, facilitator for Reconnective Healing® and the Reconnection®, Whole Health Medicine Institute Practitioner, Holistic Stress Management Instructor, Hippocrates Lifestyle™ Medicine Coach, Hatha Yoga Teacher (CYT 200®), Trauma-Sensitive Yoga Teacher, MELT® Hand-and-Foot Instructor, Reiki Master/Teacher, Shamanic Practitioner, Sound Healer, and in specific applications of essential oils. In addition, I have completed extensive course work and gained practical experience in various quantum-field optimization methods, including Autonomic Response Testing (A.R.T.®) and employment of the PhotonWave® Rainbow Light Stimulator and the X-Test™ universal prayer system. I am also trained in First Aid and Basic Life Support (CPR/AED) and Mental Health First Aid.

LIMITATIONS OF MY ENERGY MEDICINE PRACTICE

While energy medicine appears to have promising physical, mental, emotional, and spiritual benefits, it has yet to be fully researched by the Western academic, medical, and psychological communities and, therefore, is considered experimental at this time. The field of energy medicine is, for the most part, self-regulated, and it is considered *complementary* or *alternative* to the traditional healthcare professions that are licensed in the United States and in the State of Colorado.

As a Complementary and Alternative Medicine (CAM) Practitioner, I am not licensed, certified, or registered by the State of Colorado as a Healthcare Professional. While I have extensive training and experience in the healing arts, I am not a physician, psychologist, psychotherapist, or other licensed healthcare provider, nor are my services licensed by the State of Colorado. I am covered by Professional and General Liability Insurance applicable to any injury caused by an act or omission in providing the complementary and alternative healthcare services I offer.

Energy medicine is not a substitute for the diagnosis and/or treatment of medical or mental-health conditions by a licensed healthcare professional. If you have a disorder that has been previously diagnosed, treated, or managed by a licensed medical or mental-health professional, my services should be used only in conjunction with your obtaining that care. In addition, any information shared during our sessions is not to be considered a recommendation that you stop seeing any of your healthcare professionals or using prescribed medication, if any, without consulting with your healthcare professional, even if after a session it appears and indicates that such medication or treatment is unnecessary. You should discuss any recommendations made by me with your primary-care physician, obstetrician, gynecologist, oncologist, cardiologist, pediatrician, or other board-certified physician, as applicable. Regardless of our work together, you agree to take full responsibility for your self-care in the physical, mental, emotional, and spiritual dimensions of your life.

For further information about my practice, including my office policies, please refer to the attached pages describing ***Important Information and Office Policies*** which are incorporated herein by reference and made part of this *Client Agreement and Disclosure Statement*. If you ever have questions or concerns about the nature of my work and the methods I use, please feel free to ask me for further resources or references.

ACKNOWLEDGMENT AND CONSENT TO RECEIVE SERVICES

By signing this document, you agree that I have disclosed to you sufficient information to enable you to decide to undergo or forgo the services I offer and have obtained whatever information or professional advice you deem necessary to make an informed decision. You further state that your consent to the nature of our sessions is given freely, without coercion, and that you understand that it may be withdrawn at any time in the future. You represent that you are competent and able to understand the nature and consequences of the proposed sessions. You understand that it is your responsibility to maintain a relationship for yourself with an appropriate professional healthcare provider, and you agree to be personally responsible for the fees related to the services provided to you.

For valuable consideration, the sufficiency and receipt of which is hereby acknowledged, you knowingly, voluntarily, and intelligently assume any risks and agree to fully release and hold harmless Mountain Light Healing, LLC and its owners, officers, consultants, and employees from and against any and all claims of whatsoever kind or nature, which you, or your representatives, may have for any loss, damage, or injury arising out of or in connection with your sessions.

Please indicate your acceptance and agreement by signing in the space provided below:

Signed: _____ Date: _____

Print Name: _____

If applicable:

I am the parent or legal guardian of the above-named minor, and I consent to and join in the foregoing Agreement on behalf of said minor.

Signed: _____ Date: _____

Print Name: _____

YOUR CONTACT INFORMATION

Phone #: _____ Email: _____

Address: _____

EMERGENCY CONTACT

Name, Relationship, Phone #: _____

Would you like to join the *Mountain Light Healing* mailing list? Yes No

Mountain Light Healing, LLC

Energy Medicine/Bioenergetics for Whole Health and Empowered Living

Verena Vomastic, PhD

2840 Janitell Road, Colorado Springs, CO 80906

Phone/Text: (719) 648-5234 ▪ Email: V2@MountainLightHealing.com

MountainLightHealing.com

CONFIDENTIAL GENERAL AND MEDICAL INFORMATION

Your Name: _____ DOB: _____

Today's Date: _____

YES	NO	QUESTION
		Do you frequently suffer from stress? If so, can you identify the primary sources?
		Do you experience frequent headaches? Brain fog?
		Do you suffer from migraines?
		Are you prone to feeling dizzy and/or nauseous?
		Have you had any Traumatic Brain Injuries (TBIs)?
		Are you wearing prescription eyeglasses or contact lenses?
		Do you have cardiac or circulatory issues?
		Do you have blood-pressure imbalances? High Low Irregular
		Do you have a seizure disorder? Epilepsy?
		Do have any blood-sugar imbalances?
		Are you diabetic? Type I Type II
		Do you have thyroid imbalances? Hypothyroidism? Hyperthyroidism?
		Do you have an autoimmune disorder?
		Have you had any broken bones in the past 2 years?
		Have you had any surgeries?
		Do you have implanted medical devices or metal parts, stents, or organ transplants?

YES	NO	QUESTION
		Do you have any digestive issues?
		Do you have any known allergies?
		Do you have any sleep issues? Falling asleep? Staying asleep? Sleep Quality?
		Are you currently on a Detox program? If so, are you taking any Binders?
		Do you have tension or soreness in any specific area of your body? If so, where?
		Do you suffer from back pain? If so, where? Upper Mid Lower
		Do you have numbness, tingling, or stabbing pain in your body? If so, where?
		Have you ever been diagnosed with cancer? If so, when?
		Are you currently receiving cancer treatments?
		If female, are you pregnant or lactating?
		Have you been diagnosed with any mental disorders? Anxiety Depression Other
		Are you dealing with any neurodevelopmental disorders?
		Do you have any other medical conditions I should be aware of?
		Are you sensitive to touch or pressure in any specific areas?
		Are you taking prescription medications? Hormones?
		Are you experiencing any side effects from medications you are taking?
		Are you taking supplements? If so, for what conditions?

Comments: _____

Mountain Light Healing, LLC

Energy Medicine/Bioenergetics for Whole Health and Empowered Living

Verena Vomastic, PhD

2840 Janitell Road, Colorado Springs, CO 80906

Phone/Text: (719) 648-5234 ▪ Email: V2@MountainLightHealing.com

MountainLightHealing.com

IMPORTANT INFORMATION AND OFFICE POLICIES

Attachment to

CLIENT AGREEMENT AND DISCLOSURE STATEMENT

for Energy-Medicine/Bioenergetics Services

CONFIDENTIALITY

With the exception of special situations described below, our work together is confidential. You may direct me to share information with whomever you choose, and you can change your mind and revoke that permission at any time.

I adhere to the following legal exceptions to confidentiality:

1. If I believe the client is in imminent danger of hurting herself/himself
2. If I believe the client is threatening serious bodily harm to another
3. If I believe that a minor, elderly, or disabled person is being abused
4. If I am presented with a legitimate court order to present testimony in a legal proceeding
5. If a client fails to pay for services requiring action to collect fees due.

MENU OF SERVICES

Private sessions and consultations are tailored to address each client's specific needs for healing and personal transformation. They are primarily built around the energy-medicine modalities of Energy4Life (E4L) (*formerly NES Health™*), Eden Energy Medicine/Eden Method, the Emotion Code®, and the PhotonWave® system, but they may also involve the use of other energy-balancing and coherence-building systems and draw on additional methods I have been trained in, when deemed appropriate.

I currently offer the following types of on-site and remote (virtual or phone) services:

- **Integrative Energy-Medicine Sessions (*the most popular option*)**—a custom blend of energy-medicine modalities and energy-balancing systems and methods, taking into account your personal preferences and your body's priorities for healing
 - 75 minutes for new clients
 - 60 minutes for established clients
- **Integrative Neuro Training (INT) Method™ Consultations (in-person only)**—balance/fall-risk and functional nervous-system assessments, neuro-fitness training
 - 60 minutes for all clients
 - Six-visit minimum recommended
- **PhotonWave® Sessions**—using colored light projected into the eyes to stimulate detoxification and regulation processes and support the body's innate self-healing abilities
 - 30 minutes for established clients
 - Multi-session packages available

PAYMENTS

Payments must be made prior to or at the time of the appointment. Please notify me immediately if a problem arises regarding your ability to make payments. You have the option of paying for your sessions and any associated products by personal check, cash, or credit/debit card (*checks and cash preferred*).

For remote appointments, you will receive an invoice via email through Square or PayPal with a secure payment link as part of the scheduling process.

Please note that I work on a fee-for-service basis and do not accept insurances.

CANCELLATIONS

Scheduling of appointments involves the reservation of time specifically for you. Therefore, I require a 24-hour minimum advance notice for rescheduling or canceling an appointment. The full session fee may be charged for missed appointments without such notification. Emergency situations will be considered on a case-by-case basis.

OTHER ASPECTS OF OUR PROFESSIONAL RELATIONSHIP

You have the right to ask me questions about anything that happens in our work together. I am always willing to discuss how and why I have decided to do what I am doing, and to look at alternatives that might work better for you. You can feel free to ask me to try something that you think will be helpful. You can ask me about my training for working with your concerns, and you can request that I refer you to someone else, if you decide that I am not the right practitioner for you. You are free to terminate our work together at any time.

While you will normally be the one who decides that services will end, there is one exception: If I determine that I am unable, for any reason, to provide you with the services you are requesting at a high standard, I will inform you of this decision and refer you to another practitioner who may better be able to meet your needs.

Healing Touch

Touch can also be a potential problem in a healing relationship, if you have had a history of paranoia, have been diagnosed with borderline personality disorder, have been physically or sexually abused, or have suffered from other types of trauma. Please let me know if you fall into any of these categories prior to starting our work together. We can discuss any emotional risks associated with touch that may be of concern to you. Furthermore, if you have any misgivings, doubts, or any negative reactions to any physical contact, it is very important that you let me know as soon as possible, so that we can select the most appropriate energy-medicine modalities for you. If you are uncomfortable talking to me, I encourage you to talk through such concerns with another professional. If you wish, I can make a referral for you.

Complaints

If you are unhappy with the way our work together is proceeding, I hope you will talk about it with me so that I can respond to your concerns directly. I will take such concerns seriously and meet them with care and respect.

Thank you for choosing *Mountain Light Healing* to support you on your journey!

Practical Tools ■ Powerful Results ■ Profound Transformations