

BELL TAROT / ABELLA CARESS

Informed Consent and Liability Waiver & Release

The experience of attempting to commune with spirit through astral/mental projection with practitioner Abella Caress, or by yourself may cause you to access traumatic information, but is not to be used as a healthy form of treatment of certain conditions, such as anxiety, panic attacks, PTSD, depression, phobias, and other symptoms of traumatic experiences.

Repressed memories may surface in meditations. Seeing or experiencing connection with spirit does not, in itself, guarantee the accuracy of retrieved material nor can the process differentiate between memories that are accurate, distorted, or false based on reports alone. The only way to actually validate retrieved material as historically accurate is through independent verification. Abella is not responsible for what you see, hear or experience in these sessions.

Those with limiting or special medical conditions (pregnancy, heart conditions, ocular difficulties, seizure disorders, or a history of psychosis, psychotic episodes, Schizophrenia, or any other mental health conditions that would put them at risk for psychosis) should consult with their medical professional before participating in these sessions or courses. For some people, meditation, mental projection into the astral, shadow diving, access to clair abilities could result in sharper memory, for others fuzzier memory following the session. If you are involved in a legal case and need to testify, please discuss this with your therapist before treatment.

I have been specifically advised of the following possible experiences:

- a) Distressing, unresolved memories might resurface.
- b) Some clients have experienced high levels of emotional or physical sensations.
- c) Subsequent to the session, the processing of material may continue in other dreams, memories, flashbacks, feelings, etc. may surface. If this happens, I will note them and discuss them during the next session, but it is your responsibility to call and seek treatment with a licensed therapist in between our sessions, if needed.

Before commencing in any session with Abella Caress, I have thoroughly considered all of the above. I have obtained whatever additional input/professional advice I needed before beginning this session or course, I herewith give my consent to continue, free from pressure or influence from any person or entity and agree that I am of sound mind and body.

In exchange of the fee paid by you, Abella Caress, the practitioner of Bell Tarot, will be providing a service assisting you in mind, body, spirit integration through the use of modalities that may include, but not limited to: reiki treatments, healing, guided meditations and imagery, chakra balancing, private consultations, life coaching, breathing techniques, yoga suggestions, wellness coaching, Tarot, and energy work.

You, the participant, hereby agree to assume all risks associated with any outcome resulting from your participation in Bell Tarot programs or classes or private consultations with Abella. Side effects may include, but not limited to: emotional release, lightheadedness, mild fatigue, physical tingling, and change in body temperature.

All information and mental or physical activity or guidance and direction are provided during programs, classes, or private consultations to enhance the well-being of you, the participant. It is my responsibility, as a participant, to inform the practitioner if any discomfort should arise. It is my responsibility, as a participant, to notify the practitioner ahead of treatment of any pre-existing medical conditions or injuries.

By signing this Waiver and Release of liability you agree that Abella Caress at Bell Tarot, shall not be responsible for any negative consequence of any kind which is claimed to result from:

- 1) your participation in any of these programs, activities or consultations; or
- 2) from the use of any information learned or obtained during these programs, activities or consultations, including, but not limited to, reiki treatment, guided meditations and imagery, chakra healing, energy work, yoga, wellness coaching, or private consultation provided during the programs, classes, or private consultations.

By signing this Waiver and Release you further agree not to assert any legal claims of any kind in any form against Abella Caress, Ashlee Caress, Bell Tarot or The Minimalist Witch on any asserted negative consequence resulting from your participation in these programs, classes or private consultations.

By signing this Waiver and Release you acknowledge and agree that Belltarot, disclaim all liability for any injuries or negative consequence claimed by you to be the result of your participation in these programs, classes, or private consultations.

By signing this Waiver and Release you grant permission to the rights of your information, with the exception, your personal name, face and voice are not to be disclosed. You agree that the essence of our session could be used for promotional use by Abella without payment or any other consideration.

HEY COACH STUDENTS SPECIFICALLY

If at any point, Abella feels that the coaching sessions are becoming problematic to your mental health, she reserves the right to terminate the rest of your classes. Your mental health is top priority. By signing up for one on one coaching you recognize that you are responsible for your own mental health and your ability to discern your own reality. Refunds will be on a case by case basis and Abella reserves the right to choose to refund you the cost of any additional classes that would be missed due to her decision in canceling your coaching. When you sign up you agree that you are of sound mind and take your mental health seriously and will do everything you can to prioritize grounding into your practice.

MISSION OF ABELLA CARESS - BELL TAROT - CLASSES AND PROGRAMS

It has long been my vision to provide the community with service devoted to the art of holistic & energy healing. I believe there is a strong connection between mind, body, spirit and the overall well-being of an individual. To that end, we employ techniques such as guided meditations, ascension of mind and body through self help techniques and the balance of physical and astral experience to promote relaxation and balance in one's practice. My hope is to ignite a journey of self-discovery and an expansion of consciousness that will contribute to life-long health and healing alongside modern medicine. I am an advocate for mental health and modern day therapy. I hope my clients see the value in what I do while also seeking mental health assistance through a mental health professional.

ADDITIONALLY

You must be 18+ years of age. IF NOT the session will be canceled and no refund will be given. I have the right to refuse or decline service to anyone and I am under no obligation to provide an explanation. All sessions and readings are recorded or documented for quality assurance purposes. I will never release recordings of sessions unless asked or given permission to by the client on receipt for the session. The client themselves is free to share the session with whomever they wish. I am in no way held accountable or responsible for any actions made by the client before, during, or after the session.

Contact information is provided by the client. If after 2 attempts I am still unable to reach the client, I (Ashlee/Abella) am not responsible to refund any payment(s) made or provide the service purchased. The client's physical/billing address provided during the booking process will be provided to local authorities if I have reason to believe that the client is a danger to themselves or has the intent to harm others. All services provided by me ASHLEE (ABELLA) CARESS are for spiritual and/or entertainment purposes only. I do not recommend replacing any advice given during my services, sessions, or otherwise as a replacement for that of a licensed and/or trained professional, and any advice given is meant to be used at the discretion of the client.

I am not legally trained or certified to provide medication, treat, diagnose or provide medical advice concerning psychological, medical, or mental health conditions. All advice given or asked for by the client during the sessions or services is strictly a personal opinion and should not be replaced by a licensed professional. I (ASHLEE/ABELLA) am in no way responsible for any actions a client has taken before, during, or after services or sessions are provided.

I am in no way required to provide free sessions or add extra time to sessions in order to get answers to questions clients have failed to include prior to or during, a reading or session. All information that comes through in readings is information that is received for that moment and energy. I do not claim any outcome that is suggested during a session or otherwise,

PLEASE EMAIL THIS FORM TO ASHLEEBELLTAROT@GMAIL.COM OR EMAIL SAYING:

I (your name) have read and agree to the terms and conditions of this service.

INCLUDE: Phone number, Date of Birth, Address.

PLEASE MAKE SURE TO KEEP A COPY OF THIS FORM FOR YOUR OWN RECORDS

988 Suicide & Crisis Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

DATE _____

PRINT NAME _____

CLIENT SIGNATURE _____

PHONE NUMBER : _____

DOB: _____

FULL ADDRESS: _____