

# Complimentary Session Form

My complimentary session is scheduled for:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

How did you hear about Shilo Downie? \_\_\_\_\_

**Please print and complete the following form before your appointment. Prepare to be nurtured, challenged and to have fun!**

1. Explain your understanding of energetic healing and classes.
2. What would you hope to gain from working with an energetic healer?
3. What characteristics or measurable attributes *must*, in your opinion, occur during your lifetime so that you will consider your life to have been filled with vitality, aliveness, fun and creativity; a life of few or no regrets? (*tip: complete the phrase: "In my life, I must have...."*)
4. What is the legacy you wish to leave in your work, in your family, in your community?
5. What are you most grateful for?
6. What are your top 3 healing concerns?
7. What are your top 3 strengths that will help you heal and create the changes you desire?
8. Where/how do you *get in your own way*?
9. What subject do you want to address in our first healing session?
10. How will you know if energetic healing / this healer is right for you?