



Guidelines for Consultations – Nikki Wyatt - Tel: 01273 77 33 24

The first session: This includes taking a personal and medical history, so an hour and half is usually needed.

Follow up sessions: An hour is usually sufficient for phone follow up sessions. If you're coming in person an hour and a half is often preferred, to allow for hands on healing. If it's more convenient, we can do a mixture of visits and phone sessions.

Phone Consultations: Once booked, I'll await your call at the agreed time. When calling please ensure that you won't be disturbed and you can talk freely. A landline is usually best for clear, stress-free reception.

Session Times: Sessions are available 9.30– 6pm Mondays, Tuesdays, Wednesdays and Fridays.

Timekeeping: Punctuality is our mutual responsibility. If delayed please call, knowing that I may not be able to make up the time. If delayed myself, I'll ensure you have the full session time or add it to the next one if that's more convenient. If you're early please bear in mind that **there's no waiting room** or receptionist. If you're likely to arrive much earlier than arranged, *please call ahead*. I'll be flexible if I can.

Contact Times: You can leave a message between **9.30 – 6pm Mondays, Tuesdays, Wednesdays and Fridays**. *I'm not here on Thursdays*. I'm rarely able to pick up, so I respond to messages as soon as I have a gap between clients. A call of up to ten minutes between appointments is not charged for. Longer than this becomes a proportion of the hourly fee. Email is: info@spiritoftransformation.com

Confidentiality: Anything said or occurring in a session is confidential. If you'd also like it kept confidential that you're a client, please ensure you tell me. Your peace of mind and clear boundaries are essential.

Frequency of Consultations: Sessions are usually once a month for steady progress or more often if there's a critical change happening. Many people like to alternate with an attunement, so one month they have a session and the next month they have an attunement. That way they always have support and guidance for what an attunement brings up and the attunement gives them a regular 'diagnosis' of what is being processed.

Essences: Personal essence attunements are a wonderful complement to healing and coaching sessions. Bach Flowers balance the conscious mind; deep acting essences work more on releasing patterns from the unconscious or karmic level of cellular memory. You'll find information about these on the website: <http://www.spiritoftransformation.com/Attunements.htm>

Alcohol and Sensitivities: Essences contain a small amount of brandy and may be added to your water during a session – please tell me beforehand if you need to avoid alcohol. Incense, smudge sticks or oils are used to cleanse the room; if you have allergies or dislikes please let me know in advance if you can.

Relevant Facts: If you feel your family history is affecting you, useful facts to know or find out, include: members who have been 'disowned' in past generations, perhaps due to homosexuality, having a child out of wedlock, marrying outside the family religion or mental illness. Any family 'secrets' such as bankruptcy, gambling, alcoholism or illegitimacy. Miscarriages, terminations, adoptions and stillbirths. Any early deaths, accidents, war trauma or tragedies. Emigration or immigration of current or past family members.

Face to Face Sessions - Magnetic Field and Far Infra Red Technologies: There is a magnetic cover on the treatment couch and magnetic and far infra red technologies in the pillow and duvet. If you're recently pregnant, have a pacemaker fitted or would simply rather not experience these technologies please let me know (beforehand if possible) and I can easily remove them.

What to do between appointments: If a physical or emotional issue becomes difficult, take a Bach Flower mix and/or Revival Remedy. *The quickest way to release emotions is to feel them!* So if you can, find a safe space to vent your feelings – in a parked car with the windows closed or on a sports field can be good. It's useful to make notes of your feelings, dreams, physical symptoms and changes in thought or behaviour patterns between sessions, as they can change so much over even a short period. **Remember:** Essences often bring up for release the patterns that stop us experiencing what's on the bottle, such as Inner Peace. ***When we release what doesn't serve us, we make room for what does.***

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Payment: Payment can be by bank transfer, in cash or by cheque payable to Nikki Wyatt. If you'd like to pay by card a paypal invoice will be emailed to you. All the options below are bookable on the website consultation page: <http://www.spiritoftransformation.com/Consultations.htm#karmapackages>

Settlement Terms:

Face to face sessions: these are settled at the end of the session - invoices are available on request.

Phone sessions: your invoice is emailed and needs to be settled before the session by cheque or bank transfer or you can pay online at: <http://www.spiritoftransformation.com/Consultations.htm#bookonline>

Individual Sessions

One hour: £60. One and a half hours: £80. If you'd like to book a single session initially and then deduct that cost from a starter package once you have decided to commit, that's fine.

Karma Starter Packages - Two starter packages are available:

Standard Starter Package: Three Face to Face Sessions or Four Phone Sessions (4.5 hours)

£230 1st session 1.5 hours + 3 x 1 hr sessions or 2 x 1.5 hr sessions

De Luxe Starter Package: Five Face to Face Sessions or Seven Phone Sessions (7.5 hours)

£375 1st session 1.5 hours + 6 x 1 hr sessions or 4 x 1.5 hr sessions

Once you've finished your starter package or if you've already had an initial session, you can book follow up sessions either individually at the rate above or in the following package.

Follow Up Package: Two Face to Face Sessions or Three Phone Sessions (3 hours)

£150. Taken as 2 x 1.5 hours or 3 x 1 hr sessions

Cancellation Policy: There is a 3 working day cancellation policy. e.g. if it's a Monday session, please let me know by the previous Wednesday. If cancelling within 3 working days a cancellation fee of £40 is due. If cancelling on the day itself, full payment is due. This may be waived in the event of illness or emergency.

Bottles: I can recycle the essence bottles, so do bring/post back your empties. The rubber pipette is not everlasting, however, so if your essences ever have a rubbery taste *please let me know* and I will replace the pipette immediately,

I look forward to working with you

Nikki Wyatt Dip CVM

www.spiritoftransformation.com

Please Note: Using essences is not a substitute for medical attention - if you are ill consult a medical practitioner.



Tel: +44 1273 77 33 24 Mondays, Tuesdays, Wednesdays and Fridays