



IST Pre-Session Information

Please make sure you have completed and emailed me your completed Basic Intake Form. Please email it to me at least 48 hours before in order to give me time to go over it.

Please ensure that you have signed the Waiver and Release and Late/Cancellation/No Show Forms. Please email forms 48 hours prior to session/bring forms with you to your session.

No sessions can take place without these important documents.

Thank you.

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Duration

IST sessions are 90 minutes. The first 15 minutes of the session will be dedicated to showing you a simple mediation technique (first session only)/ answering and asking questions to check in.

What to expect?

As your facilitator I will help guide you into the inner space of consciousness through the third eye that will allow you to get to the energetic source of your emotional and mental issues, or *samskara*. I may point out qualities or ask questions about your experience to help you let go and explore your inner world. There are no suggestions, imagining or hypnosis involved. “See for yourself, Know for yourself”!

Preparation

- Please do not consume processed sugar, caffeine or alcohol for 24 hours before your session. (If you really must have caffeine, please only have 1 cup of white or green tea - no coffee!)
- Wear light-colored, comfortable clothing for your session.
- If you currently meditate, please complete a morning meditation the day of your healing/

IST.

- It is important to have a quiet and completely private space with a door that is separate from other spaces.
- This includes no humans or animal friends in the room with you.
- You will be lying on the floor and so may want a camping pad or blankets underneath you. You may also want a pillow and a blanket covering you, depending on temperature. You will want to be as comfortable as possible. *However, lying in a bed is not recommended.*
- You will want to make sure all electronic devices are completely turned off (phone, computer, tablet, any loud heating/cooling systems, fans, TV, etc.).
- You will want to have drinking water, tissues and a small container beside you. The

container is for possible etheric excretions/ cleansing that can occur as part of the session through coughing.

- It's always a good idea to have a notebook by your side to jot down a few notes after your session.
- You will want to give yourself at least time after the session to come back to your body and let any rearrangements continue. It's best to be gentle with yourself after a session i.e. no meetings, business calls, etc.
- A snack at the end of your session is a good way to ground yourself.

STOP!

If at any time you want your session to end, simply say the word "stop" and the session will end. If I hear the word stop I will

stop the session. You as client have the power in these sessions and we will only go as deep and as far as you want to go.

If you start to feel like you want to stop, I ask only that you try to express this beforehand if possible so that I may meet you where you are and try to help provide what you may need to continue.

If the session ends because you have spoken the word “stop”; there will be no money refunded.

Post Session

I will be available to answer any questions after your session/s through email.

Love

Melissa Levi

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Advanced Energetic Healer

IST Practitioner

Entity Clearer

American Herbalist Guild Member