



Restoring Energetic Balance  
For Health, Vitality, & Joy

Sweet Energies, LLC  
Lakewood, OH 44107  
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### I'm Ready to Change My Life - 12 Session Journey Contract

I, \_\_\_\_\_, have decided that I am ready to participate fully in my healing journey and commit to 12 Energy Medicine Sessions with Stacy Newman of Sweet Energies, LLC.

I understand that the ideal progression of these sessions is as follows:

Month 1: Intake Session 90 minutes, followed by 3 weekly sessions.

Months 2-4: 2 sessions per month, Months 5-6: 1 session per month

Sessions 2-12 will be 75-90 minutes depending on how things flow. Sometimes a session is complete in 60 minutes and further work will not be beneficial. There will always be time to discuss your progress and learn new self-care tools that are appropriate for you.

This schedule will maximize the benefit of your energy work. There is some room for adjustment of this schedule, however the 12 sessions must be completed within 8 months of package purchase.

Combined with daily self-care exercises, this series of sessions can have a dramatic impact on my well-being. I am willing to discuss my expectations and experiences before and throughout this healing journey. I understand that my initial expectations may not be the outcome of this work, but I accept that my life may change in unexpected ways. I understand that healing can take many forms and wish to explore what is possible for me.

Yes, I am ready to Change My Life!

\_\_\_\_\_ (print name)                      Date: \_\_\_\_\_

\_\_\_\_\_ (signature)

\_\_\_ I am making a one time payment of \$1200

\_\_\_ I would like to pay in 2 installments of \$650 due \_\_\_\_\_ & \_\_\_\_\_

\_\_\_ I would like to pay in 3 installments of \$450 due \_\_\_\_\_, \_\_\_\_\_, & \_\_\_\_\_

*Thank you for allowing me to join you on your healing journey. I look forward to exploring how you will change your life and find deep healing.*

*Stacy L. Newman*