



Intake Form and Liability Waiver

Client Intake, Consent & Liability Agreement

Private Nervous System Reset Container

Thank you for choosing to work with Crystal Mana LLC. This intake form exists to support clarity, safety, and mutual alignment before entering a private container. Please read each section carefully and answer honestly.

Client Information

Full Name (print)_____

Preferred Name:_____

Phone Number:_____

May we send session-related text messages? ☐ Yes ☐ No

Email Address:_____

Emergency Contact (Name & Phone):_____

Practitioner Background & Training

Crystal Mana LLC is led by Ares Kpaka, a certified Cognitive Therapy practitioner, certified Holistic Health Practitioner, and Reiki Master with over five years of professional experience in holistic and integrative wellness settings.

Her work integrates nervous system regulation principles, somatic awareness, holistic health foundations, and energy-based practices informed by formal training and extensive hands-on experience. This approach supports grounded, client-centered care focused on regulation, balance, and embodied awareness.

These certifications and experience reflect professional training and practice background and do not constitute licensure in medicine, psychology, or psychotherapy.

Background & Experience

Have you previously received holistic, somatic, or energy-based sessions? ☐ Yes ☐ No

If yes, please share briefly: _____

When was your most recent session (if applicable)?

Approximate number of past sessions: _____

Are there any current or past medical conditions, injuries, surgeries, or ongoing concerns you feel are important to disclose?

Current Focus

Please share what you are seeking support with at this time. This may include stress, emotional load, nervous system overwhelm, life transitions, or a desire for deeper regulation and clarity.

Touch & Consent

Sessions may include gentle, optional physical touch depending on comfort and consent.

Are you comfortable with light touch during sessions? ☐ Yes ☐ No

You may modify or withdraw consent at any time.

Nature & Scope of the Work

Crystal Mana LLC offers **private, client-centered, non-clinical sessions** focused on nervous system regulation, internal balance, and embodied awareness.

Please read and acknowledge each statement:

- ☐ I understand this work is supportive and educational in nature
- ☐ I understand this work is not medical, psychological, or psychiatric treatment
- ☐ I understand that Crystal Mana is not a licensed medical or mental health provider
- ☐ I understand that no diagnosis, prescription, or medical advice is given
- ☐ I agree that I am responsible for seeking licensed medical or mental health care when needed
- ☐ I understand that results vary and no specific outcomes are guaranteed

This work is intended to support relaxation, awareness, and internal balance and does not replace professional care.

Private Nervous System Reset Container Agreement

The Private Nervous System Reset is a time-bound private container designed to support a return to internal regulation and coherence.

By enrolling, I understand and agree that:

- Payment is made upfront and reserves dedicated time, preparation, and availability
- A 48-hour grace period is offered after purchase to confirm alignment
- Once the container begins, the investment is non-refundable and non-transferable
- Sessions are scheduled collaboratively and require at least 24 hours' notice to reschedule
- Missed sessions without notice may be forfeited

- ☐ I understand and agree to these terms

Personal Responsibility & Assumption of Risk

I acknowledge that participation in this work is voluntary and that I retain full responsibility for my physical, emotional, mental, and personal wellbeing before, during, and after sessions.

I understand that experiences within this container are subjective and personal in nature.

- ☐ I accept full personal responsibility for my participation

Confidentiality & Discretion

All sessions with Crystal Mana LLC are held in strict confidence.

I agree to engage with discretion and good faith. I understand that experiences, insights, or sensations arising from this work are subjective, and I agree not to publicly misrepresent, exaggerate, or attribute harm or guarantees beyond the stated scope of this service.

Any concerns or feedback are encouraged to be communicated privately and respectfully.

☐ I agree to engage with discretion and integrity

Limitation of Liability & Legal Terms

I agree to release and hold harmless **Crystal Mana LLC**, its owner, and representatives from any claims, demands, or liabilities arising from participation, to the fullest extent permitted by law.

I understand that Crystal Mana operates as a **limited liability company** and that participation is voluntary and entered into with full personal responsibility.

This agreement shall be governed by the laws of the **State of California**.

☐ I acknowledge and agree

Media & Photography (Optional)

I grant permission for Crystal Mana LLC to use non-identifying photographs or video for educational or promotional purposes. My identity will not be disclosed without my written consent.

☐ Yes ☐ No

Final Consent

By signing below, I confirm that I have read, understood, and agreed to all terms outlined in this intake and consent form.

Client Name (print): _____

Signature: _____

Date: _____

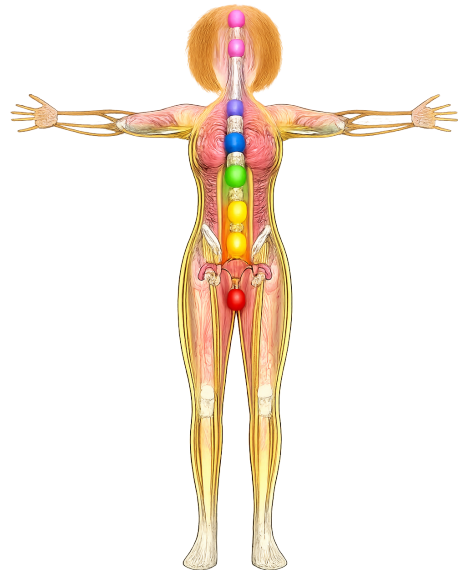
Footer (recommended)

This container exists to create a grounded, respectful, and protected space where meaningful work can occur.

How did your body feel during the first session with us?

Other notes:

Body map:





Purpose of This After-Care Guide

Your recent session supported nervous system regulation, energetic balance, and whole-body coherence through Reiki, Biomagnetic Therapy, and or Zero-Point Activation.

Healing and regulation continue after the session. Over the next three weeks, your nervous system will be integrating and stabilizing these changes while you continue your daily life, work, and responsibilities. During this period, Crystal Mana Healing remains actively engaged in supporting your process. This reset is not a single event but a guided integration phase designed to support long-term regulation, clarity, and resilience.

What You May Notice After Your Session

As your nervous system transitions out of heightened stress patterns, temporary physical, emotional, or perceptual changes may occur. These responses are normal and indicate integration.

You may notice increased urination or bowel movements as detox pathways activate. Thirst or a desire for electrolytes is common as cells rehydrate and recalibrate. Appetite may shift as your body requests fuel for integration. Fatigue, deeper sleep, or a desire for additional rest is also common.

Some clients experience heightened body awareness, emotional release, or vivid dreams as stored stress processes. These experiences may be subtle or noticeable and can unfold gradually over several days or weeks.

Nervous System Integration Overview

This session supported parasympathetic nervous system activation, improved vagal tone, and increased coherence between the brain, heart, and body. These shifts are associated with reduced stress signaling, clearer cognition, emotional regulation, and improved resilience.

The nervous system learns through repetition and safety. Over the next three weeks, this regulation is reinforced as you move through daily life. During this period, Crystal Mana Healing continues to work with you to support integration, respond to changes, and provide guidance as needed.

Work, Business, and Leadership Integration

Many clients return immediately to demanding work environments, leadership roles, or business ownership. How you engage with work during this integration period is important.

For the first twenty-four to seventy-two hours, approach work with intentional pacing. Prioritize essential responsibilities and delay non-urgent decisions when possible. This allows your nervous system to stabilize before re-entering high-pressure problem solving, interpersonal negotiation, or sustained cognitive demand.

Over the following weeks, notice changes in how you respond to stress, communication, deadlines, or decision-making. Increased clarity, patience, reduced reactivity, or improved focus are common signs of successful nervous system regulation. These shifts are supported and monitored throughout the three-week reset period.

Interpersonal Environment and Energetic Sovereignty

During the three-week integration phase, your nervous system is recalibrating toward coherence, stability, and self-directed regulation. Interpersonal environments play a significant role in this process.

Certain interactions place a high extraction load on the nervous system. This does not mean they are negative or harmful in nature. Rather, they involve sustained emotional demand, boundary erosion, chronic crisis orientation, or repeated dysregulation that requires your system to compensate, stabilize, or absorb excess charge.

From both a neuroscience and energetic perspective, this reflects a polarity imbalance. When your attention and regulatory capacity are consistently pulled outward, internal coherence is reduced and integration is disrupted.

During this reset period, it is important to limit exposure to individuals, conversations, or environments that require excessive emotional labor, fixing, rescuing, or self-suppression. This is not avoidance or judgment. It is a temporary recalibration phase that allows your nervous system to regain sovereignty and reinforce internal regulation.

Choosing neutrality, reduced engagement, or distance from high-extraction dynamics supports your system in returning to its natural baseline. This creates the conditions necessary for clarity, stability, and alignment with your highest functioning self during the integration and ascension process.

Biomagnetic Therapy Integration Notes

If your session included Biomagnetic Therapy, your body may continue rebalancing internal pH and cellular communication. Mild detoxification responses such as fatigue, digestive changes, or temporary sensitivity may occur.

Hydration, nourishment, and rest support this process. Crystal Mana Healing remains available throughout the integration period should questions or concerns arise.

Zero-Point Activation Integration Notes

If your session included Zero-Point Activation, your nervous system was introduced to a state of coherence and stillness. Effects may be immediate or unfold gradually over days or weeks.

Clients often notice clearer thinking, grounded awareness, and changes in how they relate to stress, workload, and interpersonal dynamics. These changes are supported over time with continued guidance throughout the three-week reset.

Daily Integration Guidance for the Next Three Weeks

Hydration is essential. Drink water consistently throughout the day. Electrolytes may be helpful if you feel depleted or lightheaded.

Prioritize sleep and rest. Earlier bedtimes or brief rest periods support nervous system consolidation and cognitive performance.

Eat regularly and choose foods that stabilize energy and blood sugar. Consistency supports focus, mood regulation, and resilience.

Engage in gentle movement such as walking, stretching, or breath-focused practices. Movement supports circulation and nervous system flexibility.

Allow emotional responses without judgment. Emotional processing is a physiological function and does not require analysis to complete.

Journaling is optional and may be used to note sleep quality, mood, focus, or stress tolerance without overanalyzing the process.

What to Minimize in the First Forty-Eight Hours

Avoid excessive screen time, overstimulating environments, intense emotional conversations, or overworking. These can overload a nervous system that is recalibrating.

Follow-Up and Ongoing Support

This three-week nervous system reset includes continued practitioner support guidance and regeneration. If questions, discomfort, or integration challenges arise, communication and follow-up are encouraged. Healing and regulation are most effective when supported consistently rather than managed alone.

Final Note

Healing and regulation unfold at a pace your system can safely sustain. Some shifts are immediate while others accumulate quietly over time. You are not expected to navigate this process independently.

Crystal Mana Healing remains present throughout your three-week integration period, supporting balance, clarity, energetic sovereignty, and sustainable nervous system health so you can show up grounded, focused, and resilient in both life and work.