

## Self Forgiveness Therapy: Noetic Field Balancing Release Form

The purpose of this release form is to clarify the nature of the service you are receiving and our agreement with one another.

Noetic Field Balancing, which I refer to as Self Forgiveness Therapy, is an application of ancient mysteries to modern therapeutic needs. Noetic means spiritual mind. The noetic field is considered an aura of energy surrounding the body. The field reflects our physical, emotional, mental, spiritual and archetypal levels. Spiritual centers, also known as chakras, integrate this field as well as the systems of the physical body. These centers often correspond with specific psychological structures. Blocks in the the flow of this energy are caused by judgments, decisions you made, or beliefs that you constructed in response to challenging or traumatic experiences. From a spiritual perspective, each block, or issue, as we commonly refer to them, serves a deeper intentional soul aim to awaken you to a greater sense of your authentic self, your center, your authentic wisdom, and your authentic loving nature.

In this process we invoke the highest level of cooperation to assist you to discover what has been called the “mother of all choices”\*: accepting full responsibility for your life. As the aforementioned blocks are brought into a sacred context, using your personal wisdom, my intention is to serve you in a way that you gain the most from your experiences, past and present. Since it is a spiritual approach, it is non-inflitive: your choice and highest good are never violated. Using self forgiveness as the key, we are able to reframe what comes forward to re-orient your awareness and unlock your authentic nature in service to experiencing yourself as a Divine being having a human experience. From your perspective, you can give yourself the liberty to forgive yourself for limiting self-judgments, misidentifications, or misunderstandings, and allow yourself to respond to the experience as it is offered.

Because of the spiritual nature of the service, I make no promises as to the results or outcome you may receive. The effects are often subtle and you may not always be aware of the changes. On the other hand, you may be aware of transformational changes in new ways. You may need time to adjust to the positive changes resulting from your experience. For that reason, I suggest that you do not engage in sexual activity, use alcohol or recreational drugs for three full days following each session. It has been noted that consciousness-altering drugs work against the nature of the balancing. By recreational, I am not referring to substances administered under professional guidance or prescription drug use. Sexual activity and alcohol are also known to run interference with the authenticity of certain energetic fields.

I work from a spiritual alignment that assists you in your spiritual progression and wellbeing. As the session begins, I will use a prayer, or invocation, that aligns me and evokes a spiritual presence that I call the Christ, Light and Holy Spirit. This alignment is never in conflict with any positive spiritual path that views humanity as innately good and can compliment your spiritual practices. It is very compatible with Buddhist, Christian, Sufi (Muslim), Jewish, Taoist, Shamanic or Native American ways. If your fundamental spiritual viewpoint causes you to feel discomfort with my approach, this service may not be appropriate for you at this time.

After the opening prayer, I work silently, using my hands and sometimes a pendulum, to sense and connect with your field patterns and any existing blocks. Next, I will assist you to frame appropriate self-forgiveness statements based on focus statements intended to bring our awareness to any limiting beliefs, attitudes, distortions, or misidentifications. It is your self forgiveness that allows your higher consciousness (within the universal field) to balance any distortions in your energy. The balancing process will not exceed the limits that are appropriate for you as expressed by your own intuitive determination of your highest good. No set of beliefs are imposed upon you. Any suggestions made to you are given as options that might assist you in clearing and balancing your energy field. You can think of it as spiritual hygiene, in service to awakening to your soul awareness, your innate divinity and your authentic center. I make no claims as to the success or outcome of your experience. There is always a possibility that the session will miss your expectations; however, there is the same likelihood that your expectations will be genuinely surpassed.

My background, practices and training prepare me to sense and understand underlying causes of imbalance, to focus spiritual energy, and assist you to use the experience to your greatest benefit. The source of the change is within you. The source of the change is within you. I engage your inner wisdom and healing resources and assist you to forgive or reframe judgements you have made against your own loving essence. When used, the pendulum acts as a tool to detect and gives me visual information appropriate for the area addressed. It is no more than an extension of the rapport and spiritual alignment that we share in the balancing relationship, rather nothing more.

Self Forgiveness Therapy (NFB) is primarily an educational process that touches many levels of your transformational learning. It assists to illuminate your spiritual curriculum. It does not replace the complimentary services of counselors, psychologists, psychotherapists, psychiatrists, medical doctors, or professionals in the healings arts who provide services appropriate to your needs. I am primarily a spiritual facilitator, ministering to your transformational needs and the curriculum of your soul awareness.

After your first session, I recommend the two additional sessions, no sooner than two weeks apart. Each sessions builds a foundation for the next. After three sessions, scheduling a session every six months can be helpful; like a spiritual tune-up or spiritual cleanse in service to your spiritual ecology. The final criteria is always your intuitive sense for when the next session would be helpful to you.

There are many energy field therapies available. Each has its unique contribution. Regardless of outer similarities, these services may not be the same because of differences in practitioners, techniques and spiritual sources. I encourage you to consider each on its own merit and not compare.

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date of service \_\_\_\_\_

print your name \_\_\_\_\_

sign your name \_\_\_\_\_

email address \_\_\_\_\_

phone number \_\_\_\_\_

**\*Drs. Mary and Ron Hulnick**