

CLIENT AGREEMENT

Before you book your session, please review the following important information regarding the scope of my practice and policies. Last updated Sept 23, 2026

By booking a session you indicate your acknowledgement and agreement. If you have any questions, please reach out.

This document will be updated from time to time. A link to this document is included on the [Booking @ SacredSpaceforSoulWork.com](https://SacredSpaceforSoulWork.com) page.



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Scope of Practice & Disclaimers

I am not a licensed mental health professional. My services do not constitute therapy, crisis intervention, or medical care. If you require mental health, medical, or emergency support, please consult a licensed professional. Additionally, while we may consider personal relationships or life situations from an energetic perspective in a soul work session, I do not offer couples therapy, financial advice, or legal counsel. Ongoing email support between sessions is not included.

Crisis Resources

- Crisis Text Line: Text support is available at <https://www.crisistextline.org/about-us/where-we-are/>
- 988 Suicide & Crisis Lifeline (US): Call or text 988, or visit <https://988lifeline.org/>
- International: <https://findahelpline.com/>

Nature of the Work

A soul work session offers space for inner exploration, reflection, and deepening your connection with yourself. It is best suited for individuals who have prior experience with inner work or personal development or expanded state work or feel at ease with including the seen and unseen realms, who can independently sense and manage their choices, have a support system, and can attend to their own well-being. This work is focused on deepening soulful self-connection rather than a primary focus on the relationship with the practitioner.

Sessions are held online via Zoom.

In our sessions, we may explore topics such as:

- Underlying beliefs, inner dynamics, and personal or inherited patterns
- Internal dialogue (such as the inner critic, inner child, or inner authority)
- Subconscious influences, inner contracts, resources, shadow work, and personal projections

This work focuses on fostering internal awareness rather than directing external behavioral changes. Insights come through being present with and reflection—similar to working with dreams. Please exercise your own discernment and integrate what feels in genuine alignment for you.

You are welcome to send an email with a post-session update, a dream, or a synchronicity that you may wish to share and which we can bring to our next session, if that feels in alignment. While I may occasionally be able to offer an email response, ongoing email-based support or crisis care between sessions is outside the scope of this offering.

Modalities & Approaches

My practice draws from a range of disciplines, including:

- The Sacred Enneagram & Essential Reality
- Systemic Constellations (Personal, Family, Ancestral, Collective)
- Inner Child Healing and Parts Work
- Guided Meditation & Past Life Regression (PLR)
- Personal Life Transition Coaching
- Spiral Dynamics
- Integration of dreams, breathwork, and expanded states
- Transpersonal & Jungian approaches (Shadow Work, Perinatal Matrices)
- Archetypal, Mythological, and Symbolic frameworks
- Astrology, Tarot, and Intuitive Arts
- Spiritual Response Therapy (SRT) energy clearings
- Grief and loss processing

Educational Background

- BA in Mathematics, University of Washington
- Training in Coaching (Hudson Institute Santa Barbara), Hypnotherapy & PLR, Spiral Dynamics, Systemic Family Constellations, Inner Child Work, Spiritual Response Energy Clearing (SRT), Enneagram, and Bodynamic Foundation.
- More info: <https://www.sacredspaceforsoulwork.com/meet-anne>

Session Rates & Length

Prices are valid through 2026. A few sliding scale spots may be available upon request. Typical session length is 2 hours (\$176 at \$88/hour). Longer or shorter sessions are possible, on request.

- 1.0 hour: \$88
- 1.5 hours: \$132
- 2.0 hours: \$176
- 2.5 hours: \$220
- 3.0 hours: \$264
- 3.5 hours: \$308

Payment

Unless prior arrangements have been discussed, payment is due on the day of the session. Payments can be made via [PayPal Send](#) • [Zelle](#) • [Wise \(USD\)](#) • [Stripe](#).

- Zelle/Wise email: bluelotuscoaching@gmail.com

Cancellation Policy

A 24-hour notice is appreciated for cancellations. However, if you are not in a position to participate fully, please cancel or reschedule. In 2026, there is no fee for cancellations made with less than 24 hours' notice.

You can cancel or reschedule using the links in your booking confirmation email. If you have done so successfully you will receive a confirmation email reflecting the rescheduled time or cancellation.

Booking

You can schedule a session here: [Booking @ SacredSpaceforSoulWork.com](https://www.SacredSpaceforSoulWork.com)

Due to time zone or any other reason, if you wish to check in on availability outside of what is shown on the calendar, you can send an email about scheduling. Please allow 48 hours for a response on scheduling emails. Please share your needs and availability.

Scheduling a new same-day session is not available in 2026.

Exception: You can email to check about moving a previously scheduled session to a different time on the same day.