

Amethyst Minds

Shea Carnegie

All payments are in Canadian \$

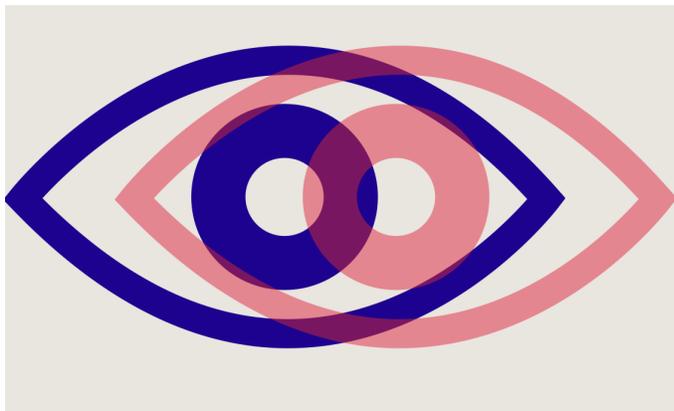
Time zone for all appointments is MST

All appointments done by FaceTime or Whatsapp

Appointment Pre/Post Care + Cancellation Sheet.

You're in!

This pre/post care & cancellation sheet is for any of the **appointments offered by Shea Carnegie of Amethyst Minds**: Mentorship, Channeling, Tarot, Akashic Record, Feng Shui or Reiki. Please read all the way through to the Terms & Conditions.



Before your appointment:

First off, I'm so excited to be a part of this part of your journey! Truly honored. All sessions are done using Facetime or Whatsapp, I will call at the time of our appointment.

Here are some little suggestions to make sure you are receiving the best possible experience for both of us!

1. First things first, your time is your time. Once your time is up, our session will be over. This ensures proper re-charging and grounding for the next beautiful soul's session. If there is not time to finish all your questions, I look forward to serving you at our next appointment.
2. Try to get distractions out of the way. For example: move your animals, find a quiet space, eat before your appointment, fill your water bottle, use the bathroom and grab a sweater. Then you have everything you need for the best possible session for you!
3. Be intentional with our time together. What are you looking for in this session? Please come prepared. Example: write some questions you may have out on paper. This step before our reading helps narrow down exactly what we are looking for.

After your appointment:

Okay SO! You've finished your session, now what?

Well, you'll enter a period of integration of the healing and readings. Sometimes, after a huge healing we can have a period of sadness when the emotions or trauma come to the surface to be released. THIS IS NORMAL. THERE IS NOTHING WRONG WITH YOU. You could take some time in silence, listening to your breath, a bath or a healthy meal. Here are some more post appointment care examples:

1. Drink. Lots. Of. Water. No matter if you're not feeling raw or emotional, ALWAYS DRINK LOTS OF WATER AFTER YOUR APPOINTMENT!
2. Nourish yourself and have a little joyful moment to celebrate you taking care of you. This could be a bath or a fancy favourite meal. Please try to refrain from drinking alcohol or taking recreational drugs for 24 hours as it will mess with the integration period.
3. Ground yourself.

4. Journal anything you notice shifting, what comes up for you, if any other messages come forward for you or anything you want to work on next time.
5. Again, TAKE CARE OF YOURSELF AND GIVE YOURSELF WHAT YOU NEED! Watch your fav movie, read your fav book, eat your fav meal. Take care of yourself without judgement.
6. **When your recording comes, PLEASE DOWNLOAD! My files get quite full and we want to make sure you have your recording. This is very important, you can always re-listen and get more and more healing or insight from a session. Once they get deleted, they are deleted permanently.**

TERMS & CONDITIONS

Here at Amethyst Minds we understand life comes up, and we want to be clear and honest about our policies. We hold a strict “No Refund and No Cancellation” policy **12 hours** before an appointment. Emergencies will be reviewed by Shea Carnegie (owner of Amethyst Minds and here on out referred to by name or business), and allowances can be made based on her judgement only. This isn’t a guarantee that your request for emergency cancellation will be approved. In the event that Amethyst Minds/Shea Carnegie must reschedule, said appointment will be rescheduled at the earliest convenience of both parties involved.

1. NO SHOWS AND CANCELLATIONS:

Our definition of a “no show” consists of two instances: 1. Not showing up at all or forgetting your appointment. 2. Failure to answer your designated call within the 5 minute mark. In the event of a “no show”, the payment used to hold the appointment will be forfeited to Amethyst Minds. If a guest fails to answer their phone FIVE MINUTES into a pre-confirmed appointment, as this is considered a “no show”! Please make sure you’re ready to go and have a good wifi connection. Mentorship or package based Clients: In the event of a late cancellation or either “no show” instances, any pre-paid appointment fees will still go to that appointment and will be counted towards one of your pre-paid sessions. All late payments will be subjected to an extra \$45 CDN late fee.

***AMETHYST MINDS RESERVES THE RIGHT TO END ANY SESSION WITHOUT EXPLANATION TO THE CLIENT.**

We do not stand for bullying or rude behaviour of any kind. This is up to Shea Carnegies (OWNER) discretion, and will be communicated as such. In the event that this occurs, all payment will be forfeited to Amethyst Minds. ****Amethyst Minds reserves the right to cancel and reschedule ANY appointment at ANY time.**

2. CONFIDENTIALITY:

Shea Carnegie agrees to keep all conversations and information shared as a result of our sessions completely confidential and protected. However, the following are instances where the Shea Carnegie may be obligated to break confidentiality and release information to appropriate authorities, family members, or a court of law:

- 1.If it is suspected that abuse or neglect of children or elders occurs.
- 2.If in my presence you make or imply threats of violence or are a danger to yourself or another person.
- 3.If illegal activity is occurring.

3. INFORMED CONSENT:

Client understands that the purpose of these sessions are for accountability and energy work to help themselves grow and reach their desired goals. The Client gives informed consent to engage in any and all services with Shea Carnegie and for Shea Carnegie to assist in guiding for the aforementioned purpose(s). Client agrees that he/she is using these services entirely at his/her own risk. Services are provided "as is" without any warranty of any kind, express or implied. Client warrants that any decisions, actions, or inaction they made and consequences thereof, are their own and at their own risk and that Client takes full responsibility for all emotional, mental, behavioral and physical risks.

8. STATEMENTS OF INTENT AND RELEASE AND WAIVER OF LIABILITY:

1.Client releases, waives, acquits, holds harmless, and discharges the Mentor/Shea Carnegie/Amethyst Minds and agents, successors, assigns, personal reps, executors, heirs, and complies (collectively now referred to as, "Mentor") from all liabilities and every claim, suit, action, demand, or right to compensation for damages Client may claim to have or that Client may have raising out of actions, omissions, or commissions taken by Client or by the Mentor as a result of the advice give by Mentor or otherwise resulting from the "Mentor" relationships contemplated hereunder. Client further declares and represents that no promise, inducement or agreement not herein expressed has been made to Client to enter into this Agreement. The Agreement and release made pursuant to this paragraph shall bind Client's heirs, executors, personal repos, successors, assigns, and agents.

2. Client agrees that the Mentor may provide Client with other sources of information, including but not limited to links to websites, printed materials, or audio, and Client understands that Mentor makes no guarantees as to accuracy or reliability of such information, including their privacy policies. Client will not hold the Mentor liable for any incident or consequential damages resulting from use or affiliation with such materials.

3. Client acknowledges that the Mentor is not a licensed health care provider and does not engage in patient diagnosis or the practice of medicine. Similarly, the Mentor is not a counselor or psychotherapist and does not purport to offer mental health care advice.

4. Information and mentorship provided by the Mentor does not constitute legal, financial, tax, medical or other types of evaluation, advice, or representation and is not intended to substitute such evaluation, advice or representation.

5. Client agrees to independently assess any decisions, actions or inactions resulting from or relating to the Mentorship experience based on medical, psychological, psychiatric, legal, financial, tax or other advice as applicable.

6. The Client understands that results are not guaranteed and it is the sole responsibility of the Client to make their own opinions, choices and decisions as well as determine appropriateness and effectiveness of services rendered as well as competency of the Mentor.

7. Upon purchasing any and all services from the Mentor, you agree to “signing” these Terms and Conditions, stating that you have read and agree to every point and that all and all of the aforementioned liabilities are waived. This states clearly that you understand the contract and nature of your relationship with Shea Carnegie and that these conditions are subject to change without notice. You agree to take responsibility for the reading and understanding of these conditions from this moment forward, waving any and all responsibility or liability to Shea Carnegie to inform you when they change.

Thank you for supporting us at Amethyst Minds, we look forward to serving you in your healing and future endeavors. We deeply love and appreciate you,

Shea Carnegie of Amethyst Minds.