



Return to Wholeness

Client Welcome Packet



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Until you make the
unconscious
conscious, it will
direct your life and
you will call it fate.

CARL JUNG



welcome

What is Return to Wholeness?

Return to Wholeness is a personalized holistic healing program addressing the mind, body, and spirit. You may join a group program or one-on-one. This program is designed to guide you through a journey of self-discovery, healing, and transformation. I will teach you practical ways to transform your everyday reality and help you implement them. You will uncover hidden parts of yourself and what beliefs, programs, wounds, and patterns are holding you back from expressing your authentic truth. You will learn how to shed all that no longer serves you and bring home those lost parts, so that you may *Return to Wholeness*.

Why take the Return to Wholeness program?

There are a myriad of reasons why my clients choose the Return to Wholeness program. From a holistic perspective, these reasons are merely symptoms of either power-loss, soul-loss, or both. These include: feeling lost or like something is missing, anxiety, depression, boredom, procrastination, addiction, lack of self-worth, repeated unhealthy patterns or behaviors, feeling broken, feeling disconnected, loneliness, a deep longing for more, chronic pain, chronic fatigue, autoimmune issues, and so on. Soul-loss and power-loss are endemic in our modern society but tend to go unrecognized as the source of these symptoms.

Regardless of their reason for choosing the program, everyone has a desire for health, wellness, and wholeness. Often, they are not sure of how to get there or where to start. Through this program, I can offer support and guidance along your healing path. I utilize my knowledge, insights, intuitive guidance, and my own personal healing journey experience to help you navigate and stay on track.

Krista M Ginn

TAKE THE NEXT STEP ON YOUR RETURN TO WHOLENESS

Return to Wholeness Mind, Body & Spirit

01 MIND

Learn new ideas, concepts and tools in understanding the conscious mind and how to tap into the subconscious mind



02 BODY

Learn and apply different tools to heal the physical and energetic bodies, bringing them back into balance

03 SPIRIT

Reconnect with your soul, recover lost fragments, and
Return to Wholeness

meet our founder



Hello,

My name is Krista Ginn. I am a Shamanic Practitioner, Reiki Master Teacher, Intuitive, Ordained Minister, QHHT Practitioner, Sound Healer, Wife, Mother, Student and Lover of Life. I began this work as a result of my own healing journey.

I experienced several health crisis which my doctors said would be a life long struggle. Modern medicine only focused on masking the symptoms I was experiencing. They couldn't tell me what the cause was for all of my pain and suffering because they did not know, even with all of their testing and knowledge.

I knew that there was a reason for all of it. It all had to be connected somehow. This led me on a journey of self discovery looking for the answers that noone could find. I began with drastically changing my diet and seeking out alternative healing modalities. This led me to energy medicine and looking at the Spiritual aspects of myself which I had ignored for so long.

I am happy to say that my curiosity and persistence has paid off. I was able to recover and take back my life. I am still on that journey of healing and self-discovery. I imagine I always will be, for there is always room for expansion and growth. Along this journey I have also discovered my purpose: To help others walk the path that I have taken toward wholeness. It is an honor to walk this path with you. To witness the healing of others, truly brings joy to my heart.

Krista M Ginn



What will I learn?



What are the concepts, tools and techniques I will learn?

During the course of this program you will learn different concepts, tools and techniques for living a more mindful and and harmonious life. Helping you to bring into your awareness that which is no longer serving you, and letting it go, so that you can invite joy and passion back into your life.

We pull from many different cultures, teachings and practices which have been proven throughout the centuries to assist the human experience in its quest for expansion and enlightenment. These practices are not based in any religion, but rather a unified belief that we are eternal souls, having a human experience, with a desire to remember who and what we truly are.

Material we will cover include, but are not limited too, the following:

- Meditation
- Breathwork
- Cleansing Tools
- Ceremony
- Journal Work
- Mindfulness
- Grounding
- Shielding
- Yoga/Movement
- Enlightenment Concepts
- Nature of our Spiritual Existence
- Energy Healing
- Shamanic Healing
- Sound Healing
- Reiki
- Journey Work
- Intuitive Awareness
- Empathic Awareness
- Ancestral Wounds
- DNA Healing
- Past Life Healing
- Soul Retrieval
- Beliefs



RETURN TO WHOLENESS

What can I expect?



What's included in the program

Return to Wholeness is wellness program consisting of one-on-one or group meetings, healing sessions, and your own, personal spiritual practice. We will meet weekly and you will receive a workbook and journal to help keep you on track. In-between sessions you will be given action-work which will consist of daily practices and weekly assignments.

While there is a set structure to the program, it is also tailored to fit your needs and level of self-awareness. Whether you are new to spiritual and mindfulness work or have been practicing for years, we will help you to create a strong foundation to build upon.

Are you ready for deep healing and transformation in your life?

Next Steps

- 01 COMPLETE INTAKE**
Complete the intake form and answer a few simple questions.
- 02 CONSULTATION**
Schedule your FREE 15 minute consultation.
- 03 START JOURNEY!**
Register for the program and schedule your first session.



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Before you can
move in new
directions, you
must first **let go** of
what's not working
for you.

ALBERTO VILLOLDO



LET'S GET STARTED!

client checklist



PART 1

- Complete the intake form questionnaire.
 - Schedule your FREE, 15 minute consultation.
 - Schedule your first session.
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PART 2

- Read all Terms & Conditions.
 - Read and understand Cancellation Policy.
 - Complete Liability Release Waiver.
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PART 3

- Read payment policies.
 - Select package type.
 - Submit initial payment.
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PART 4

- Read Frequently Asked Questions.
- Complete assessment form in workbook.
- Make note of any additional questions or concerns which may arise.



PART ONE

consultation



INTRODUCTIONS
consultation form



First and Last name _____

Address _____

Phone _____

Email _____

DOB _____

What do you hope to achieve from working together?

What questions do you have before we begin?

Is there any additional information you would like to share?



PART TWO

terms
and
conditions



PART TWO

terms and conditions



General

We are committed to being your teacher and guide. We will let you set the pace while encouraging you to challenge yourself, finding balance between effort and ease. While we walk along side you on your healing path, it is YOU who must do the work. What you get out of this program is in direct relationship with what you put into it, understanding that some of this work will be on the energetic level and unseen.

Scheduling

Private sessions: It is preferable for us to meet on a set day and time each week. However, we realize not all lifestyles can accommodate this. Appointments will be scheduled out several weeks in advance to ensure consistency. Your "spot" is not guaranteed and adjustments in your day/time may be necessary.

Group Session: We will meet at a set day and time for the group sessions. Your private healing session will be scheduled for a different day and time to work with your schedule.

Rescheduling and Missed Appointments

We will do my best to accommodate any rescheduling needs. Some appointments can be scheduled back-to-back. Group sessions will be available on replay for a limited time. Generally speaking, missed healing session appointments are able to be "rolled-over".

Confidentiality

Your personal information and status as a client will remain confidential unless we have your expressed written consent with the exception of imminent or violent threat toward yourself or others. If we see you outside of my office, we will not acknowledge our relationship unless initiated by you.



PART TWO

fee and cancellation policy



Program Fee

Private

Weekly: one-on-one, 3 month program is \$500/per month OR discount available with payment in full at registration \$1,333.

Bi-Weekly: one-on-one 6 month program is \$250/per month OR discount available with payment in full at registration \$1,333.

Group

3 month program is \$222/per month OR discount available with payment in full at registration \$599.

View the Payment Policy page for more information.

Cancellation Policy

You may discontinue the program at any time, however, you will be responsible for the payment of the entire program in full.

Your Return to Wholeness program is not limited to the given schedule. You may wish include more frequent visits and/or healing sessions depending on your individual needs, at an additional cost to you.

We appreciate your understanding of this policy and I understand that life happens and will make accommodations as necessary.



PART TWO

liability release waiver



I, the undersigned, understand that the Reiki and/or Energy Healing session, Spiritual Life Coaching, workshops, classes, or the lectures given are for the purpose of stress reduction and relaxation.

I understand very clearly that Willow Tree Medicine and all the services, events, and activities offered are not a substitute for medical or psychological examination, diagnosis, or treatment. Energy Healing practitioners, spiritual life coaches, yoga teachers, and bodyworkers do not diagnose conditions, prescribe or perform medical treatment, or interfere with the treatment of a licensed medical professional. It is recommended that I see a licensed physician, or licensed health care professional for any physical or psychological ailment I have.

I also understand that Energy Healing is a form of non-invasive and non-manipulative touch. I affirm that I have stated all my known medical conditions. If I am uncomfortable in any way during the class or session I have the right to question my practitioner and/or request that the session be terminated or to be excused from the activity, lecture or workshop. If I experience any pain or discomfort during the session or class, I will immediately inform my practitioner or a facilitator.

Any illicit or sexually suggestive remarks or advances made by me will result in immediate termination of the session, and I will be liable for full payment of the scheduled session, workshop, or retreat.

I understand comfortable clothing is suggested during my Energy Healing session. I affirm that I am responsible for informing my practitioner of any medical issues which are relevant to the session. I agree to keep the practitioner updated as to any changes in my medical profile and understand that there shall be no liability on the practitioner's part should I fail to do so.

This is a copy of our Liability Release Waiver. An electronic version will be available for your signature upon registration. You will also be required to sign additional waivers for massage.



PART THREE

payment



PART THREE

payment policies



Registration Fee *waived for a limited time*

A registration fee of \$50 is due prior to your first session. This fee covers the cost of your workbooks and journals. Please complete the initial assessment form in your workbook prior to our first meeting.

Payment Schedule

The program fee is divided up into 3 monthly payments of \$222 for group or \$450 for private (\$250 for 6 months for private every other week) via direct deposit credit card. You may also pay in full at time of registration to receive a discount on the program fee paid via cash, check, or credit card. Please refer to discounts below or my cancellation policy for more information.

WAYS TO PAY

01 CASH/CHECK/CC
Please make checks payable to
"Willow Tree Medicine, LLC"

02 PAY IN FULL
and receive a discount

03 AUTOMATIC DRAFT
and receive a discount

Payment Discounts

Discount if paid in full at time of registration.

Discount Packages

As a member of Return to Wholeness, you may also enjoy discounts on additional services such as mentorship and healing sessions. More information is available on the following Services and Prices page.



notes





PART FOUR

FAQs



FAQs



IS THIS PROGRAM RELIGIOUS?

No. While the lessons, practices and healing are spiritual in nature, they are not based in any religion, however we will work side-by-side with your current religious practice. Please feel free to contact us if you have any questions.

IS THIS TALK THERAPY?

No, the Return to Wholeness program is not therapy or counseling. We are not trained mental health professional and do not diagnose or treat mental conditions. We help you to understand where you are versus where you want to be. We work on the spiritual and energetic levels while giving you practical tools to help you reach your goals.

IS THIS PROGRAM RIGHT FOR ME?

This is a question we can not answer for you. If you have any doubts, we recommend scheduling an Intuitive Healing Session or Shamanic Session so that we can get to know each other. You can ask any questions you may have and can experience what a healing session is all about.

MAY I CONTINUE THE PROGRAM AFTER THE 3 MONTHS?

Absolutely. Clients often choose to continue working with us after the initial 3 or 6 month program. Some continue the same program while others check in on a bi-monthly, monthly or quarterly basis ,for mentorship and/or healing sessions.

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A healer is not
someone you go to
for healing. A
healer is someone
who triggers
within you, your
ability to heal
yourself.

AUTHOR UNKNOWN



Testimonials



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Committing to the Return to Wholeness program was one of the best investments I made in my own mental and spiritual health. I was going through severe depression and anxiety and felt intrinsically that I was not meant to live with mental illness, that there had to be a better way to address my inner turbulence and difficulties with life's natural cycles. In the six months I did the Return to Wholeness program, I learned multiple tools and techniques to help with daily life, addressed and healed childhood wounds and trauma, and made peace with God, family, and myself. I'm so excited for anyone who chooses to go through this program - your life is going to get GOOD!

~ Rebecca

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Taking the "Return to Wholeness" program by Krista Ginn is one of the best decisions I made for myself. I was at a point in my life where I felt like I did not know what I wanted or needed for myself. The "Return to Wholeness" program helped me to expand my mind, think outside the box and to not be afraid of expressing how I feel. I felt very safe and secure in sharing my thoughts and feelings with Krista. She is awesome! I would recommend this program to anyone who is looking to find out more about themselves and the world around them.

~ Dawn

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The program I'm attending, Return to Wholeness, with Krista is teaching me so much about myself and others that I never could have imagined. There is always room for personal growth.

~ Kristin