

INFORMATION FOR CLIENTS PARTICIPATING IN ESOGETIC MEDICINE

*These items are in no order. As I come across more important information, I will add items to the bottom, or mark them as **EDITED**, so you can clearly see what's new. **More important items are in bold.** (Last edited on Oct 17, 2025).*

1. I am a certified Colorpuncture practitioner (taught by Manohar Croke, bio available at <https://colorpuncture.org/our-staff/>), and I have completed all of the course work required for a Diploma in Esogetic Medicine (taught by Rosemary Bourne, bio available at <https://colorpunctureusa.org/about/rosemary-bourne>). I also read and attend all of the quarterly update letters and annual conferences offered by the Mandel Institute (written and taught by the founder and his son, Peter Mandel and Markus Wunderlich, bios available at <https://naturheilpraxis-mandel.de/en/>). For more information about the electives that I am trained in, see <https://www.yhalp.ca/post/advanced-esogetic-techniques-and-other-modalities>
2. In the past, diagnostic techniques included looking at the person's face, tongue, teeth, eyes, back, palpating and checking for temperature and texture differences on the neck, back, abdomen, feet, and hands, as well as having clients complete an extensive intake form. Now I rely more on Kirlian images (finger, toe, and foot palpitations, if Kirlian images are not an option). Everything is voluntary, and it is up to the client (and myself, as the practitioner) to state what we are and are not comfortable with, and to request adjustments in how we do things, so that we are both comfortable with the process.
3. Once diagnostics are complete, I will identify one or a few treatments to try, to see if we can get a response from the client's energetic/body system. This will tell us if we are on the right path, or if we should try a different approach in the next session. It can take several sessions to find the right way to treat each person/situation, because the path we each took to develop our symptoms/experience is so unique. It can also take a day or two for the effects from treatment to surface.
4. **Careful documentation of what changes, what stays the same, and what emerges, between sessions is very helpful (even small things, like bowel movements, dreams, thoughts, emotions, memories, as well as changes in symptoms or experiences with others).**
5. Treatments generally include stimulating acupressure points on the body with a probe or clicker, and then shining light (UV, IR, or visible colours) on these spots. Some treatments involve the application of brain wave programs, crystals, or audio. The equipment was developed and extensively tested in Germany by Dr. Peter Mandel with clients in his busy clinic. This method is new and experimental in North America.
6. According to the Esogetic model, the tools mentioned above send information into the person's energy system, which helps restore their body's capacity for self-regulation, to support or activate the body/soul/spirit's healing process.

7. The effects of these treatments are cumulative, because we learn more about you as we go. I do not want to lock anyone into a package of treatments, because I want people to come when they want to come and stop when they want to stop.
8. **In general, committing to once a week or biweekly is ideal, as too much time between treatments can cause us to lose the momentum. However, some clients want to come when they feel they need it and then not for a while, and that's ok. If finances are your limiting factor, I am happy to offer sliding scale pricing.**
9. Everything that is discussed or that happens during your treatment is kept absolutely confidential.
10. If questions arise at any time, please feel free to ask.
11. **As part of my commitment to you, I encourage you to email or text between our regular scheduled sessions: alahnaa18@yourlifeplan.ca 905-599-7556**
12. **I charge \$130CAD/hr, \$150CAD/90min, and \$200CAD/2hrs. The first few sessions can take up to 2hrs, but once we understand how you respond to Esogetic Medicine, I will try to get these session times down to 1-1.5hrs, if that is what works best for you.**
13. **Payments for sessions are required in advance to secure the booking time. Refunds are available, unless the client fails to turn up, in which case, the full fee is retained, and the client is welcome to rebook.**
14. The intention is to be open with one another on this journey and to not have disagreements that can not be resolved. I agree to be here for you, to the extent that I can, while also respecting my own self-care needs and the needs of my family. If anything starts to cross a line on either side, it is important for us to be open about our needs and limits, and we may need to terminate our sessions, if better boundaries can not be worked out. You are welcome to withdraw from my services at any time, for any reason.
15. **During the course of treatment, my responsibility to you, the client, will be to keep you regularly informed of any changes I see in your diagnostic presentation and the possible effects to be aware of after any treatment I administer.**
16. **I ask that you take an active role in your healing process. These are the things which I view as the client's responsibilities:**
 - a. **Keep me regularly informed of any changes in symptoms during the course of treatment. This includes emailing me between treatments if necessary.**
 - b. **Reveal any pertinent medical, emotional, psychological, social, situational, relational, financial, or stressful information that may affect your treatment.**
 - c. **You need to take full responsibility for your health and wellbeing. Nothing I say or do is a replacement for good self-care.**

17. **The effects of Esogetic treatments can be powerful, and may result in physical or emotional responses, such as a release of feelings, bowel movements, dizziness, pain, or other symptoms (including feeling spaced out, which could mean that we applied too much treatment and we need to help your soul/spirit get back in your body). The goal of Esogetic Medicine is to get your spirit in your body, so that your soul can move your life plan forward, breaking up what has become stuck, releasing the toxins, putting things in order, so everything can flow again. Often this means some kind of disillusion of how things used to be, and it is important to be kind and patient with your process. Do not do anything too quickly if there are possible consequences, and tell others you are going through something, so you can avoid projecting what you are going through onto them.**
18. **If anything feels like more than you can handle, apply a warm compress over your liver (right side, in front, just below your rib cage), to slow the processing of emotions, memories, and toxins. You can also come back to see me to treat your reaction symptoms. Make note of your symptoms, even if they resolve on their own.**
19. There are treatment points all over the body. I will always show you the points to be treated before we attempt a treatment, and it will always be up to both of us to decide what we feel comfortable with, in terms of me applying treatment to each spot, you treating your self, us skipping points that are in personal places, or avoiding treatments that involve points in personal places.
20. **Please dress comfortably, not just physically comfortable, but comfortable in a way that if you need to remove, raise, or lower parts of your clothes for treatment, that you will feel comfortable doing so. I personally don't care if you didn't shave or wear nice undergarments, but if this is something that makes you feel self-conscious, please do what you need to do to feel comfortable. I would also recommend no make up, please refrain from wearing perfumes, and come with clean hands and feet (free from creams, oils, and jewelry).**
21. You may be coming for treatment with a specific goal in mind. I simply look at how you present, ask your body some questions, and then treat, as best I can, relative to what I see, what you say, and how your body responds. I have no control over when your body releases a symptom, as this is your body/soul/spirit trying to communicate with you. In my experience, the symptoms release when you listen and make life changes, or the initial symptom releases right away but is quickly followed by other symptoms (physical, mental, emotional, or experiences) that are designed by your body/soul/spirit to trigger the needed understanding or life change. In some instances, full reversal of symptoms may not be possible, however it may be possible to slow progression or increase peace, with what is happening, due to increased awareness, understanding, and being able to see the bigger picture.
22. I ask you to simply evaluate from session to session: is this helpful, do I want to continue, at what pace can I afford to continue, etc. Do what feels right for you. No matter how much pressure you put on me or anyone to "cure" you in X number of sessions for Y dollars, this modality does not work that way. Your body/soul/spirit is constantly communicating with you. If you listen, great, if you don't, you get symptoms until you listen. All this modality does, is try

to shine the light in the right direction, in combination with all the other wisdom you and I and your cells and brain and body have access to.

23. **EDITED:** I updated the Esogetic Medicine Intake Form (available at <https://www.yhalp.ca/my-services>) removing the questions to access your [Unique Psychology](#), as people generally enter into these things separately, at first. As you can see, in the Intake form, some clients enjoy going through the process at the beginning, others prefer to trickle this information to me over time. Knowing what is important (the questions I ask in the intake form) helps clients know what to share with me, so we know what to look for in their Kirlian Photos and what Esogetic Treatments to try (factoring in the degree to which they can support themselves after or between treatments).
24. If possible, each session will begin with a check in, to see how you are doing, what has changed, stayed the same, or emerged since our last session, then we will take a Kirlian photo and, based on what we see, apply one to a few Esogetic treatments (that you agree to, after seeing what's involved), and then we will take another Kirlian photo to see what has changed. The rest of our session time may be used to repeat this process, or to go over some of your unique psychology, make some [RestoreChi](#) recommendations, or maybe do a bit of [Divine Healing](#) or inquiries using the [Information Field](#).
25. Please add any questions or concerns below, and let's discuss: