



Preparing to start the Magnetic Protocol

Plan 1.5 hours for your initial session. Subsequent sessions last an hour.

During sessions, you will lie fully clothed on a massage table with a wedge pillow under your knees so your feet are in the correct position for the muscle testing process. You can have a regular pillow under your head if you wish.

Wear comfortable clothing. You may want to bring an extra layer as sometimes people feel cool during treatment. I will also offer to cover you with a blanket once the magnets are placed.

Pairs of magnets are placed on specific anatomical points using masking tape, or tucked under a headband or elastic bandage wrapped around the torso/arm/leg. If magnets are placed directly onto the skin, I use blue painters tape as it comes off easily without pulling the skin.

At the end of the session, I ask that you allow me to remove the magnets without assistance to ensure that they are handled properly.

Magnets may be placed anywhere on the body. Very occasionally one may need to be placed near the groin, genitals or breasts. If that's the case, I'll inform you first to let you know it's about to happen. If you prefer to place a particular magnet yourself in a sensitive area, please let me know and I'll direct you.

Some people feel sensations when the magnets are on their bodies. Typically, clients feel very relaxed and often doze off (an ideal state for releasing!). Others report minor tingling or vibration sensations. Some feel cold spots where a magnet is. Some feel hot spots. Some see colors in their mind's eye. All of this is normal. And, if you don't feel anything, that's fine too.



Energy Balancing and Clearing Component

Sessions begin with a brief balancing and setting of your energy body so you can best receive and hold the healing. You simply close your eyes, go inward, and relax quietly on the table.

After all the magnet pairs are placed, energies such as emotions, patterns, beliefs, and blockages are accessed and cleared in the Chakras and Aura. You are actively offering through your conscious and unconscious awareness whatever you're ready to release. I just take the trash to the curb, so to speak!

As I get to know you and your energy body, themes and patterns may begin to emerge. Certain chakras may be too closed, others too open. Sometimes boundaries on the aura need "reinforcing". I like to educate my clients on how their energy body can be set for alignment, congruence and flow. When clients learn a few simple skills it goes a long way in helping the releasing process in between sessions. Learning to clear energy, which I can teach as well, goes even further!

Session Wrap-up

After the table work is done and the magnets are off your body, you can sit up and take a moment to ease back into yourself. It's a great time to acknowledge the shifting and releasing that happened during the session. You're not the same as you were before you got on the table! We'll set up the next appointment and you'll be on your way.

Regarding what pathogens are treated in a session, I don't typically discuss this in detail as I find it encourages too much focus on "the problem". I do give a general overview and will bring anything to your attention that I feel is relevant to your healing process, and make suggestions of what to do when you're back home. Clients who trust the process and are willing to surrender to it move through the protocol more quickly and with greater ease.



Muscle Testing

What gets treated in a session, how long to keep the magnets on your body, how much time your body needs in between sessions are all determined by the muscle testing process. Your body really does hold wisdom about what it needs to heal. I completely respect that wisdom. Sometimes you may be tempted to schedule appointments close together to “get this over with as fast as possible”. Healing doesn’t work that way!

If you’re curious about whether your body is benefiting from medications, supplements, etc. or you suspect you’re experiencing side effects, muscle testing can ascertain that information. I simply pass on the information to you and let you make your own decisions about what to do. Coming off prescription medication should always be done in consultation with the prescribing practitioner.

Subsequent Sessions

When you return for follow up sessions, you’ll give brief summary of how you’re feeling and what reaction, if any, you had to the previous session. Then, you’ll get on the table so we can get to work. We’ll proceed this way through sessions until your immune system is back on top of things and your body stops asking for magnet pairs.

“How soon will I start to feel better?” is a typical question new clients ask. You’re entering into a process and elimination of symptoms doesn’t happen overnight, especially if you’ve been sick for a while. I find it’s gradual and incremental. Time and patience are your friends.

Notice those times when you DO feel better. It may be a window of a day, or even an hour, where your head is clear and you feel like your old self. That’s progress, even if it’s temporary. Returning to homeostasis isn’t necessarily linear.

Your body will quickly figure out the routine - you have a session, you take it easy for a day or two, you feel a little clearer or a little less achy (or whatever your symptom is), and as it gets closer to your next appointment your body begins to spin up the next layer to



be treated. It will continue on this way and gradually you'll start to notice you have bigger windows of time when you feel better - your immune system is regaining ground!

As you move through the protocol, a set of symptoms that cleared early on can come back around again. It doesn't mean you're relapsing; it just means we've hit a deeper layer. This is an iterative process. There is a light at the end of the tunnel.

After You're Feeling Better

People often ask what happens after they're done. Depending on how you're feeling, whether you've been bitten again, or if you think you might be having a flare-up, we can check in periodically after you've completed the protocol.

I look forward to partnering with you!



Fees, Payment, and Cancellation Policy

Fees:

Initial intake session (1.5 hours)	\$187.50
Follow Up Sessions (1 hour)	\$125.00

Payment:

I take cash, checks, and credit cards (MasterCard/Visa/American Express). Payment is expected at the time of the session.

Late Arrival:

Arriving late for a session may result in a shortened treatment. Full session fees still apply. If you will be more than 15 minutes late, we may need to reschedule.

Cancellations:

To avoid being charged the full amount of the session, please give me at least 24 hours notice if you need to cancel.



Client Consent:

I acknowledge that I have read, understood, and accepted the information presented in the Session Information Packet.

I am aware that Ellen does not diagnose illness, or prescribe medical or pharmaceutical treatment. I also understand that the Magnetic Protocol is not a substitute for qualified medical care by a licensed health care provider.

I am responsible for making choices that best support my healing process as I go through the protocol.

I understand that Ellen may review my case with her supervisors periodically to receive feedback and direction if needed.

I agree to the fees, payments terms, and cancellation policy.

Agreed and accepted:

Signature Date

Print Name