

## TRADITIONAL HEALING – CARE AGREEMENT

### Training and Affiliation as a Traditional Healer

While I am a trained and licensed medical doctor, I offer healing, spiritual counsel, life transition ceremonies and rituals, spiritual community service and teaching outside of my licensure as a physician but within my capacity as a Mará akáme initiated in the Huichol Shamanic Tradition and as a Plant Spirit Medicine healer, both affiliated with the Temple of Sacred Fire Healing. The Temple of Sacred Fire Healing is dedicated to preserving and offering traditional medicine ways for this and generations to come.

In 1998, I began training in Plant Spirit Medicine as a student of Eliot Cowan. Training included aspects of Classical Five Element Chinese Medicine, Plant Spirit Medicine healing approaches, plant studies and spiritual work building relationships with Plant Spirits. I completed the training in 1999 and was subsequently inducted into the Temple of Sacred Fire Healing as a Plant Spirit Medicine Healer. I continue stewardship with the medicine through work as a healer, outreach in the community, membership in the Plant Spirit Medicine Association, participation in advanced training, supervision and ongoing relationship with the plant spirits.

In 2000, shortly after completing my training in plant spirit medicine, I was called to begin a long and rigorous shamanic apprenticeship in the Huichol tradition. In 2014, I became initiated as a Mará akáme (traditional medicine person) in a ritual led by Tsauririkame and Attending Shaman, Don Jose Sandoval, at La Laguna in Santa Maria Del Oro, Nayarit, Mexico. This means that I have assumed the responsibilities of a traditional healer of this lineage for the benefit of helping others. In September 2015, I was inducted into the Sacred Fire Healing Ministry and authorized by the Temple of Sacred Fire Healing to work as a Mará akáme.

Mará akáme foster a living conversation with the Natural World as an Eternally Divine manifestation. We offer healing, counsel and leadership from the place of that conversation. Ethical conduct is paramount to this path which promotes and maintains balance. We recognize the importance of respectful, humane relationships and understand being a Mará akáme is a life long commitment to serve the needs of community.

### Location and preparation to help optimize conditions for healing.

- It is ideal to see you at my home office in Weaverville, around a special consecrated fire surrounded by nature. If needed, I treat people in their home, the hospital or at Family to Family, my Asheville office.
- Unless otherwise indicated, to prepare for your session, **you will need to fast from food and water (except for essential prescription medications) for 12 hours prior to each appointment.**
- Also, please do not wear any make – up, perfume, scented lotion or essential oils, 12 hours prior.
- Feel free to bring a snack with you for after your session.
- If you are able, give yourself time and spaciousness to walk the land before or after your session. You will see a trail map posted on the wood shed in the parking area. The whole loop takes about 45 minutes. This place can augment healing. Please, however, use the trails at your own risk.
- Please bring a signed copy of the last page of this care agreement.**

### Scheduling and Fees

- Please contact me directly to schedule appointments: [lisalichtig@gmail.com](mailto:lisalichtig@gmail.com), (828)768-3302
- I am available from 8:30 am - 1 pm: several days/week
- Initial sessions are \$225 and can last up to 2 hours; follow up healing sessions are 1 hour and \$125, unless other agreements are made.
- During your initial session, I may have a trained assistant taking notes.
- I accept cash or check - *payable to Lisa Lichtig*.
- Unless there is a true emergency, missed appointments are charged if not cancelled within 48 hours.

**Additional Preparation**

- While you are receiving healing with me, I request that you hold off from receiving other energetic treatments such as Reiki, homeopathy, or acupuncture; unless we come to a decision together that additional support may be beneficial as part of your treatment plan.
- If you use drugs or alcohol, please discuss this with me during your first appointment so we can create agreements around these habits, to ensure treatment is as effective as possible. At the very least, please refrain from using drugs or alcohol at least 48 hours before and after treatment.

**Directions: Home Office & Hearth:** 90 Rocky Hollow, Weaverville. (20 min N of Asheville. GPS not reliable)

- I- 26 north to Exit # 15: Jupiter-Barnardsville, Left off exit ramp on to Jupiter Rd.
- First right on to old 19-23 (no road sign). Go ½ mile, veer left on to Locust Grove Rd (blue sign)
- Go 1 ½ miles → Right at Rocky Hollow (gravel road) ~ ½ miles → Left at # 90, just after # 66 the mosaic heart sign. You’ll see a tee pee and Aframe at the end of the driveway.
- **Park by the large wood shed and walk east up to the knoll where the council house and fire sit. Walk past the council house and have a seat in the “waiting area” on the deck of the wood barrel sauna. Please wait there until I come to get you for your session.**
- If temperature is below 50 degrees we will meet by an indoor fire in the lower level of the Aframe Lodge (people live at the upper part and do healing work in the teepee, please be mindful). Park and walk along the fence by the pasture and you’ll see the lower entrance around the back. Wait in the small building (casita) with the maroon door just across the lower entrance to Aframe.

**AGREEMENT TO RECEIVE TRADITIONAL HEALING**

I consent to receive traditional healing from Lisa Lichtig as an initiated Mará akáme in the Huichol Tradition. I acknowledge that the services I will receive make no claim to diagnose or treat disease. I understand that Lisa is not providing this service under her license as a physician but as a spiritual healer affiliated with the Temple of Sacred Fire Healing. I also agree to release Lisa, her assistants and Family to Family from any liability and hold them harmless from any claims or liability related to any physical, mental or emotional condition that may arise or change. I agree to walk the land affiliated with #90 and #66 Rocky Hollow at my own risk. I agree to pay for these healing services at the time of service. I understand that communications made by me (or my child) during a traditional healing session are privileged and confidential and will not be disclosed to any third party (other than her ministerial elders, as needed for guidance) without my express written consent.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Printed: \_\_\_\_\_

DOB: \_\_\_\_\_

Mailing address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

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