

New Client Welcome

Dear One,

As you start to read this letter, I trust you will begin to feel welcomed.

As a way to help you get the most from our work together, I send you this reference page. I recommend you save it. You can also find it on the [Contact & Directions page](#).



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Let's Get Started:

You can write this truth on the wall -

“True healing is a process, not an event.”

You can also write this one -

“Healing is about relationship.”

Naturally, when you come to see me the first time, you enter a relationship with me. More importantly, you enter a new or deeper relationship with your body and with your deep self.

I will journey with you on your exploration.

During your sessions with me and in [Body & Soul Mentoring blog](#) posts and books that I write, I offer tips that may be of help to you. People all over the world have benefited by them. You may too. (See how to get notified below.)

You can search the blog for specifics or read the archive.

“How Often Should I Come See You?” She Asked

“How often should I come see you?” she asked.

“Unlike a doctor, who prescribes a remedy, you will explore your health with me. Part of your journey is learning to listen deeply to your own needs. That includes learning how often to come see me.” I respond.

“I see,” you say.

I go on, “People come thinking they will have two or three sessions to “fix” their problems. Then they fix their problems and stay for years. What's up with that?”

“Yeah?”

“What's up with that,” I continue, “is that people discover this journey is much deeper than they thought and certainly, they begin to take their time to fully enjoy the exploration.”

“Woof!, isn't that expensive?” People don't really say that, but some may think it. How do I know, because their relief appears as a smile when I tell them this:

“When people are past the acute painful part of healing, they generally spread their sessions out in a variety of rhythms that fit their pocket book and their schedules equally well.”

“It looks like this,” I go on, “There is a three week physical body rhythm that works including multiples of three weeks. Meaning people start coming every three weeks, every six weeks, nine weeks, or twelve weeks.

“The other useful rhythm is a lunar cycle.”

“What's that look like?”

“People come every four, eight, or twelve weeks. This is more associated with the inner rhythms. Both the physical and the lunar rhythms work well. You can explore.

“Once, when my parents were dying, I needed to see my spiritual director and get body work weekly,” I report. “It was an investment in my life I was grateful to make. You may very well find that you are happy to see me on a seasonal basis, every 12 weeks or so, then life intrudes and you want to have more sessions.”

“Remember, this is an art, not a fixed plan. The realities of life will interrupt the ideal rhythm anyhow. It's for the good though, as that builds in resiliency into your life.

“Bottom line, schedule frequently enough to keep the ball rolling. Schedule in a way that honors your time and finances.”

I Take Sabbaticals

Every 8-9 weeks I take a sabbatical for two weeks to recharge my batteries and feed my soul.

They fall around the Christmas holiday, the first two weeks in March, the two weeks prior to Memorial Day, the first two weeks in August, the mid-to- end of October. They are always marked on my office calendar if you want to plan ahead or ask me.

What Do I Wear

Lastly, people want to know, "What do I wear to a session with you?" You can wear anything that's comfortable for you and you don't care about getting wrinkled with the exception of jean type pants with heavy seams and rivets. The seams and rivets get in the way of subtle work.

Some people change into athletic, dance, or yoga clothing when they visit. You choose.

Missed Appointments

If you miss an appointment, I will charge you for your session. The reasoning is obvious, right?

To avoid charges give me at least 24 hours notice. Clearly, I prefer 48 hours or longer.

If you're sick, come to your session if you want as the work can greatly speed your recovery. Don't come if you're super contagious. And don't come if you're unsafe to travel. Take care of yourself. Just let me know.

If you have questions, ask me.

Resources – Get Notified

I recommend that you go to the [Body & Soul Mentoring blog](#) now and fill in your email in the top right corner.

By going to the blog and filling in your information, you will get notified of all the free goodies I give you including articles, book reviews, podcasts, videos, and the best thing – my book giveaways.

It's easy, just enter you primary email in the top right of the [blog](#). You'll see this symbol there.



After you fill in your email, you'll get a pop up that says:

Email Subscription Request

Thank you for your request.

Your email address will appear here e.g. William@bodyandsoulmentor.com

You will receive a verification message once you submit this form. FeedBurner activates your subscription to "Body & Soul Mentoring" once you respond to this verification message.

Then you fill in the anti-spam distorted word. It took me two tries.

:)

They will email you to confirm you subscription, just click the link and you're done.

Easy.

If, perchance, you don't find it , check you junk mail folder. The email subject will say: **Activate your Email Subscription to: Body & Soul Mentoring.**

Go to the [blog](#) now, while it's on your mind and do it. See you [there](#).

=> [Body and Soul Mentor blog](#)

My Life Coaching Books at Amazon

I have written 15 short books for you and counting. They're all designed to support you on your journey. As you found above, periodically, I give away my favorites. Get notified by signing up for the blog posts.

You'll find all my books on my [Amazon Authors page here](#).

If you have Amazon Prime, you can borrow any of my books at any time at no cost.

More Resources

You can find more coaching and explanations of BodyTherapy, CranialSacral Therapy, Life Coaching, fitness and more at my web site, written for clients just like you.

Practice Website <http://VitalArts.net>

Body and Soul Mentor Website <http://BodyAndSoulMentor.com>

[Free Goodies](#)

Other [Cool Resources](#)

You Can Contact Me...

Feel free to email or call me with questions any time. You can use William@BodyAndSoulMentor.com or thegoodheart@comcast.net, or 206.328.2073.

You would be wise to let your spam blockers allow these two addresses into your inbox. When I contact you, I may use either one.

Heads UP: I don't check messages often. I do check faithfully.

I check emails between 4:00 – 5:30 in the morning. Then in the afternoon at around 3:00.

I usually have email service at the office, but I don't count on it and neither should you.

I do check my phone messages at the office during the day before my first client, after my last one, and if I have breaks between clients. Then again at 3:00.

Use both email and phone if you want to contact me soonest.

Thanks for Coming to See Me

May you always walk in beauty,

William

P.S. Almost certainly, you came to me through a referral from a friend or a health care professional. If you like your work with me, you may find yourself wanting to send a friend to me.

Please do. Reach out and take the risk - it can make a difference in their lives.

You can have them call me at 206.328.2073 or email me:

William@BodyAndSoulMentor.com

Alternately, you can send them to my [Practice Website](http://www.VitalArts.net) (<http://www.VitalArts.net>) so they can explore what I do.

Note to self: Add

Post to directions page.