



Describe your recent and current emotional and physical status:

Do you have any ongoing sexual relationships? Yes _____ No _____

What issues are present?

Describe important past relationships:

Previous and current illnesses or medical conditions including STD's and any history of mental illness/counselling/psychotherapy:

List any medications or drugs, legal or illegal you take on a regular basis (include alcohol, marijuana, tobacco, caffeine, sleep aids, anti-depressants, etc.):

Describe any sexual trauma or abuse you have experienced at some point in your life, including verbal:

Please describe any specific desires, fantasies and longings you have for this session:

Is there other relevant information you want to share?:



• Client statement of Responsibility and Liability Waiver

Since the body stores trauma in the cells, it is possible for painful emotions, memories or sensations to arise during a Sexual Awakening session. I will hold space for you with love, presence and care, but it is up to you to decide if - at any point - you want to pause or stop, or work through and release them.

By scheduling a session, you agree to take full responsibility for your choices and release Shaft Uddin from any liability regarding anything related to the session.

Will you tell me immediately and clearly if you are experiencing pain, discomfort or want a pause or a stop to the session? (write "yes" if you agree) _____.

Thank you.

• Cancellation Policy:

Once a session is agreed, you are asked to pay a 50% deposit to secure your booking OR full payment. If you need to cancel the session thereafter, the following cancellation terms apply:

If you cancel 3 or more days in advance: 20% of the session fee is due as an admin fee and the remainder of your deposit will be refunded within 3 working days.

If you cancel less than 3 days in advance: your payments will not be refunded, unless another session is scheduled and paid for in full (though please note that rescheduling incurs a 10% administrative fee).

If you cancel in the last 24 hours: the full session fee must be paid, unless re-scheduled, in which case, the 50% deposit is kept and payment in full required for the re-booked session, plus a 10% administrative fee.

By paying the deposit for the session, you indicate your agreement to these cancellation terms. If you have any questions about the policy please discuss them with Shaft before paying the deposit.

Client Signature _____ Date _____ Deposit Paid _____



Shakti Session Guide Before and After :

Having personal sessions is powerful and can bring up strong emotions. This guide has been developed to help you understand the process, get the most out of your session and have a more easeful transition and integration back into your every-day life.

- 1. Receive.** This is a time to just receive, give up control and allow yourself the opportunity to focus fully on your own pleasure and healing without the need to reciprocate in any way.
- 2. Allow.** Please know that it is very common to cry during a session, as years of trauma, stored memories, or simply a protected, closed heart are brought into a realm of openness and release. This is normally a feeling closer to relief and being held than sadness; allow yourself to cry freely if this arises and to feel the full range of what naturally occurs for you without inhibitions. There is no-one to impress, no-one to compete with or compare yourself to, there is no shame, guilt, or judgment, there is nothing to be embarrassed about, there is no sound to make or not make. In short, there is no best way to respond during your session. Let yourself feel and express in the most heartfelt, genuine way.
- 3. Rest.** Have a good, long sleep before and after the session – go to bed early and don't use any mood-altering drugs such as alcohol or marijuana for at least 24 hours before or after the session.
- 4. Hydrate.** Drink plenty of pure, clean water before & after the session- this aids lubrication and helps to flush toxins and emotions out of the body.
- 5. Breathe.** Experiencing and expressing emotions is a key part of every session. Breathing deeply and slowly before, during and after the session will support the expansion of your feeling and sensing capacity, as well as your sense of inner grounding and stability.
- 6. Journal.** Write about your session experiences and any dreams, thoughts, memories, emotions or sensations that arise as a result, so as to help reinforce the awakening process and remember what you experienced.
- 7. Support.** After a session, your lovemaking and relationship can improve dramatically, but you may also confront your shadows due to emotional openings. This may necessitate additional support. If any doubts, problems, or issues arise for you after your session, don't hesitate to contact me. I will do my best to answer your query and/or signpost you towards the appropriate type of support.
- 8. Purification.** Please be aware that after your session you may experience purification effects. They may manifest physically in the form of irritated tissues, some discomfort, swelling or sense of rawness. Or they may be observed as emotional outbursts, instability, and a feeling of being sad, angry, or disturbed on one end of the spectrum, or an ecstatic high; feelings of bliss, expansion, and joy on the other – and even fluctuations between the two. Your moon cycle may start early or late. It's important to know that this happens because of cleansing effects at the subtle levels of the being, in the aural fields. When you remove old layers while working with sexual energy there is a cleansing effect that resembles a detox. You can consider that this is similar to chiropractic adjustments; we often feel a bit sore immediately afterward because we are adjusting to a healthier, proper state of alignment and our body is still in a phase of resistance. These effects are ultimately always positive and will take you forward.
- 9. Nurture.** In the first two days after your session, take extra good care of yourself. Be with people who nurture and support you in what may be a more vulnerable and sensitive space. If you engage sexually soon after a session, consider doing so in a slower, more nurturing manner and don't focus on orgasm or ejaculation.
- 10. Connect.** Connect with others who are doing healing, empowerment and expansion practices. Share your experience with those you love; it's OK to talk about it. After your session – and always! – be with people with whom you feel free to be yourself and whom you trust: your good friends, lover, sisters on the path, teachers, anyone who empowers your courageous exploration of your sexuality and your authentic truth in all its colours. This can be a source of great support and pleasure.
- 11. Self-love.** Follow your desires and your joy! Practice self-love every day – that is the active projection of heart-based, deep love directed towards yourself – without apology, conditions, or qualifications, and without needing to “deserve” it. Just because. Because you are lovable and perfect, just the way you are. This creates a “nest” for inner changes. All that has been stirred up still needs to settle and will find the best foundation in your own loving openness.



Shakti Session Guide Frequently Asked Questions :

How do people benefit from a Sacred Sexual Awakening Session?

Many people have unreleased emotional charges, issues and traumas related to sensuality and sexuality. A series of sessions can have a profound impact on releasing trauma, dissolving blocks and reconnecting you with greater sensitivity and pleasure in your body. This, in turn, allows more joy to flow into your life and relationships.

Why do you sometimes include intimate pelvic and genital touch in sessions?

The session only includes genital touch if desired and stated specifically by the client and this work can be external or include internal touch as well.

Most people have not experienced genital touch that is professional, therapeutic and pleasurable. The genitals are the most sensitive area of the body and often store unreleased emotions and memories.

The client is fully supported in their choice and can change their mind at any time during the session.

This work can also be done on the energetic plane without any physical contact whatsoever.

If desired, non-latex gloves can be used for any touch aspect of the session.

While not required for a beneficial session, allowing and experiencing pleasure is one of the best ways to reconnect with ourselves, our bodies, and our emotions. The focus is on healing, not necessarily on having an intense sexual experience.

Can I touch the practitioner or reciprocate in some way during the session?

This is your opportunity to receive 100%. Your healing will be most effective if you give your full attention to your sensations, emotions or thoughts, without engaging sexually or sensually with the practitioner. This also helps to release you from unconscious patterns of sexual activity that prevent you from having healthier, more joyful sexual experiences and relationships.

What is the purpose of emotional release work done in sessions?

Creating a safe space to speak your truth and release your emotions enables you to come into the present moment. Many people are not joyfully alive or living to their capacity, because of unreleased emotions about the past or the future. Both verbal and non-verbal emotional release techniques can aide the client in achieving peace, joy, and receptivity to sensation and conscious sensuality. This also helps clients to create more intimacy, trust and understanding in all their relationships, not just their sexual ones.

What makes you qualified to offer these sessions?

I do this work out of a profound calling to serve the Goddess and re-awaken the Divine Feminine and Masculine on the planet. My training can be found here:
www.sacredsexualawakening.com/bio

And as part of my training, I have both received and offered countless supervised sessions. Please see my website for testimonials.

Is there any benefit to Skype/Phone sessions as opposed to In-Person sessions?

While there are significant benefits to in-person work, many people benefit greatly from phone/skype sessions to build communication, emotional and self-love skills, as well as trust and ease between the client and practitioner, before a session, or for continued emotional release, expansion and self-love after a session.

Skype/phone sessions also reinforce the truth that we all have the capacity to heal ourselves without having to be touched by anyone else.



Shakti Session Guide Frequently Asked Questions :

Where does the session take place?

We will mutually agree upon the best place for your session. I work internationally, though am based in London, so can be available for sessions worldwide, depending on my schedule. The session can take place in your home, my studio or a rented space that is designed for this type of work.

What do I need to bring?

Your intake form, waiver from and just yourself. Everything else is provided.

Do I need to do anything else to prepare?

Reflect on your needs, intentions and boundaries. Please come freshly washed, but without any synthetic perfumes or deodorants.

Do I have to be naked?

Once we start the session, there is a ritualised way to take off your items of clothing if you wish.

Are you naked?

No. I may be bare-chested, but I will always wear underpants or pants for Session 1. But for the VIP Package you can request me to be naked.

I've never had an orgasm before. Does this matter?

No. Our goal in each session is not to bring you to orgasm, but to respond to your body's energy flow and support your body in opening to deeper, fuller pleasure and power. There is no shame in having an orgasm or not having one, although, if this has been a difficulty for you in the past, you may find that a number of sessions opens you to this possibility.

What if I ejaculate?

Some women ejaculate when they orgasm. Some women ejaculate for the first time during a session. Some women never ejaculate. Again, whatever happens, there is no shame or judgement and I am prepared for this to happen.

Does it matter if I'm a lesbian?

Not at all! My favourite clients are lesbian! See video testimonial on my website. Your capacity to receive and benefit from this service has nothing to do with your sexual orientation.

How far can I go in the VIP Package?

As deep as you like. I am here to hold space for your journey. But I also have my boundaries.

Does that mean you can penetrate me if I request it in the VIP Package?

Yes if the energy is right and only if you request it.

How do I pay you?

Contact me to discuss: the_uddin@hotmail.com