



Spontaneous Meditation

Resting in Silent Awareness

Background Information

Form One

If you're interested in spontaneous meditation or blessing sessions—or in discussing concerns related to your spiritual journey—please print this form then fill it out, using the reverse side or extra pages if necessary. Either return this form to me in person or mail it to the address given on the [Contact](#) page of my website. I will also have copies available when we meet for our introductory session. Please know that what you write here will be kept confidential unless I'm legally required to release this information.

Name (include nick name or spiritual name):

Address and Home Phone:

Cell Phone and Email:

Names and phone numbers of two persons to contact in case of emergency (include his or her relationship to you):

Is there anything about your physical or psychological health that would prohibit your engaging in the spiritual processes described on this website? To see what is relevant, refer to [Guidelines for Spontaneous Meditations and Blessings](#) (Form Two) or [Guidelines for Spiritual Conversations](#) (Form Three). If your answer is “yes,” please elaborate.

In what religious tradition(s), if any, were you raised? What is your current religious affiliation or preference, if any?

What is your purpose, goal or intention in working together? Feel free to include drawings (no larger than 8 1/2 x 11) and/or poetry in your answer. You may email your art as a .jpg image to:

info@spontaneousmeditation.org