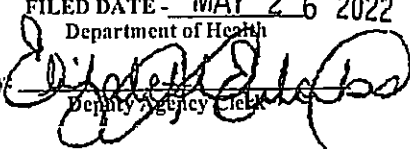


FILED DATE - MAY 26 2022  
Department of Health  
By:   
Deputy Agency Clerk

**STATE OF FLORIDA  
BOARD OF MASSAGE THERAPY**

IN RE: PETITION FOR DECLARATORY  
STATEMENT OF:

**HUMBERTO FORTUNA**  
\_\_\_\_\_ /

**FINAL ORDER ON PETITION FOR DECLARATORY STATEMENT**

This matter came before the Board of Massage Therapy (Board) at a duly-noticed telephonic meeting on September 25, 2019 for consideration of a petition for declaratory statement filed by Humberto Fortuna. (attached hereto as exhibit A). The petition was filed on September 4, 2019 and noticed in the Florida Administrative Register on September 12 in Volume 45/178. No comments were received on the petition.

Humberto Fortuna inquired whether a massage therapy license is required for :

Is a Florida licensed massage therapist prohibited from teaching foam rolling or do it yourself massage techniques to a client one-on-one or in a group setting?

Petitioner cites to Section 480.046(1)(j), Florida Statutes, as follows:

Grounds for Disciplinary Action by the Board  
(j) Practicing or offering to practice beyond the scope permitted by law or accepting and performing professional responsibilities which the licensee knows or has reason to know that she or he is not competent to perform.

Upon review of the Petition, the related laws and rules, and being otherwise advised on the premises, the Board declines to respond to the inquiry set forth in the Petition.

**FINDINGS OF FACT**

1. The facts set forth in the Petition are hereby adopted and incorporated herein by reference as the findings of fact by the Board.

**CONCLUSIONS OF LAW**

2. The Board of Massage Therapy has authority to issue this Final Order pursuant to Section 120.565, Florida Statutes, and Rule 28-105, Florida Administrative Code.

3. The Petition filed in this cause is not in substantial compliance with the provisions of Section 120.565, Florida Statutes, and Rule 28-105.002, Florida Administrative Code.

4. Petitioner inquires as to how the Statute relates to a group of persons, specifically, Florida licensed massage therapists. A declaratory statement is not the appropriate means for determining the conduct of another person. Rule 28-105.001, Florida Administrative Code.

5. In addition, Petitioner does not specify her particular training regarding "foam rolling," and instruction to clients.

**WHEREFORE**, the Board declines to respond to the request for declaratory statement as presented.

This Final Order shall become effective upon filing with the Clerk of the Department of Health.

**DONE AND ORDERED** this 26th day of May, 2022.

BOARD OF MASSAGE THERAPY

 for

Allen Hall,  
Executive Director for  
CHRISTOPHER BROOKS, LMT,  
Chair

**NOTICE OF APPEAL RIGHTS**

A PARTY WHO IS ADVERSELY AFFECTED BY THIS FINAL ORDER IS ENTITLED TO JUDICIAL REVIEW PURSUANT TO SECTION 120.68, FLORIDA STATUTES. REVIEW PROCEEDINGS ARE GOVERNED BY THE FLORIDA RULES OF APPELLATE PROCEDURE. SUCH PROCEEDINGS ARE COMMENCED BY FILING ONE COPY OF A NOTICE OF APPEAL WITH THE AGENCY CLERK OF THE DEPARTMENT OF HEALTH AND A SECOND COPY, ACCOMPANIED BY FILING FEES PRESCRIBED BY LAW, WITH THE DISTRICT COURT OF APPEAL, FIRST DISTRICT, OR WITH THE DISTRICT COURT OF APPEAL IN THE APPELLATE DISTRICT WHERE THE PARTY RESIDES. THE NOTICE OF APPEAL MUST BE FILED WITHIN THIRTY (30) DAYS OF THE FILING DATE OF THE ORDER TO BE REVIEWED.

**CERTIFICATE OF SERVICE**

I HEREBY CERTIFY that a true and correct copy of the foregoing has been furnished by US mail to: **Humberto Fortuna**, 2699 Stirling Road, Suite C107, Fort Lauderdale, FL 33312; and by e-mail to: Diane L. Guillemette, Assistant Attorney General, [diane.guillemette@myfloridalegal.com](mailto:diane.guillemette@myfloridalegal.com), this 26 day of May, 2022.

  
\_\_\_\_\_  
Deputy Agency Clerk

**Petition for Declaratory Statement before the Board of Massage Therapy.**

Humberto Fortuna  
2699 Stirling Road, Suite C107  
Fort Lauderdale, Florida 33312  
Office: 954 965 2925  
Cell: 954 552 1298  
Fax: 954 965 9421  
[humfor@yahoo.com](mailto:humfor@yahoo.com)

FILED  
DEPARTMENT OF HEALTH  
DEPUTY CLERK

CLERK: *Angel Sanders*  
DATE: **SEP 04 2019**

To Whom It May Concern:

My name is Humberto Fortuna and I have been a resident of Broward County for the past 30 years. I hold a Master's Degree in Healthcare Administration, specializing in Geriatrics with a Post Graduate Certification. I hold a Master's Degree in Music Education as well as many other certifications. I most recently received a certification as a Certified Sound Healing Practitioner as well as a Certified Angel Therapy Practitioner and Reiki Master. I am now in the process of being certified in Akashic Records and Past Life Regression. In the month of December, I will be receiving a certification as an Energy Healer after completing a year-long course.

On August 8, 2019, I was told the following in a private message on Facebook:

**"I am a Reiki Master as well. In Florida, you have to be licensed at least as a massage therapist to practice for money according to the department of health. Reiki, energy work and sound healing are all forms of modalities of massage therapy. Performing them without a Florida license is a felony in Florida. The Florida Board of massage therapy in the department of health made a ruling about that in 2005. I was at that meeting. But just letting you know. It used to be that you could do it if you were legally ordained as a part of a spiritual practice. But Florida made a rule against that last year as well."**

As a Healthcare Administrator and Business Owner, I began my research on what was required and what was not. I called the Health Department and spoke with a representative and explained what I was told. The only thing that I was able to confirm from this representative was that the law that was established was regarding Reiki practices only.

The Department of Health representative said, " If there is manipulation of soft tissue, you need a massage license. Basically, that means, if the practitioner touches the patient with hands or with instruments (including stones or crystals) directly or through the clothes, they need a massage license. The Board had different Reiki Practitioners come to demonstrate in front of them and some touched the client and some did not. Because some of them touched the client, the Board said you need a massage license to perform Reiki. The representative also said, "we could go to this website and submit a detailed explanation of what we are doing and they will respond in writing as to whether we need a massage license or not." That last statement was her response when I asked her about Sound Healing and Chakra Balancing.

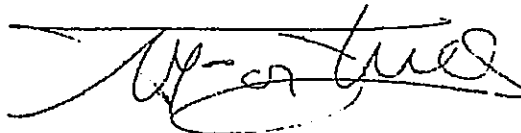
The advice received by the Department of Health representative was:

1. Submit to this Board the sessions that I will be providing to my clients.
2. Request a written statement saying that I am not violating the law in the state of Florida by conducting my sessions as described in the enclosed information.

Please find attached, my detailed sessions to be reviewed as non-Reiki related services. I am going through this process because I do not want to be accused of any illegal activities or practices. I want to thank the Board for taking its time to review this matter.

Sincerely,

HUMBERTO FORTUNA - 9/4/2019



## What to Expect from a Session with Humberto Fortuna

When you come to a Session, know that you will be in a safe and peaceful environment so that our energies can flow, and together, we can work toward your goal.

A Chart will be created when you come to the office with your personal information to keep for future sessions.

Everyone who comes for a Session has a specific reason, purpose or question, is looking for answers and/or guidance.

These Sessions are developed to assist clients with personal problems or conflicts in an Alternative manner with Energy Healing or Spiritual Healing along with other techniques such as Psychic and Intuition abilities, prayers, affirmations and the use of Oracle Cards, to mention a few.

The intent of Energy healing is to promote health through manipulation of the subtle energies. Spiritual Healing is distinguished by a deeper embrace of spiritual practices in the healing practice. That is, one can approach energy healing as a technician, where one discerns the energy vibrational state required to promote a positive change or the approach can be spiritual, invoking divine space with prayer.

All techniques used by Humberto Fortuna are without Physical Interaction with the client. All equipment / instruments utilized in a session include: Tuning Forks and/or Crystals or natural elements such as oils, scents, etc. and will always be placed 3 to 6 Inches or more away from Client's body.

### **When is a Second Session needed?**

Sometimes a Second Session is needed to complete or double check a result. This often happens with Chakras treatment, to mention one. A Second Session may be needed in a case where not everything is totally completed within one session. In many cases, the problem or the energy blockage is very pronounced and needs more time until the energy begins to flow correctly. In this case, the Practitioner will discuss options with the client, and together they will develop a Plan of Care.

### **What is a Plan of Care?**

In some cases, a required Plan of Care, developed by the Practitioner, needs to be followed with the client in order to accomplish a successful outcome. A Plan of Care is a terminology frequently used in the clinical arena. When a problem is identified and objectives and goals are set, specific steps will be taken to achieve those objectives and goals. The end result of these objectives and goals will be the solution of the problem or the management of such. The Practitioner will develop and recommend a Plan of Care after investigating and coordinating specific Energy Healing techniques to resolve the problem or to begin the healing process. This is a longer treatment relationship. A Plan of Care could be written for physical or emotional problems. A Plan of Care will be discussed with the client and/or representative prior to its development.

Humberto Fortuna's ultimate goal is to provide a comprehensive and professional service, creating a bridge of Energy and Knowledge for the client and our society, as an educator and a Psychic/ Medium professional.

## CRYSTALS and AROMATHERAPY CHAKRA Session

1. Welcome the Client in a serene room with soft music and filtered air.
2. Have the Client select an Essential Oil of their choice. Put the oil in a diffuser and continue interview. This scent will assist in evaluating the Client.
3. Conduct Client interview and review client's information in a calm and friendly voice and manner. Fill out Client form with the following information:
  - Brief history of parents and grandparents; alive, deceased, where born, etc.
  - Special connections
  - Aches and issues
  - Reason and intention for visit
  - Explanation of Energy Healing and based on the information gathered, the Healer will begin to visualize and generate a picture of the Client through their Energy/Aura
4. With a calm voice, help Client to relax after giving an emotional account of personal history.
  - If Client is emotional, keep these observations for later on and see if they are blocking or not blocking energy.
  - Have the Client breathe and let him/her show you how they breathe normally
  - Show them breathing techniques and how to visualize their breathing to calm themselves down.
  - Show them how to use breathing techniques to change or elevate their energy....and how it flows.
5. Ask the Client if they are ready to continue the session.
  - Ask the Client if I can cleanse the area of all negativity with either sage or spraying water. I feel this will be our sealed commitment in asking Client for permission to work with their energy. This will give the Client a sense of respect for their persona, body energy and soul.
6. Begin with Client Chakra Oracle cards reading (Past, Present and Future)
  - Observe his/her Aura again (size and color)
  - Try to communicate with Client's energy...use your Intuition and listen to the guidance of the Ancestors and Angels. Listen to the Client's Ancestors.
7. Have the Client lay down on the table. Explain to the Client the importance of breathing, eating healthy and drinking water and how it is related to our energy.
8. Have the Client begin with 5 Deep Breathing exercises while guiding them to inhale through the nose and exhale through the mouth.
  - Slowly counting to 4 on inhale
  - Hold breath for 6 and then exhale
  - Have Client concentrate on their breathing, letting their energy flow throughout their body
  - Have them find their own PACE
9. Explain the Chakras and Meridians. Use a Pendulum to detect any blockage 3 to 6 inches above client's body to determine blockage of energy in the 7 basic Chakras while Client is lying down on the table.
10. Explain the power of the crystals and their relationship to each of the Chakras to the Client...their colors and their sounds.
11. Check Chakras with Pendulum while music is playing. Ask if client has any concerns or issues.

- Have a ten minute guided meditation
  - Have Client follow the meditation while I place Crystals with intention under the massage table on the floor.
  - Remember Pendulum work and concentrate in any area that may feel like there is a blockage of energy.
  - Remind Client to breathe and visualize the energy flowing from his/her feet to his/her head when we inhale and exhale when we go from his/her head to feet.
  - Remind Client to release any negative thoughts or negative energy, (worries, problems) upon the exhale.
12. Have Client relax and enjoy Chakras Healing Songs 10 to 20 minutes during which time I will use Singing Bowls and or Tuning Forks for SOUL AURA.
  13. Check back each Chakra with the Pendulum to make sure that each one is open and aligned for energy flow.
  14. Go over the Client's Aura (3 to 6 inches from physical body) with a Selenite Wand to finish clearing and aligning. Remember to use the Chinese biological clock theory and their beliefs if it relates to the client's concerns or problem areas. (The Chinese biological clock indicates the time intervals when the energy flows throughout the body. The strongest energy levels every 2 hours in a particular body area)
  15. Remove Crystals from under the Massage Table, letting the Client relax and to begin standing up slowly.
    - Ask the Client how they feel.
    - The Pendulum can be used again here to corroborate the energy flow without the Crystals.
    - Ask Client if there is any part of the experience that he/she would like to share from this session. Any concerns or questions. Any discomfort or pleasure from this session.
  16. Hydrate Client and yourself with water.
  17. Sit down with Client at a table and have an Angels Card Reading or a Law of Attraction Card Reading depending on the Client's needs.
    - Find the relation between the Client's first reading of the Chakras Oracle card to the reading of the Angel's card.
  18. Thank the Angels, your Ancestors, your Client's Ancestors, and the Client for the energy shared during the session.



## SOUND THERAPY SESSION

1. Welcome the Client in a serene room with soft music and filtered air. Let client fill out initial form.  
(Music may include binaural beats: The effectiveness of listening to binaural beats is dependent on the listener. Some people will find listening to binaural beats helpful for the symptoms they are experiencing, and frequently it will enhance meditation during times of acute anxiety.)
2. Have the Client select an Essential Oil of their choice. Put the oil in a diffuser and continue the interview. This scent will assist in evaluating the Client.
3. Conduct Client initial interview or review previous Client's notes in a calm and friendly voice and manner. Give an explanation of Energy Healing and based on the information gathered, the Healer will begin to visualize and generate a picture of the Client through their Energy/Aura
4. With a calm voice, help Client relax after giving an emotional account of personal history.
  - If Client is emotional, remember these observations for later and see if they are blocking or not blocking energy.
  - Observe how client breathes normally
  - Show them breathing techniques and how to visualize their breathing to calm themselves down
  - Show them how to use breathing techniques to change or elevate their energy, and how it flows.
5. Ask the Client if they are ready to continue the session. At this time, ask the Client if I can cleanse the area of all negativity with either sage or spraying water. This is our sealed commitment in asking the Client for permission to work with their energy. This will give the Client a sense of respect for their persona, body, energy and soul.
6. Begin with Client Chakra Oracle cards reading (Past, Present and Future)
  - a. See if there is a relation with Patient History and Card Reading
  - b. Observe his/her Aura again (size and color)
  - c. Try to communicate with Client's energy. Use your Intuition and Coordinate Chakras status with Himalayan Bowls relation.
7. Explain to the Client about Sound Therapy:
  - a. Every sound is vibration and the Vibration touches each and every cell of our body without physical contact. We don't just perceive sound with our ears, but with the cells in our body, certain instruments, such as Himalayan and Crystal Bowls, and Harmonic and Weighted Tuning Forks, among others. Sound has been scientifically proven to have an effect on our autonomic, immune and endocrine systems as well as the neuropeptide transmitters in our brain. A Sound Healer will look at their clients from this perspective and seek to balance their clients energy through correction of vibrational imbalance in their energetic system; i.e. Aura.
  - b. This is a total noninvasive sound vibrational therapy. All instruments may be placed next or below the client with a minimum of 3 to 6 inches from the clients' body.

8. Have the Client lay down on the table. Explain to the Client the importance of breathing, eating healthy and drinking water and how it is related to our energy.
9. Have the Client begin with 5 Deep Breathing exercises while guiding them to inhale through the nose and exhale through the mouth while using a Singing Bowl to mark the counts
  - Slowly counting to 4 on inhale
  - Hold breath for 6 and then exhale
  - Have Client concentrate on their breathing, letting their energy flow throughout their body
  - Have them find their own PACE
10. Explain to client Himalayan Singing Bowls tones and frequencies. Let the Client know The Crystal Singing bowls will be placed under the Table or next to the client relating to each Energetic Point that they relate to. Explain the power of the Sound (MUSICAL NOTES) and their relationship to each of the Chakras to the Client.
11. Hold the Pendulum 3 to 6 inches from the physical body to detect any blockage of energy in the 7 basic Chakras while Client is lying down on the table.

12. Treatment:

A set of 8 Tuning Forks (Weighted) will be used as well as another set of 8 Harmonic Tuning Forks.

A set of 7 Singing Crystal Bowls will be placed underneath the massage Table and another Set of 7 Himalayan Singing Bowls will be placed next to the Client or will be played by the Practitioner no closer than 3 inches from the clients body.

Crystals and Himalayan Singing Bowls, as well Tuning Forks may also be placed or played on Meridian Points (3 inches from clients body) to let the Frequency unblock any blockage in order for the energy to flow better.

- Possibly other musical instruments may be used.
- All tuning forks will be vibrating no closer than 3 to 6 inches from the client's Body
- No physical contact will be involved during the treatment.
- The balancing and adjusting of the Chakras with the tuning forks uses the full range of Chakra forks for this treatment. A regular treatment may begin with some aromatherapy essential oils related to each of the Chakras. Each treatment will begin, using the pendulum to check your points of energy, your Chakra system and for any blockages or unbalanced energy.
- Vibration from singing Bowls and Instruments will re-tune with each vibration so it aligns with the aura. The frequencies of the tuning forks and singing bowls will allow you to find and go back to your own neutral state. Once the neutral point is achieved, you are then open to receive the healing frequencies that will create the flow needed to connect each Chakra's energy.
- The combination of Music, Aromatherapy and Frequencies generated by the tuning forks, in conjunction with a specific meditation, will help you reach the goal of balancing and clearing your Chakras.

13. Have a ten minute guided meditation with intention of healing. Have Client follow the meditation while Practitioner plays HIMALAYAN singing bowls under the Massage Table for the appropriate chakras location.
14. Have Client relax and enjoy Chakras Healing Songs for 10 minutes during which time Singing Bowls and/or Tuning Forks will be used.
- 15 Check back on each of the Energy Points with the Pendulum to make sure that each one is open and aligned for energy flow.
16. Brush Client's Aura without touching the physical body, with a Selenite Wand to finish clearing and aligning.
17. Spray client with Rose Water if it is agreed on by the client prior to the session.
18. Thank the Angels, your Ancestors, Ascendant Masters and your Client's Ancestors, and the Client for the energy shared during the session.
19. Hydrate Client and yourself with water.

## Tuning Forks Chakras Session

1. Welcome the Client in a serene room with soft music and filtered air. Let Client fill out initial form.
2. Let the Client select an Essential Oil of their choice. Put the oil in a diffuser and continue the interview. This scent will assist in evaluating the Client.
3. Conduct Client initial interview or review previous Client's notes in a calm and friendly voice and manner.
4. With a calm voice, help Client relax after giving an emotional account of personal history.
  - \* If Client is emotional, remember these observations for later and see if they are blocking energy.
  - \* Observe how Client breathes normally.
  - \* Show Client breathing techniques and how to visualize their breathing to calm themselves down.
  - \* Show Client how to use breathing techniques to change or elevate their energy and how it flows.
5. Ask Client if they are ready to continue the session. At this time, ask Client for permission to cleanse the area of all negativity with either sage or spring water. This is the sealed commitment in asking Client for permission to work with their energy. This will give the Client a sense of respect for their persona, body, energy and soul.
6. Begin with Chakra Oracle Card Reading (past, present and future).
  - \* See if there is a relation with patient history and card reading.
  - \* Observe his/her aura again (size and color).
  - \* Try to communicate with Client's energy. Use your intuition and listen to the guidance of the Ancestors and Angels. Listen to the Client's Ancestors.
7. Give explanation to the Client about Chakra Balancing with Tuning Forks: two sets of tuning forks will be used during the session; Harmonic and Weighted / OTTO Tuning Forks.
  - \* The Weighted or OTTO Tuning Forks are NOT based on a musical scale. They work more on the Cosmic, multi-dimensions of our Chakras, our subtle bodies and other energy gateways and pathways. Using precise mathematical formulas of our solar system's planetary cycles, these forks have been created to connect to our Cosmic, multi-dimensional selves who are eternal, extremely subtle and are accessible through gateways, ladders, layers and multi-dimensional levels of energy. These forks provide pathways to a Cosmic Universal Understanding of All of Life and our never ending Soul's relationship to it. This treatment stimulates and balances the body's physical and subtle energy fields in order to promote healing and inner harmony. The combination of Music, Aromatherapy and Frequencies generated by the tuning forks, in conjunction with a specific meditation, will help the Client reach the goal of balancing and clearing their Chakras.

CHAKRA	FREQUENCY
a. Root/Base.	194.18Hz
b. Sacral.	210.42Hz
c. Solar Plexus.	126.22Hz
d. Heart.	136.10Hz
e. Throat.	141.27Hz
f. Third Eye.	221.23Hz
g. Crown.	172.06Hz
h. Soul Purpose.	272.20Hz

The Harmonic Spectrum Tuning Forks is a complete set of 8 octave tuning forks.

(C,D,E,F,G,A,B,C) derived from Pythagorean Mathematics. They are the traditional Chakras frequencies from the Hindu tradition with C being the Root Chakra, D, the Sacral Chakra and E, the Solar Plexus, etc.

8. Have the Client lay down on the table. Explain to the client the importance of breathing, eating healthy and drinking water and how it is related to our energy.

9. Have a Client begin with 5 deep breathing exercises while guiding them to inhale through the nose and exhale through the mouth.

- \* Slowly counting to 4 on exhale
- \* Hold breath for 6 and then exhale
- \* Have Client concentrate on their breathing, letting their energy flow throughout their body
- \* Have them find their own pace

10. Explain the Chakras and Meridians as well as the effect of the tuning fork's frequencies to them. Let the Client know about the process and the meditation after Tuning Forks Chakra Balancing Session.

11. Use a Pendulum, (holding it 3 to 6 inches away from clients physical body) to detect any blockage of energy in the 7 basic chakras while client is lying down on the table.

12. TREATMENT: A set of 8 unweighted tuning forks will be used for Chakras Balancing and a full set of Harmonic Tuning Forks.

\* Our Chakras process our emotional matter such as love, security, etc. Our physical organs process our physical matter such as nutrients, blood, etc.

\* The 7 Chakras in the body are distinct energy centers and are located at the top of your head and end at the bottom of your spine. These centers of energy regulate all the parts of your bodily system, influencing everything from emotional processing to resistance to disease.

\* These forks provide pathways to a Cosmic Universal Understanding of All of Life and our never ending Soul's relationship to it.

\* This lets the frequency unblock any Chakras in order for the energy to flow better.

\* All tuning forks will be vibrating no closer than 3 to 6 inches from Client's body.

\* No physical contact will be involved during this treatment.

13. Have a 10 to 20 minute guided meditation.

\* Have Client follow the meditation while Practitioner plays Harmonic Tuning Forks.

14. Have Client relax and enjoy Chakras healing songs for 10 minutes during which time Practitioner will use tuning forks.

15. Check back on each Chakra with the Pendulum to make sure that each one is open and aligned for energy flow.

16. Go over the Client's Aura with a Selenite Wand to finish clearing and aligning.

17. Spray client with rosewater if it was agreed upon by the Client prior to the session.

18. Thank the Angels, your Ancestors and your Ascendant Masters, your Client's Ancestors and the Client for the energy shared during the session.

19. Hydrate Client and yourself with water.

## Angel Therapy Introduction

Angel Therapy is a type of Alternative therapy that includes a non-denominational spiritual method of healing and involves communicating and working with the guardian angels and archangels to address various health problems, including physical, mental and spiritual health.

Since I have begun my personal spiritual growth, I have come across many alternative therapies and practices. I immediately connected to one in particular and I started investigating and studying the specific work of Angels and Archangels. I went on to receive my certification as a Certified Angel Healing Practitioner.

The beauty of working with Angels not only helps you with day to day life events, but also with your continuing spiritual growth. This type of work uses your free will and helps you reach and arrive at many answers, clues and solutions.

I realize, with my experience in the traditional world and my conventional academic education, combined with my work with the Angels, I can greatly assist individuals with their needs. My entrepreneurial mind allows me to implement the knowledge from the Angels and Archangels in order to assist you in the following:

- \*Professional Issues and Conflicts

- \*Spiritual Issues

- \*Personal, Love and Abundance Issues

- \*Health, Support and Healing, while providing light and precious information that we receive from the Angels to assist you in finding solutions, support and your desired path.

As an Angel Healing Practitioner, using my intuition, energy and Angel readings, we can confidently work together to find solutions.

You will also discover the ways in which the Angelic Realm communicates with you. You will learn to receive messages, information and Divine Guidance that will help your healing process.

All services provided during Angel Therapy Sessions are 100% hands free and no physical interaction with client is needed. The use of psychic, medium and intuition abilities is the basis of this type of therapy.

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## Angel Therapy CHAKRA Balancing and Alignment Session

1. Welcome the Client in a serene room with soft music and filtered air.
2. Have the Client select an Essential Oil of their choice. Put the oil in a diffuser and continue interview. This scent will assist in evaluating the Client.
3. Conduct Client interview and review client's information in a calm and friendly voice and manner. Fill out Client form with the following information:
  - Brief history of parents and grandparents; alive, deceased, where born, etc.
  - Special connections
  - Aches and pains
  - Reason and intention for visit
  - Explanation of Angel Therapy. Based on the information gathered, the healer will begin to visualize and generate a picture of the Client through their Energy/Aura
4. With a calm voice, help Client to relax after giving an emotional account of personal history.
  - If Client is emotional, keep these observations for later on and see if they are blocking or not blocking energy.
  - Have the Client breathe and let him/her show you how they breathe normally
  - Show them breathing techniques and how to visualize their breathing to calm themselves down.
  - Show them how to use breathing techniques to change or elevate their energy, and how it flows.
5. Review and determine, using Numerology, Client's Angel or Angels and or Archangels that are related to the client. Also by using their Astrological sign and elements related to the client.
6. Talk about the Archangels that will be involved or evoked during the session.
7. Ask the Client if they are ready to continue the session.
  - Ask the Client if I can cleanse the area of all negativity with either sage or spraying water. I feel this will be our sealed commitment in asking Client for permission to work with their energy. This will give the Client a sense of respect for their persona, body energy and soul.
8. Begin with Client Chakra Oracle cards reading (Past, Present and Future)
  - Observe his/her Aura again (size and color)
  - Try to communicate with Client's energy using Practitioner Intuition and listen to the guidance of the Ancestors and Angels. Listen to the Client's Ancestors, Angels for messages and guidance.
  - Have the Client lay down on the table. Explain to the Client the importance of breathing, eating healthy and drinking water and how it is related to our energy.
9. Have the Client begin with 5 Deep Breathing exercises while guiding them to inhale through the nose and exhale through the mouth.
  - Slowly counting to 4 on inhale
  - Hold breath for 6 and then exhale
  - Have Client concentrate on their breathing, letting their energy flow throughout their body
  - Have them find their own PACE

- Explain the Chakras Energy Points. Use a Pendulum 3 to 6 inches above client's body to detect any blockage of energy in the 7 basic Chakras while Client is lying down on the table.
10. Explain the power of the crystals and their relationship to each of the Chakras to the Client...their colors and their sounds.
  11. Check Chakras with Pendulum while music is playing. Ask if client has any concerns or pains.
  12. Have a ten minute guided meditation
    - Have Client follow the meditation while I place Crystals on the floor with intention, under the table where the client is laying down. Will work with Pendulum and will concentrate on any area that may feel like there is a blockage of energy.
    - Remind Client to breathe and visualize the energy flowing from his/her feet to his/her head when we inhale and exhale as we go from his/her head to feet.
    - Remind Client to release any negative thoughts or negative energy (worries, problems) upon the exhale.
  13. Have Client relax and enjoy Chakras Healing Songs 10 to 20 minutes, during which time
    - Each Angel will be evoked to assist, regulate and/or balance each point of Energy in client's body.
    - For each chakra, an affirmation will be said and repeated by client.
  14. Check back each Chakra with the Pendulum to make sure that each one is open and aligned for energy flow.
  15. Go over the Client's Aura (3 to 6 Inches from physical body) with a Selenite Wand to finish clearing and aligning. Remember to use the Chinese biological Clock Theory and their beliefs if it relates to the Client's concerns or problem areas. (The Chinese biological clock indicates the time intervals when the energy flows throughout the body. The strongest energy levels every 2 hours in a particular body area)
  16. Remove Crystals from under the Table, letting the Client relax and to begin standing up slowly.
    - Ask the Client how they feel.
    - The Pendulum can be used again here to corroborate the energy flow without the Crystals.
    - Ask Client if there is any part of the experience that he/she would like to share from this session. Any concerns or questions. Any discomfort or pleasure from this session.
  17. Hydrate Client and yourself with water.
  18. Sit down with Client at a table and have an Angels Card Reading or a Law of Attraction Card Reading, depending on the Client's needs.
    - Find the relation between the Client's first reading of the Chakras Oracle card to the reading of the Angel's card.
    - Thank the Angels, your Ancestors, your Client's Ancestors, and the Client for the energy shared during the session.



## SOUND BATH THERAPY

Sound Bath Therapy is a group activity performed in a public place as a concert or as a meditation group activity. Sound Bath is considered Sacred Music for many.

The session will be 1hour and 15 minutes to 1 hour and 30 minutes

Sound helps to facilitate shifts in our brainwave state by using entrainment. Entrainment synchronizes our fluctuating brain waves by providing a stable frequency. We can entrain our brain waves and it then becomes possible to down-shift out of our normal Beta state (normal waking consciousness) to Alpha (replaced consciousness), and even reach Theta (meditative state) and Delta (sleep) where internal healing can occur. The same concept is utilized in meditation by regulating the breath, but with sound, it's the frequency that is the amen, which influences the shift.

Entrainment is defined as the patterning of body processes and movements to the rhythm of music, creating a stronger wave to bring harmony and balance.

Music may include binaural beats. The effectiveness of listening to binaural beats is dependent on the listener.

Some people will find listening to binaural beats helpful for the symptoms they are experiencing, and frequently to enhance meditation during times of acute anxiety.

## FREQUENCIES AND AROMATHERAPY USED DURING THE SOUND BATH SESSION MAY SLIGHTLY VARY FROM SESSION TO SESSION BASED ON THE ENERGY POINT OR INTENTION THAT IS DESIRED TO STIMULATE VIBRATIONALLY

1. Welcome the Group in a serene room with soft, prerecorded music and filtered air.
2. Every participant will bring their own Yoga mat, pillow and blanket to the event location.
3. Lavender Essential Oil will be put in the oil diffuser.
4. Have everyone quietly select their place to lie down.
5. Sound Practitioner will have placed all his instruments used during the performance; Crystals, Himalayan Singing Bowls, Tuning Forks and Gongs in the center or side of the room where the session will be conducted.
6. All participants will be advised to enter the Session Room in silence and without disrupting any other participant that may already be in the room meditating.
  - a. Observe how participants are breathing normally
  - b. Show them breathing techniques and how to visualize their breathing, if needed.
  - c. Show them how to use breathing techniques to change or elevate their energy and how it flows.
7. Ask the group if incense can be used to cleanse the area of all negativity. This is our sealed commitment in asking the group for permission to work with their energy. This will give the participants a sense of respect for their persona, body, energy and soul.
8. Explain to the group about Sound Bath Session:

- a. Every sound is vibration and the vibration touches each and every cell of our body. We can understand that we don't perceive sound only with the ears, but with the cells in our body.
  - b. We will resonate our bodies with vibrations, sounds and instruments such as Himalayan and Crystal Bowls, Harmonic and Weighted Tuning Forks, among others.
  - c. Sound has been scientifically proven to have an effect on our autonomic, immune and endocrine systems, as well as the neuropeptide transmitters in our brains.
  - d. As a Sound Practitioner, I will look at my group from this perspective and seek to balance their energy through correction of vibrational imbalance in their energetic system; i.e. Aura.
9. All Sound Healing services and practices do not involve touching or manipulating any physical part of the participant's body. This is a total Non-invasive Sound Vibrational Therapy. All instruments may be placed next or below the participant with a minimum of 3 to 6 inches from their body. Remind the group about the importance of breathing during the Sound Bath.
10. Have the group begin with 5 Deep Breathing exercises while guiding them to inhale through the nose and exhale through the mouth while using a Singing Bowl to mark the counts. (Singing Bowls will begin the session and bring the person from a physical level to a meditative state)
- a. Slowly counting to 4 on inhale
  - b. Hold breath for 6 and then exhale in 4 counts and hold for 4 after exhale
  - c. Have group concentrate on their breathing, letting their energy flow throughout their bodies
  - d. Have them set their own pace
11. Start connecting with the group and have them start following the practitioner with a very simple MANTRA for 18 or 36 times. This will allow the group to be able to connect with their breathing and frequencies.
12. We will continue with a 10 minute guided meditation, Nidra style in order for the group to begin relaxing and entering into a meditative state, while using the Himalayan Bowls, without singing them.
13. Have a 30 minute guided meditation or SOUND BATH Instrumental Session.
- a. A set of 7 Singing Crystal Bowls will be utilized. A set of 7 Himalayan Singing Bowls will be played by the Practitioner no closer than 3 to 6 inches from the clients body (walking around the clients)
  - b. A set of 8 Weighted and Harmonic Tuning Forks will be used during the session (All tuning forks will be vibrating no closer than 3 to 6 inches from the participant's body)
  - c. No physical contact will be involved during the treatment.  
The group will follow the meditation while Practitioner plays HIMALAYAN singing bowls and Crystal Singing Bowls for the appropriate chakras location and intention.
14. Bring group to the physical state with a soft Mantra accompanied with singing bowls and begin guiding the group softly to a more grounded state.
15. Allow group to start slowly moving their bodies while allowing enough time to ground themselves, guiding them with a small breathing exercises.
16. Hydrate group and yourself with water.

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Ron DeSantis**  
Governor

**Joseph A. Ladapo, MD, PhD**  
State Surgeon General

**Vision:** To be the Healthiest State in the Nation

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**INTEROFFICE MEMORANDUM**

**DATE:** May 24, 2022  
**TO:** Janet Hartman, Chief of General Operations for the Bureau of Health Care Practitioner Regulation  
**FROM:** Allen Hall, Executive Director  
**SUBJECT:** Delegation of Authority

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This is to advise you that while I am out of the office May 25 through June 10, the following individuals have delegated authority to serve as the Acting Executive Director for the Medical Therapies/Psychology Unit.

- 25 – 27 Kayla Karpp, Program Operations Administrator, 245-4376
- 31 – 3 Anna King, Program Operations Administrator, 245-4375
- 6 – 10 Leah Compagnone-Bolt, Regulatory Supervisor, 245-4372

The following have delegated authority for the Boards of Acupuncture, Massage Therapy, Osteopathic Medicine, Speech-Language Pathology & Audiology, and the Council of Licensed Midwifery.

- 25 – 26 Gerry Nielsen, Program Operations Administrator, 245- 4586
- 27 Kayla Karpp, Program Operations Administrator, 245-4376
- 31 – 3 Carol Taylor, Program Operations Administrator, 245- 4588
- 6 – 8 Gerry Nielsen, Program Operations Administrator, 245- 4586
- 9 – 10 Carol Taylor, Program Operations Administrator, 245- 4588

**Cc:** Anna King  
Kayla Karpp  
Leah Compagnone-Bolt  
KC Carney  
William Spooner  
Jenny Cooley  
Carol Taylor  
Gerry Nielsen