

# Healing the Quantum Way **Privacy Policy for SMS Messaging**

**Effective Date:** 02/04/2026

## **Links:**

- **Terms and Conditions:** <https://healingthequantumway.com/privacy.html>
- **Privacy Policy:** <https://healingthequantumway.com/privacy.html>
- **National Do Not Call Registry:** <https://www.donotcall.gov/>

## **Introduction**

At Healing the Quantum Way , protecting your privacy is our priority. This Privacy Policy explains how we collect, use, and safeguard your information when you opt into our SMS program. By enrolling, you agree to these terms, which comply with the **2025 Telephone Consumer Protection Act (TCPA), Campaign Registry requirements, and CTIA Best Practices.**

### **1. Information We Collect**

- **Phone Number:** The mobile number you provide to receive SMS messages.
- **Consent Records:** Timestamps and methods of opt-in (web form, keyword, verbal, or paper).

### **2. How We Use Your Information**

- Send SMS messages (notifications, updates, and reminders) per your opt-in preferences.
- Demonstrate regulatory compliance (TCPA 2025, Campaign Registry).
- Improve messaging and measure engagement.

### **3. One-to-One Consent Requirement**

Under the January 2024 FCC ruling, opt-in consent applies solely to Healing the Quantum Way . We do not share your consent with third parties or affiliates unless you expressly agree.

### **4. Message Frequency & Data Rates**

The SMS message frequency will vary but will not be more than 3-5 unless there is a notification event. Message and data rates may apply; check your carrier's terms.

### **5. Opt-Out & HELP Instructions**

- Text “STOP” to any message to unsubscribe immediately.
- **Text “HELP”** for assistance or contact us at leslie@healingthequantumway.com or 805-610-2642.

## 6. **Data Sharing & Disclosure**

- We will never sell your data.
- We may share data with service providers (e.g., carriers) with strict confidentiality regarding SMS delivery.
- National Do Not Call Registry (DNC) protections apply to SMS; we honor existing DNC registrations unless you expressly opt in.

## 7. **Security of Your Information**

Reasonable measures are in place to protect your data, though no system is infallible.

## 8. **Record-Keeping & Proof of Consent**

We retain all opt-in and opt-out records, including timestamps and consent methods, to comply with TCPA 2025 and Campaign Registry guidelines.

## 9. **Changes to This Policy**

We may update this Policy as laws evolve. Material changes will be communicated via SMS or on our website. Continued use after updates constitutes acceptance.

## 10. **Contact Us**

If you have any questions about this Privacy Policy or wish to update your SMS preferences, you can contact us at:

**Email:** leslie@healingthequantumway.com

**Phone:** 805-610-2642

**Address:** 8300 Morro Rd, Atascadero, CA 93422

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### **Key 2025 Compliance Elements:**

- **One-to-One Consent:** Consumers are only giving consent to receive messages from the specific business they opt in for, not from multiple parties or third parties.

- **Clear Disclosures:** The policy includes clear language about the nature of the messages, frequency, potential charges, and opt-out mechanisms
- **Do Not Call Protections:** The policy reflects the latest FCC guidance that DNC protections apply to SMS, making it clear that businesses must adhere to DNC regulations
- **Data Sharing and Record-Keeping:** Emphasizes the importance of maintaining proof of consent and clear guidelines on how data is shared for operational purposes.

This updated **Privacy Policy** example aligns with current 2025 **TCPA** and **FCC** guidelines, ensuring your business remains compliant while fostering transparency with consumers.

Healing the Quantum Way **SMS Terms and Conditions**  
**Effective Date:** 02/04/2026

## Introduction

By joining our SMS program provided by Healing the Quantum Way you agree to receive recurring text messages (notifications, updates, and reminders) on the number you provide, under these Terms that adhere to TCPA (2025) and CTIA Best Practices.

### 1. Opt-In Consent

In accordance with the **2025 TCPA guidelines**, your participation in our SMS service requires explicit **one-to-one consent**. This means that by opting in, you consent to receive messages from Healing the Quantum Way only. Consent cannot be shared with other companies or third-party entities without your direct approval.

To join our SMS program, you may opt in through the following methods, in compliance with the 2025 CTIA Guidelines:

- **Web Form:** Provide consent by checking a clearly labeled checkbox explicitly stating SMS program enrollment during the opt-in process.
- **Verbal Consent:** Offer verbal consent by clearly agreeing to SMS participation after being read a compliant SMS consent disclosure.
- **In-Person Paper Form:** Sign or complete a paper intake form that includes a dedicated section with clear language outlining SMS

consent.