

White Light Reiki

Informed Consent for Reiki Treatment

Personal Information

_____	_____
Last Name	First Name
_____	_____
Male/Female (Circle)	Cell Number
Birthdate	_____
_____	_____
E-mail	Referred by

Address **City/State/Zip**

Have you had a Reiki treatment before? Y / N If so, when? _____
Reason? _____

Are you or could you be pregnant? Y / N If so, How long _____

What do you hope to accomplish with this Reiki session? Check all that apply.

Relaxation Stress Reduction Pain Reduction More Energy Fertility

Other _____

Reiki Treatment Positions (Hands-on or Floating)

Please note that my Reiki practice is generally a hands-on healing practice. While there is a protocol of hand positions, I also work intuitively as to where to place my hands and which hand positions to use. My hands will rest lightly on your body and there is no manipulation of your body. If, at any time, you are uncomfortable, I can switch positions, or use the floating hands method.

There is no difference in the benefit experienced by the placement of my hands on your body versus floating hands over your body. Should you desire to alternate positions during the treatment, please feel free to ask me to do so.

List any specific areas on your body you would like the practitioner to concentrate on during the session. e.g- areas of pain, tension, injury

_____	_____
_____	_____
_____	_____

Before your session, please read and initial each of the following indicating your understanding:

What is Reiki?

The Usui System of Reiki Healing is a palms-on healing practice. Reiki is an ancient laying-on-palms healing technique that uses the Universal life force energy to balance the subtle energies within our bodies and to heal. Reiki practitioners act as a conduit or channel through which Reiki energy travels. The intended result of receiving Reiki is a balanced physical, mental, emotional and spiritual being. Reiki is being used today in clinics and hospitals all over the world to support health, wellness and transition.

What happens during a Reiki treatment?

During a Reiki treatment, you will lay fully clothed on a massage table, covered in a blanket if you choose, listening to soothing music. The practitioner will lay their hands on your body in a series of hand positions to deliver Reiki energy. A Reiki treatment generally covers first your head then the front of your body and finally the back of your body. If the reclined position is uncomfortable, Reiki can be performed while you sit in a chair or stool.

What does Reiki feel like?

Reiki tends to feel warm and profoundly relaxing. You may feel the hands of the Reiki practitioner become hot, warm or very cold. Some people describe a floating sensation, some see colors or shapes during their session. Some experience emotional release. You may even fall asleep during your session. There is no expected experience. Reiki treatment is unique for each individual who receives it. Some report not feeling anything immediately.

The most common results of Reiki treatment include:

- **Perceived reduction in stress**
- **Increased relaxation**
- **Enhanced sense of balance, centeredness and calm.**

What are the benefits of several sessions?

Just like meditation, or movement arts, the effects of Reiki are cumulative. While one session can work wonders, repeated, regular Reiki treatments can invite significant improvements. As an example: if you exercise for an hour, you will receive benefit. If you exercise every day for a month, the result will be much more profound. Reiki works similarly - regular sessions support well-being in every way.

Can Reiki “cure” me?

Reiki is “medical art” that works well alone as well as in concert with other treatments. Healing is often the result of gentle shifts in awareness, release of emotional patterns, achievement of new understanding, and daily practices. Reiki is **NOT** a replacement for traditional medical treatment.

I understand that Reiki is a relaxation and stress reduction technique. I acknowledge that treatments administered only for the purpose of helping me relax, relieve stress, pain and tension. Reiki Practitioners do not diagnose conditions nor do they prescribe substances or perform medical treatment, nor interfere with the treatment of a licensed medical professional. It is recommended I see a licensed healthcare professional for any physical or psychological ailments that I may have.

I also understand that Reiki is an energetic healing methodology which involves the laying of hands. I understand I will be fully clothed during the session and will experience a series of hand positions on and above my body.

Having read, completed and understood the foregoing, I request to receive Reiki treatment. I understand that my practitioner is providing Reiki treatment for me at my request and is not responsible for the outcome of the Reiki session.

Signed: _____

Print Name: _____ Date: _____