



What is Reiki?

Reiki is a Japanese term, applied by the founder of the technique (Mikao Usui). Rei means “universal,” “ki” means “energy.” So the term means “Universal life energy.”

Reiki is a form of spiritual healing in which life energy is channeled through the practitioner to the recipient. Reiki helps to align body, mind and spirit, and is used to support other forms of healing.

During a Reiki treatment, you relax, fully clothed, on a massage table or seated while the practitioner holds their hands on or above you. You decide whether Reiki is to be given “hands on” or “hands off.”

A treatment generally lasts an hour, but shorter or longer treatments are also effective and may be agreed. There are standard hand positions and during a full treatment the practitioner covers all the important organs of the body. When a massage table is used, roughly half the treatment is given face up and half face down.

There is no pressure on the body – touch is gentle, and for certain positions hands are held away from the body. The energy flows wherever it is required and can normally be felt as a warm sensation or tingling in the body. Receiving Reiki is very relaxing and soothing, and is used by many as a stress management technique.

What is Insight Reiki®?

Because mind, body and spirit are connected, emotional energy blockages often manifest in physical ways. Insight Reiki combines a traditional Reiki treatment with verbal interaction between you the practitioner.

The practitioner will ask you, as the Reiki session begins, to scan your body for any sign of tension, discomfort, or imbalance. If any is found you will be invited to comment on it, and the practitioner may ask for more information, or suggest ways of thinking about the sensation. This may give you insight into causes or situations that may be behind the feeling.

As the treatment proceeds, the practitioner may also notice some imbalance or sensation. The practitioner will comment on those, ask about them, and explore what they might mean.

It is important to note that this is not counseling or psychotherapy – it is a technique for learning what there is to learn about the connections among your thoughts, feelings, and physical reactions.

What is Pathwork Reiki®?

In Traditional Reiki healing, the practitioner channels the healing energy to the recipient for their highest good, trusting that the wisdom behind it will send it to the right place. In insight Reiki, there is exploration of how the body feels as an indication of necessary spiritual or emotional release or resolution.

Pathwork Reiki asks you to focus on an intention, a condition, or situation, and uses guided imagery and visualization to seek the answer to your concern. Your intuitive knowledge is made more accessible by the flow of Reiki energy and the profound relaxation of your treatment. You are guided on an inner journey to the place your answer resides, and supported in interpreting the information you receive. You also learn the technique so that you can repeat it on your own as you wish.



Information, Guidelines and Ground Rules

Qualifications

- I'm a Washington State Certified Reiki Master Teacher. I have 30 years experience in Human Resources and adult learning and development including stress management and individual performance coaching. I received my Ed.D. degree from the University of Massachusetts at Amherst, and am certified in the use of the Myers-Briggs Type Indicator, Hogan personality assessment, and other tools for learning and growth.
- While emotional and physical experiences are part of Reiki (especially Insight Reiki®), I am not a psychotherapist or a physician. I will provide referrals for anything that seems to require therapeutic or medical treatment, or will suggest you bring those things to the attention of your current physician or counselor.
- While I am not a therapist, I adhere to a similar code of personal and professional ethics - those of the International Association of Reiki Professionals. A copy is available on request.

Expectations

- I will explain how the process works, what you can expect, and the costs and activities associated with your Reiki treatments
- It is important that you be open to receive the benefits of Reiki, so I ask that you raise any and all questions or concerns, and clarify as best you can what you hope to gain from your sessions.
- The mind/body integration that occurs during Reiki can have subtle or profound effects. You may find yourself relaxing and experiencing thoughts, feelings, and images that inform and surprise you. I ask that you notice what you notice, and comment as you wish.
- Reiki can supplement the effect of other physical and emotional healing work you are undertaking. As a healing treatment itself, it can reduce stress and strengthen you physically and emotionally, and help clarify thinking and decision making so it is a powerful adjunct to personal and professional growth work.

Confidentiality

- I observe strict confidentiality regarding any information pertaining to your treatment or anything we discuss. I release no information without your consent.
- I am required by law to report suspected child, elder, or other domestic abuse, and any clear, concrete evidence of planned or actual acts of violence toward self or others.

Fees and Scheduling

- Appointments are available during the day and evening. A typical Reiki treatment is 60 minutes, which includes some discussion about goals and process for our time together. Three sessions, each two weeks apart, are generally recommended.
- The cost of a 60-minute session is \$80. This is payable by check or cash at the time of the treatment, or by PayPal in advance. Insurance coverage is not available at this time.



Reiki ❖ Insight Reiki® ❖ Pathwork Reiki

Name _____

Date _____

Address _____

Phone _____

Email _____

Where you heard about Reiki/me:

About You...

Emotional History: Please list below any significant life changes (work, relationships, living situation) or traumatic experiences you think I should know about. How are you feeling today?

Physical History: Please note any accidents, illnesses, or injuries during the last few years that you think I should know about. How are you feeling physically today?

For Insight Reiki®, please note below any issues you would like to explore – (i.e., relationships, career, life changes)

Please describe any past experience with Reiki or any form of guided imagery, relaxation training, or biofeedback. How long ago was it? _____

Signature

Date

