

New Client Questionnaire

CLIENT WELCOME PACK

Reiki



SOULSHINE

Dream Life Creations

General Information

*Contact
Data*

Name :
Address :
Phone :
Email :
D.O.B. :
Family Doctor :

Pre-Reiki Questionnaire

Are you currently suffering from any illness or conditions?

Are you taking any medications at this time? If yes which ones?

Have you ever had a Reiki session before? If so when was your last session?

If any, list your areas of concerns,

Are you sensitive to any fragrances, essential oils etc?

Thank you

Anika

What is Reiki and what to expect

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on "life force energy" flowing through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy."

You'll be instructed to lie down on a treatment table or mat. I will cover you with a blanket. Usually soft, relaxing music will be playing in the background. For the most part there won't be any talking during the session, but you can feel free to let me know if there's something you need to feel more comfortable or to share what you're experiencing.

I will move my hands around your body. They may touch you lightly or just above your body.

You may experience sensations in the body such as heat, cold or tingling. Some people report seeing visualizations such as colours or pictures, or having memories appear. Try to allow whatever arises to pass without attaching too much meaning to it. You may feel nothing at all. Your experiences may become deeper the more you continue with Reiki.

How to prepare for your appointment

Wear clean, loose-fitting, comfortable clothing. You may wish to wear natural fabrics such as cotton, linen, or silk. Remove your shoes, jewelry, and glasses before your session, and keep your phone switched off or leave it behind.

What to expect after your appointment

Drink plenty of water after your session. Some people feel calm, peaceful, or energized. You may also feel tired.

Time and Value

My Reiki sessions are approx. 40 minutes long and cost \$50