

Be Kind Today

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Date of Birth: _____

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Referred by: _____

Informed Consent Form for Distant Reiki

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

_____ [Your initials] What is Reiki?

The Usui System of Reiki Healing is a palms-on healing practice, which can also be sent over distances, and as such is referred to as distant Reiki. Reiki is an ancient laying-on-of-palms healing technique that uses the 'universal life force' energy to balance the subtle energies within our bodies and to promote healing. 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 used today in clinics and hospitals all over the world to support health, wellness, and transition as a complement to traditional Western medicine provided by doctors, nurses, and other licensed medical professionals.

_____ [Your initials] What happens during a distant Reiki treatment?

Simply Reiki: Your Reiki practitioner will be sending you distant Reiki at the time of your booking, using a proxy. You are not required to do anything. However, if you wish, you can lie down comfortably for 30 minutes of your booked time, as you would if you were visiting a 'palms-on' healing session. It is possible that you will fall asleep, as Reiki can cause deep relaxation, so be mindful of your commitments after the 30 minutes of this session. A follow up call will be arranged in a day or two and may take up to 20 minutes.

Reiki with Guidance: This is a distant Reiki healing session that requires you to connect with your Reiki practitioner over Zoom for at least 75 minutes at the time of your booking (the Zoom link will be emailed to you on the day of your booking). First, there will be a talk about your reason for seeking Reiki healing (10 - 15 min), then the Reiki session starts and goes for 30 - 40 minutes. You need to ensure that you can lie down comfortably, or sit securely, as to prevent a fall, if unable to lie down. After this time, the sending of Reiki is done and there will be another talk about the experience (15 - 20 min). Please have a glass of water handy, to drink after the session.

_____ [Your initials] What does distant Reiki feel like?

Because of the nature of Reiki being sent remotely, the usual way of thinking about what Reiki feels like, does not really apply. However, if you are lying down as the Reiki is being sent to you, you may feel any or none of these: warmth, profound relaxation, tingling, shaking, a floating sensation, seeing colors or shapes, some people fall asleep, some experience emotional release. There is no expected experience. Reiki treatment is unique for each individual who receives it, and it is different every time. The most common results of Reiki treatment include perceived reduction in stress, increased relaxation, and enhanced sense of balance, centeredness and calm.

_____ [Your initials] 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 improvement. As an example: if you exercise for an hour, you will receive benefit. If you exercise every day for a month, the results will be much more profound. Reiki works similarly – regular sessions support wellbeing in every way.

_____ [Your initials] Can Reiki ‘cure’ me?

Reiki is a complementary technique that works well 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 practice. Reiki is not a replacement for traditional medical treatment. Although one session may be adequate, long-term imbalances in the body sometimes require multiple sessions in order to allow the body to reach the level of relaxation necessary to bring the system back into balance. Improvement often requires commitment on the client’s part (e.g., willingness to make lifestyle changes) to fully benefit from Reiki session(s).

Your Consent

- I understand that Reiki is a simple, gentle, hands-on energy technique, which I will be receiving remotely (as distant Reiki), which is used for stress reduction and relaxation, to promote healing.
- I understand that Reiki practitioners do not diagnose conditions, nor do they prescribe or perform medical treatment, prescribe substances, nor interfere with the treatment of a licensed medical professional.
- I understand that Reiki does not take the place of medical care. It is recommended that I see a licensed physician or licensed health care professional for any physical or psychological ailment I may have.
- I understand that Reiki can complement any medical or psychological care I may be receiving.
- I also understand that the body has the ability to heal itself and to do so, complete relaxation is often beneficial.
- I acknowledge that long-term imbalances in the body sometimes require multiple sessions in order to facilitate the level of relaxation needed by the body to heal itself.
- I understand that all information will be treated in strictest confidence.
- The practitioner has fully explained the treatment and what is involved.
- I have had the opportunity to ask questions about the above.

Having read, completed, and understood the foregoing, I request to receive distant Reiki treatment. I understand that my practitioner is providing distant Reiki treatment for me at my request and is not responsible for the outcome of the Reiki session. I agree to hold Be Kind Today (Slavica Praporski) harmless for any intended or unintended result.

I am over 16 years of age. The above information is true to the best of my knowledge, and I have not withheld any relevant information. I understand that I am financially responsible for all payments.

Print Name of Client:

Print Name of Person Signing (if different):

Relationship to Client:

Signature:

Date:

Your special instructions/concerns/or anything else you wish to communicate: