

Angel Wings & Amethyst Healing House

252 Moriches-Middle Island Rd Manorville, NY 11949

Meditation & Healing Reiki Intake Waiver Form

First Name: _____ Last Name: _____ DOB: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Cell Phone: () _____ Home Phone: () _____ Email: _____

Emergency Contact Name: _____ Emergency Contact Phone: () _____

Have you received Reiki before? Yes _____ No _____ Have you Meditated before? Yes _____ No _____ Guided _____ Privately _____

Are you sensitive to touch? Yes _____ No _____ If Yes, please explain: _____

Are you sensitive to perfumes or fragrances? Yes _____ No _____ Are you sensitive to burning incense / smudges? Yes _____ No _____

Do you have any allergies? Yes _____ No _____ If Yes, please list: _____

Do you have any health conditions that could arise during class? Yes _____ No _____ If Yes, please indicate: _____

_____ In the event of an emergency, do you carry medication with you? Yes _____ No _____

If Yes, Type & Location? _____ Any difficulty laying on your back? Yes _____ No _____

Please **read over and initial** each of the following indicating your understanding:

_____ **What is Reiki?** The Usui System of Reiki Healing is a hands-on healing practice. Reiki is an ancient laying-on-of-hands 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. The relaxation response of Reiki healing helps to promote or activate the natural healing process within. Reiki is being used today in clinics and hospitals all over the world to support health, wellness and transition.

_____ **What does Reiki feel like?** Reiki tends to feel warm and profoundly relaxing. It can be described as a massage for the soul. You may feel heat or a tingly sensation during the healing, the hands of the Reiki practitioner may touch you at times. You may feel the chest become heavy and experience deep breathing which is completely normal. Some people describe a floating sensation and some see colors or shapes during the session. Some people fall asleep. Some experience emotional release. There is no expected experience- Reiki treatment is unique for each individual who receives it.

The most common results of Reiki treatments include:

- **Perceived Reduction in Stress • Increased Relaxation • Enhanced sense of Balance, Centering and overall Calmness.**

Please turn over and continue.....

_____ **What are the benefits of several sessions?** Just like meditation, or yoga, the effects of Reiki are cumulative. While one class 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 well-being in every way.

_____ **Can Reiki “cure” me?** Reiki is a complementary medical art that works well alone, as well as in concert with other treatments. Reiki relaxes the mind, body & soul creating an ideal environment for the natural healing process to begin. Reiki 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.

I understand that Reiki is a simple, gentle, hands-on energy technique that is used for stress reduction and relaxation. I acknowledge that treatments administered are only for the sole purpose of helping me relax and relieve stress. I understand that I will experience a series of hand positions above and/or on my body. 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 I have complete control over my body, mind, and spirit, I can create or manifest dis-ease within. 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 also acknowledge that it is in my best interest to give myself permission to relax and allow the process to flow freely. I also understand that I am safe and at any time I feel uncomfortable I am free to open my eyes, and ask the practitioner to stop.

Having read, completed and understood the foregoing, I request to receive Reiki treatments. I understand that my practitioner is providing a Reiki treatment for me at my request, and is not responsible for the outcome of the Reiki sessions. I agree to hold Terri Buccilli or Angel Wings & Amethyst Healing House Inc. *harmless* for any intended or unintended result. I have read and understand the above and I attest that the above information is true and correct.

Reiki Recipient - Print Name: _____

Recipient / Parent if under 18 - Signature: _____ **Date:** _____