**One Sweet Reiki Flow**

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**Reiki Client Information, Consent and Release Statement**

The art of Usui REIKI (“ray-key” meaning universal life force energy in Japanese) is a system of gentle vibrational healing that was established by Dr. Usui from Japan in the late 19th century and is becoming increasingly popular in the western world. Reiki involves a hands-on, non-manipulative method of energy balancing for the purpose of pain management, stress reduction, and relaxation.

Reiki can greatly improve health and well-being by working on the physical, mental, emotional, and spiritual level at the same time. This healing modality treats the whole person, revitalizing the body’s own healing potential by restoring greater balance and allowing the natural life force to flow more freely.

Some long-standing conditions may require repeat Reiki treatments and may take longer for you to notice significant improvement. While it is possible for an immediate positive response, you should not expect a recovery overnight. Sometimes symptoms may appear to get worse before getting better because Reiki will bring issues to the surface to be released. (See: ‘*Reiki After Care’* handout.)

Immediately after your Reiki session, you should take time to enjoy the deep state of relaxation and to slowly come back to full awareness. If, for example, you feel too relaxed to drive, allow yourself some extra time to fully awaken from your relaxed state.

I understand that Reiki practitioners do not diagnose conditions, nor do they prescribe medicines, nor interfere with the treatment of a licensed medical professional. It is recommended that I seek a licensed health care professional for any physical or psychological ailment I have. I understand very clearly that these treatments are not intended as a substitute for medical or psychological care. I will not hold the above Reiki practitioner liable for any pain or distress, physical or emotional, which may arise in the course of my Reiki treatments.

I understand that the practitioner, Carissa Cullen-Eidel, will be placing hands on me during the Reiki session.

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Client Name (print) Client Name (signature) Date Signed