

The Reiki Clinic

Welcome to the Reiki Clinic, offering affordable reiki for San Francisco.

Part of the reiki clinic's ability to offer low-cost reiki treatments is made possible by having you fill out this form before you arrive for your treatment, so we can see the maximum number of people in the time we have. It's very important to us that you to feel comfortable about what reiki is, and know what to expect during your reiki treatment. All information is confidential, and will only be viewed by Reiki Clinic Staff.

Name: _____ DOB: _____ Date: _____

Email: _____ Phone: _____

Have you had reiki before: Yes No When: _____

How did you hear about the reiki clinic?

- | | | |
|--|-------------------------------------|--|
| <input type="checkbox"/> word of mouth | <input type="checkbox"/> craigslist | <input type="checkbox"/> newspaper |
| <input type="checkbox"/> internet search | <input type="checkbox"/> meetup | <input type="checkbox"/> film festival |
| <input type="checkbox"/> flier (location?) | <input type="checkbox"/> yelp | <input type="checkbox"/> other: |

Are you currently receiving any medical or psychological treatment, or taking any medications for known health conditions? Please describe:

Have you ever experienced any significant accidents or physical trauma? Please describe:

What previous holistic healing modalities have supported your wellness, if any? Please describe:

What specific body areas or emotional concerns would you like us to focus on today?

Are there any areas of the body (outside of agreed safe touch zones: no breasts, genitals or buttocks) that you want us to avoid touching?

Do you have any questions or concerns about your reiki session?

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

_____ What is reiki?

Reiki is a Japanese energetic healing art that uses laying on of hands to heal. Reiki practitioners act as a conduit, or 'hollow bone,' for reiki energy – just as acupuncture directs the flow of chi in our bodies to maintain health, the practice of reiki applies healing energy itself to a person receiving reiki. Reiki is being used today in hospitals all over the world to support health and wellness.

_____ What happens during a reiki treatment?

During a reiki treatment, you will lay fully clothed on a massage table, covered in a blanket with an eye pillow, listening to soothing music. Your reiki practitioner (both men and women work in the clinic) will lay their hands on your body in a series of hand positions to deliver reiki energy. General hand positions in the Reiki Clinic will address: 1) head 2) heart 3) belly 4) knees 5) feet and will include several other hand positions as well. At all times, we are practicing safe touch, which means no touching of breasts, genitals or buttocks (for women, we'll work above the body to apply reiki to the heart area). The Reiki Clinic offers half hour reiki sessions with one or two practitioners working on a client at a time.

_____ What does reiki feel like?

Reiki feels warm and profoundly relaxing. You will probably feel the hands of your reiki practitioner get very hot, and at some point notice that you have become deeply relaxed, with a sense of total well-being. Some people feel tingling or energy movement through the body while receiving reiki, and some also experience seeing colors, or entering a light sleep or trance state, like a waking dream – some feel nothing at all. Be assured, reiki healing energy helps us regain robust health whether or not we feel it working. Reiki induces a powerful relaxation response, which allows us to heal more quickly on physical, mental, and emotional levels.

_____ 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 change your life in positive ways. As an example: if you sit in meditation once for ten minutes, you will receive benefit. If you sit in meditation every day for a month, many propone that your life will begin to change profoundly. Reiki works similarly – regular sessions are supportive of our well-being in every way.

_____ Can reiki "cure" me?

Reiki is a complementary methodology of energy healing that works with and supports all other wellness treatments. Often, although we may look for a "quick fix," we learn that healing is more about gentle shifts in awareness, releasing emotional patterns, new understandings, and daily practice than a "miracle cure." Reiki is not a "magic bullet" or a "cure" for any ailment, and never replaces licensed medical treatment, but is instead a powerful way to support wellness for the physical, mental and emotional bodies.

_____ How does the reiki clinic work?

There are two steps for reiki clinic clients to take before coming to your first reiki session: making your online appointment, and filling out this intake form. When you arrive at your scheduled appointment, we'll welcome you and seat you in the waiting room until your reiki practitioner is ready. When you come into the treatment room, we'll have two or three tables set up, and your practitioner/s will get you settled onto one. After your half-hour reiki treatment, you are responsible for reviewing the sliding scale payment sheet, and deciding what amount of cash payment is right for you. You'll drop your cash payment in an envelope provided for you with your first name on it – this envelope will be alphabetized by your first name for your next visit.

_____ What are my responsibilities as a client?

You are completely responsible for scheduling all of your appointments online, and for showing up to every one, on time. It's very important for you to keep all scheduled appointments so that the clinic runs smoothly, so everyone in San Francisco who wants to attend the clinic has the chance to do so. No matter what time you arrive, your session ends at the scheduled time – we encourage everyone to plan to arrive early. There is a \$20 fee for any missed session without 24 hours advance notice. Please remember to bring exact change for your cash payment to every session. Arriving sober is a must, as is maintaining respectful conduct during your visit at the clinic.

I understand that Reiki is a relaxation and stress reduction technique. I acknowledge that treatments administered are only for the purpose of helping me relax and to relieve stress. Reiki practitioners do not diagnose conditions, nor do they prescribe substances or perform medical treatment, nor interfere with the treatment of a licensed medical professional and are not licensed by the state of California. I further understand that treatments received from the Reiki Clinic are not to be construed as a substitute for medical examination, diagnosis or treatment. 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 all reiki clinic practitioners and Anna Dorian of Vibrant Reiki are not licensed physicians, and that the reiki sessions provided are complementary to and separate from medical services licensed by the state. I affirm that I have stated all known medical conditions, mental and/or physical ailments, as well as any current prescription medications above. I agree that, prior to any session, I shall inform my reiki practitioner from the Reiki Clinic of any changes in these conditions, and that there should be no liability on their part should I fail to do so.

I also understand that reiki is an energetic healing methodology, which involves the laying on of hands to heal. I understand that I will be fully clothed during the session, and experience a series of "safe touch" (no touching of breasts or genitals) hand positions on and above my body that have been outlined to and approved by me before the session, and that each volunteer reiki practitioner affiliated with the reiki clinic is to maintain said safe touch with no negative ramifications to Anna Dorian or Vibrant Reiki if they fail to do so. I understand that any illicit or sexually suggestive remarks or advances made by me will result in immediate termination of the session, and I will be liable for payment of the scheduled appointment. I understand that the Reiki Clinic has the right to refuse service to anyone.

Having read, completed and understood the foregoing, I request to receive reiki today and during any visit hereafter. I understand that all practitioners of the Reiki Clinic and Anna Dorian of Vibrant Reiki are providing reiki for me at my request, and are not responsible for the outcome of the reiki session. I agree to hold all practitioners of the Reiki Clinic and Anna Dorian of Vibrant Reiki, harmless.

Signed: _____ Print Name: _____