

Reiki Energy Healing

Session length

Sessions are either half an hour or an hour. The first session will include a client consultation during that time, to discuss your needs and all relevant information to ensure that it's appropriate for you. This can take around 15 minutes but may take longer so please bear that in mind when booking. An hour's session is therefore advised for your first visit.

Sessions

The session is carried out fully clothed and I use a hands-off technique, working on an energetic level. The only items of "clothing" you'll be asked to remove will be shoes.

Energy healing is a complementary therapy and is not meant as a substitute for medical or psychological diagnosis and treatment. It addresses and supports you as a whole person and not any particular ailment or issue. It does not claim to diagnose, treat, heal or cure any health conditions and you are advised to consult with your doctor or appropriate practitioner about any medical condition or health concern as appropriate. It is a non-invasive energy technique which can complement any medical care you may be receiving. Specific results cannot be guaranteed.

Confidentiality.

All medical and other information is treated as confidential by me. You agree to provide true and accurate information and not with-hold any relevant information.

Cancellations/re-arrangements/late arrivals/no shows.

If you arrive late for your appointment then it will still need to finish at the original time due to my other commitments and the full payment amount will still be due. If you need to re-arrange your appointment then please give at least 48 hours notice. If cancelling then cancellations more than 48 hrs in advance will be refunded in full(less any paypal charges if paying that way). Cancellations with less than 48 hrs notice will receive a 50% refund. If you don't turn up for your appointment then payment will not be refunded.

What is possible to experience with a session.

Some clients experience nothing much except feeling relaxed. Other things may include feeling sleepy during or straight after the session or yawning, sneezing, coughing, crying, laughing, burping, feeling increased emotions, feeling hotter or colder, seeing colours. Everyone is different and your response may also vary each time. Experiencing any of the above can be signs of things releasing and positive change occurring. Experiencing no signs or changes at all is also perfectly normal and doesn't mean that the session didn't "work".

After a session

If you feel like drinking more water, then do so.

If you feel like you want to rest more than usual then do so if you can.

Listen to your body and what it's telling you.

Any symptoms you've been experiencing may lessen. They may also increase temporarily before lessening. Emotions may come up to be released.

If you have any questions then please get in touch.

Sessions are only given to those over 18 years of age.

You have the opportunity and are encouraged to ask any questions you need to prior to your session in order to decide if you're happy to proceed. You are also able to ask any questions during and after your session.

By engaging in a Reiki energy healing session you confirm that you've read and understood the above and are happy to proceed.

www.JillGraham.net