



Hold Harmless Agreement

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Email: _____

Cell Phone: _____

Reiki is "Universal Life Force Energy" directed through therapeutic touch. Reiki is given by placing hands on the body in appropriate places or several inches above body parts, as well as into your auric field, organs, meridians, and chakras to create balance and well being. Reiki is also administered remotely by using the practices above with a proxy to the actual body, while the client is laying down at their own location. Reiki works through clothing, bandages, and casts. During your session you may experience deep relaxation, vivid images, clarity, insights, or sleep. There may be responses from your body during the session, such as muscle twitches, digestive noise, or deep sighs. This is normal. **If at any time during your session you are not comfortable, let your Reiki practitioner know.** Reiki is most effective when you are a willing participant in your own healing process. During the session simply relax and be willing to receive the energy.

Continue to see all of your regular caregivers and doctors. Follow their prescribed regimens while having Reiki sessions. Your Reiki practitioner does not prescribe medical treatments of any kind.

Reiki is a subtle energy that builds upon itself with each treatment, allowing the body to process and heal gently and easily. Likewise, your responses may be subtle but with continued care you will notice overall well being. Reiki may detoxify the body. Drink plenty of water after your session. If

anytime during or after your session, you have questions, concerns, or feel distress, let your practitioner know.

Having read, completed, and understood the above information, I request to receive Reiki today and during any scheduled visits hereafter. I understand the Reiki Practitioner providing the Reiki is not responsible to me or for the outcome of the Reiki therapy.

I agree to hold the Reiki Practitioner Harmless.

Signed: _____ **Date:** _____

Please return completed form before reiki session.

 Librarian.
Laura Giacobbe
psychic | reiki master teacher
meditation teacher | crystal healer