

## Is Reiki for me?

Reiki healing takes place on a higher vibrational level, gently clearing energy blockages to help you reach your full potential. Reiki healing is a gentle treatment beneficial for a wide range of conditions & does no harm as there are no contra-indications when Reiki is used on its own\*. Reiki is not associated with any religion or belief system, making it accessible to all regardless of age, ethnicity, political views, religious faith, spirituality or beliefs.

## Why consider a Reiki treatment?

Reiki is a wonderful holistic healing energy system which needs to be experienced to appreciate & value its ability to work on the physical, mental, emotional, & spiritual level. As well as stimulating & accelerating the body's self-healing abilities to bring relaxation, balance, & guidance.

Reiki is always acting on behalf of our greatest & highest good; flowing to where it's most needed & often works in unexpected ways. So place aside your expectations about the benefits you'd like to achieve & how quickly you'd like it to work.

Reiki has a way of highlighting something you need to know when you're strong enough to deal with it & move forward. Perhaps you've unknowingly pushed one or more situations aside or long-held emotions are buried deep within? Or have repetitive thought patterns which need to be broken? You may have received a medical diagnosis & are seeking the support of a complementary therapy which will work in harmony alongside your medically treated ailment or disease.

Following regular Reiki treatments, other clients have felt less stressed, less pain, & have worked with their medical professional to reduce medication levels in response to experiencing a reduction in their symptoms.

Reiki is not a substitute for conventional medical therapies. For medical conditions always consult a medical professional.

\*National Occupational Standard developed by Skills For Health, CNH12 Provide Reiki to Clients, June 2010.

## About Sarah Robinson

Sarah is drawn to connecting with Reiki & sharing this beautiful healing energy so you, too, may shift all that no longer serves your purpose & locate your True Self.

She is a fully-qualified Reiki practitioner in the Usui Reiki Ryoho (Traditional Japanese) & Usui Shiki Ryoho (Western) Lineages, which can be traced back to founder of the Reiki Healing System, Mikao Usui.

Sarah continues to expand opportunities to share the extraordinary benefits of Reiki; is up-to-speed on regulatory, legal, & general holistic healthcare; fully insured; registered with the Information Commissioner's Office; & shares Reiki in accordance with the UK National Occupation Standards CNH12.

## Treatments

In-person or Distance Healing Reiki	Fee (GBP £)
Initial treatment	£60
Follow-up, single treatment	£55
Pre-purchase 3x treatment follow-up package (6-month expiry)	£150
Pre-purchase 5x treatment follow-up package (12-month expiry)	£250
Reiki Drop-in session	By donation
Reiki Sampler session	By donation
Reiki Workplace Wellness session	Contact Sarah directly
Gift voucher (valid 12-months from date purchased)	From £60

For further information or to book your Reiki treatment session contact:

Sarah Robinson, Reiki Practitioner  
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## In-person & Distance Healing Reiki Treatments

*"Reiki is a Japanese technique promoting relaxation & healing by stimulating & accelerating the body's self-healing abilities. Peer-reviewed medical studies have shown Reiki reduces the severity of acute & chronic pain, anxiety, stress, & depression."*

**Sarah Robinson, Reiki Practitioner**

UK Reiki Federation Practitioner Member  
Complementary & Natural Healthcare Council Registered

*:: You don't need to believe in Reiki for it to work, only be open to receiving its healing energy.*

## Reiki is transforming

Reiki is a simple & gentle, holistic healing energy technique suitable for anyone & everyone. It is considered to stimulate the body's regenerative self-healing ability, always acting on behalf of our greatest & highest good; flowing within our energy field to where it's most needed; restoring balance in mind, body, & spirit.

A non-invasive healing system, Reiki has no known contraindications when used on its own\* so can do no harm. Reiki is beneficial for a wide range of conditions working in harmony alongside all medically treated ailments & diseases.

## What is Reiki?

The term "Reiki" is given to the Energy & also the Healing System founded by Mikao Usui in 1922.

In Japanese, "Rei" can be translated as *Spirit, Divine, Source*, & "Ki" stands for *Universal Energy, Universal Life Force Energy*. When these are used together, "Reiki" is translated as *Divinely Guided Energy*.

Reiki as Energy is in constant motion – nothing is permanent, everything changes. Reiki as a Healing System is sharing a flow of energy to facilitate a journey of healing & spiritual growth; becoming whole again on all levels – physical, emotional, mental, & spiritual.

The NHS welcomes Reiki as a complementary therapy. Reiki seems to stimulate the body's self-healing abilities on the physical level. On the psychological level, Reiki brings relaxation, balance, & guidance.

Reiki brings healing through change by raising our vibrational level, deepening our connection & oneness to the Universe. And everyone & everything is connected to the Universe. Reiki offers complementary healing to any medical or psychological ailment you may be experiencing & does not take the place of medical care. Reiki practitioners do not diagnose, prescribe or perform medical treatment.

## What happens during an In-person or Distance Healing Reiki treatment?

Your treatment session begins with a pre-treatment consultation to gain an understanding of:

- :: your reasons for receiving Reiki;
- :: any medical conditions for which you have received a diagnosis;
- :: any medications you are taking;
- :: any treatments you are receiving; &
- :: whether you have any allergies.

All information you provide is treated in the strictest of confidence & in accordance with UK Government Standards.

During your Reiki treatment you remain fully clothed, although it's a good idea to remove your shoes, coat, & any large jewellery.

You feeling at ease is of the highest importance. It is possible to receive your Reiki treatment seated in a chair if you're physically impaired from laying on a treatment table (for example, due to pre-existing dizziness).

Otherwise, you will be invited to lay on the treatment table with your head resting on a pillow, & a blanket covering your body keeping you warm. A bolster will also be offered for under your knees to support your lower back.

You will be asked whether you'd prefer a hands-on or hands-off treatment. Both are as effective as each other & at no time will any personal or delicate areas of your body be touched should you choose a hands-on treatment.

With soft, meditative music playing in the background you will close your eyes, focus on your breathing, & enjoying a relaxing treatment.

It's best not to have specific expectations about the outcome of a Reiki treatment as Reiki goes where it's needed & often works in unexpected ways.

Sensations & reactions during a Reiki treatment are as unique as you. All of the following are natural responses to the energy

clearing blockages on the physical, emotional, mental, & spiritual level & are helping you let go of all which no longer serves your purpose:

Feeling so relaxed you fall asleep :: Seeing light/colours, images or pictures, remembering long-forgotten dreams & memories :: Twitching or sudden jerking, tingling :: Sensations of heat or cold :: Slight headaches :: Abdominal gurgling noises :: Having an awareness of a presence of angels/guides/relatives in the spirit realm :: Feeling calm :: Experiencing a depth of expansiveness.

Your Reiki session will be followed by a post-treatment consultation to discuss what you experienced & provide aftercare advice.

Receiving a Distance Healing treatment is the same as receiving Reiki In-person, only we're in different locations.

Find a space where you can relax comfortably with your eyes closed, undisturbed for one-hour. Cover yourself with a blanket, rest your head on a pillow, set an alarm for 50-mins just in case you feel so relaxed you nod-off, & turn your phone to silent mode. It's important to be settled before the agreed start time – the treatment will begin regardless of whether you are making a cup of tea or are out & about

## How many treatments should I have?

Long-term energy imbalances are likely to require multiple sessions to affect feelings of recognisable change. A common realisation after a session is one feels lighter as though something has shifted.

The number of Reiki treatments & their frequency is determined by the benefits you feel physically, emotionally, mentally, & spiritually. Generally, four to six treatments followed by monthly top-ups are a good starting point.

You may prefer to wait a few days to see how you react to your Reiki treatment before deciding to make further appointments. And you may feel you'd like a top-up session here & there.