

REIKI & CHAKRA ENERGY HEALING / SOUND HEALING / TOUCH MODALITY SESSION

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Is it ok to contact you via email? Yes: \_\_\_\_\_ No: \_\_\_\_\_

Referred By: \_\_\_\_\_

Have you ever received Reiki or Energy Healing? Yes \_\_\_\_\_ No \_\_\_\_\_

Personal History you would like to share \_\_\_\_\_

TREATMENT CONSENT FORM

I understand that the Reiki and Energy Healers do not diagnose illness, disease, or mental disorder. Nor do they prescribe medical treatment or pharmaceuticals. It has been made clear that energy healing is not a substitute for medical examination or diagnosis and that it is recommended that I see a MD/ND for any physical or mental ailment. With this in mind I agree that the Reiki and Energy Healers cannot be held liable for any problems that might arise that I think could be attributed to the energy healing session. I have stated all of my known medical conditions to my provider and if necessary I will keep her updated on my physical, mental, and emotional health. I acknowledge that **Victoria Enriquez** and **MEditation TIME** provides **reiki, sound and touch modality healing sessions** for the purpose of providing mental/emotional/physical and spiritual support using Intuitive Healing Techniques. I attest that I understand the nature of the treatment and freely elect to receive treatments. I release the providers from any and all claims of malpractice, non-disclosure, or lack of informed consent.

Printed Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

You may list your goals, concerns, and questions here or wait until your session begins.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Appointments that are missed/rescheduled/cancelled with less than 24 hours notice will be billed \$40.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## WHAT TO EXPECT

A typical session lasts for fifteen minutes to one hour and begins with the client lying down on a massage table fully clothed, minus shoes and glasses if the client wears them. Relaxing music is available if the client chooses, but is not required. We make every effort to be sure that each client feels safe and comfortable. Before your session begins, you can discuss any of your thoughts or concerns. You can also choose to talk or ask questions during your session or relax and remain silent, meditate or nap.

Most people feel very relaxed as sessions allow for the release of physical, emotional and spiritual pain or blockages. This allows the individual to begin making the necessary changes, and shifts in awareness towards a more positive life experience. We find that energy medicine has a cumulative effect and so when you treat yourself to regular sessions, better health and well-being are natural outcomes. At the end, you and your provider can check in about anything that came up for you during the session.

## REIKI

The provider will work above your body or lightly place their hands on various parts of your body.. They will feel for places where the energy is stagnant or where the energy is deficient. They may work with the chakras or areas that they are drawn to work. You may let your provider know if there is a specific areas that you would like addressed .

## TOUCH MODALITIES

The provider will begin with a near therapeutic body rub. working on stimulating skin, muscles as well as stretching out muscles in a relaxing manner. Then to ease the mind, body and soul, the dermal (scratching) followed by the epidermal (finger tip touch) leaves you feeling extremely renewed and nurtured. Whatever you may have been stressed about prior is gone. The relaxation lasts long enough to reset your energy and lift your spirits. This is an amazing session.

## SOUND HEALING

The provider uses some or all in sound bath sessions: quartz crystal bowls, tuning forks, crystals, and triangles. The balance is returned to your chakra system. When each item is played it will create vibrations of different frequencies to promote relaxation and allow the body to heal. This definitely leaves you feeling grounded and more centered right away.