

FULLY PRESENT

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www.fullypresentwithyou.com

⑤ **Contraindications: I do not do direct on body soundwork on anyone who is pregnant, has a pacemaker or is undergoing chemotherapy or radiation treatments.**

FOR: Reiki w/Sound

Intake Form & Waiver

Part A: to be filled out by client

Name _____ DOB _____

Address _____

Telephone #: _____

Email address (optional) _____

Referred by _____ Today's Date _____

I understand that Fully Present is not qualified to give medical advice or diagnosis. I understand that a Reiki with Sound Session is not a substitute for professional medical care. Because everyone is different, a physician must diagnose individual conditions and supervise all health problems. I understand that I am urged to seek out the best medical resources available to help me make informed decisions.

Fully Present is a member of the Vermont Reiki Association (VRA) and the Hands On Trade Association (HOTA) and adheres to their Code of Ethics outlined below. I have read and understand the Code of Ethics for the VRA and HOTA members.

By providing my email address above, I agree to be contacted via email by Fully Present.

Signature of client _____

Part B: To be filled out by practitioner

Observations:

Questions:

Feedback:

CODE OF ETHICS for Vermont Reiki Association (VRA) and Hands-On Trade Association (HOTA) members (taken directly from their sites, www.vermontreikiassociation.org and www.handsontrade.com , respectively):

VRA Members Agree to:

1. Abide by a vow of confidentiality. Any information that is discussed within the context of a Reiki session is confidential between the client and the Practitioner.
2. Provide a safe and comfortable area for client sessions and work to provide an empowering and supportive environment for clients.
3. Always treat clients with the utmost respect and honor.
4. Provide a brief oral or written description of what happens during a session and what to expect before a client's initial session.
5. Be respectful of all other's Reiki views and paths.
6. Educate clients on the value of Reiki and explain that sessions do not guarantee a cure, nor are they a substitute for qualified medical or professional care. Reiki is one part of an integrated healing or wellness program.
7. Suggest a consultation or referral to qualified licensed professionals (medical doctor, licensed therapist, etc.) when appropriate.
8. Never diagnose or prescribe. Never suggest that the client change prescribed treatment or interfere with treatment of a licensed health care provider.
9. Never ask clients to disrobe (unless in the context of a licensed massage therapy session). Be sensitive to the boundary needs of individual clients. Do not touch the genital area or breasts. Practice hands off healing of these areas if treatment is needed.
10. Be actively working on your own healing so as to embody and fully express the essence of Reiki in everything that you do.

Hands-On Trade Association Members Agree to:

- ⑤ Make a difference in this world by providing positive and valuable hands-on services.
- ⑤ Strive as an individual to keep my body and mental state healthy so I can provide the highest quality professional service to my clients.
- ⑤ Respect each client with no judgment or discrimination in a private and confidential manner.
- ⑤ Abide by the licensing laws in which I practice my profession.
- ⑤ Continue to grow as a professional practitioner by taking new classes for education whenever possible and/or as required by law.

What to expect after a Sound session:

Most people who receive sound sessions report feeling clearer, calmer, more relaxed, and more self-aware. However, everyone is different and every person has a unique experience. Some other experiences that people have reported:

- Profound exhaustion and tiredness, needing to sleep or lay low for a day or more: generally happens with people who have been 'running on empty'.
- Extreme emotionalism, or being very aware of formerly masked or buried emotions- crying a lot, or being very angry
- Headaches and/or dizziness
- In very rare instances: skin rashes, mucus, fevers

Generally, these symptoms are detoxification and pass with a day or two, but if a condition persists, it is important to see the therapist again, sooner than later. Sometimes people can get 'stuck' in the unwinding process and need an additional boost to complete the release.

If you have any questions or concerns at all, please feel free to discuss these with your provider.

Hydrotherapy:

Hydrotherapy in and out is optimum after a sound therapy session. Drinking plenty of pure water and herbal teas after a session is necessary, and soaking in a mineral salt bath for 20 minutes minimum supports the body in detoxifying or releasing any chemical components of blockages released from the energy field.

It is also beneficial to be well hydrated before a session due to the sound-conductive properties of water.

Homework:

Becoming more well-balanced usually requires a change in perception and/or action of some kind or another. Simply becoming more aware of our habitual subconscious behaviors, becoming aware of ourselves from the place of 'the witness,' broadens the trajectory of possibility. We begin to gain more freedom in choosing healthy and self-supporting behaviors. Often you will be asked to simply notice one aspect of your habitual subconscious non-beneficial behavior.