



**Shamanic Reiki Master Teacher and Life Empowerment
PRACTICUM FORM – Benefits of Shamanic Reiki (Client Copy)**

Copyright © 2021 LCR

DATE:

CLIENT:

(Printed Name and Signature)

PRACTITIONER:

(Printed Name and Signature)

I, the above-signed understand that the Shamanic Reiki Sessions I receive are not a replacement for other appropriate holistic or traditional allopathic medical care or emotional and psychological therapies. I understand that Shamanic Reiki practitioners do not diagnose, nor do they treat illnesses or psychological disorders, and neither do they heal people or their illnesses or psychological disorders. The Shamanic Reiki practitioner facilitates a simple hands-on process whereby nature's energy is provided for the client, the innate intelligence of the receiver directs how and where that energy may be used. The facilitator may also guide the client through experiential exercises designed to help the client access her or his inner wisdom and guidance. My Shamanic Reiki sessions can offer an ideal complement to traditional or holistic care I am receiving. I am encouraged to seek out a health care professional for any physical or psychological ailments I have.

I understand that the Shamanic Reiki sessions I receive provide an overall sense of wellbeing and support natural healing on all levels. All sessions are done fully clothed.

If for any reason I am uncomfortable within a session, I will take personal responsibility to let my practitioner know. I acknowledge that I will also contact my practitioner's supervisor Llyn Roberts and/or Stacey Gibbons at Shamanic Reiki Worldwide, should I ever feel the need.

The following outline specific benefits I may experience in my Shamanic Reiki sessions:

DEEP RELAXATION AND STRESS REDUCTION: Induces deep relaxation, which strengthens the immune system's ability to respond to daily stressors.

RELEASE OF PAIN AND DISCOMFORT: Chronic discomfort and pain can be eased as the body's natural healing mechanisms are supported.

RELEASE OF BLOCKED MEMORIES: Energy and bodywork can release memories and trauma from the tissues of the body where they are stored.

INTEGRATION OF EMOTIONAL ISSUES: Deep relaxation induces a calm and reflective state within which emotional issues can be integrated on one's own, or with the help of a professional therapist.

EXPANDED SPIRITUAL AWARENESS: An experience of 'expanded awareness' and the goodness and interconnectedness of all life can be experienced, inducing a profound state of wellbeing.

BALANCING OF PHYSICAL, EMOTIONAL, AND MENTAL ASPECTS OF BEING