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## Disclaimer

Reiki is a Japanese technique for stress reduction and relaxation that can also promote healing. During a Reiki session, the practitioner "lays hands" on various energy centers of the body known as chakras. You are fully clothed and the session can be administered laying on a massage table or sitting in a chair.

The practitioners' hands are then placed in various positions about the body, respecting any touch issues you may have. You may feel warmth, tingling or both. At times, a myriad of colors may be experienced as you have your eyes closed. A practitioner's touch is always gentle, light and usually motionless, except when changing hand positions. There is no massage or body manipulation.

Loose, simple clothing is encouraged. Tight garments and belts are not conducive to relaxation and you will be expected to remove your shoes.

A typical Reiki session lasts approximately forty-five minutes to one hour. You will be in a quiet, safe place in order to facilitate "letting go". You will be asked to turn off your cell phone, pager and any other electronic device that will be a distraction to the practitioner and you. Much care has been given to create a "healing" environment so you can receive maximum benefit of your session.

By signing the form below, you understand that Reiki is a simple, gentle, hands-on technique for stress reduction and relaxation. The sessions are for the purpose of helping you relax and relieve stress. Reiki practitioners do not diagnose, prescribe or perform medical treatments nor interfere with the treatment of a licensed medical professional. You are encouraged to see a licensed doctor or health care professional for any physical or psychological ailment. Reiki does not take the place of medical care, but can be a part of a holistic approach or wellness program. The body has an amazing ability to heal itself and complete relaxation facilitates this process.

### PRIVACY NOTICE:

No information will be disclosed to any third party without written consent.

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_