

REIKI SESSION ENVIRONMENT PREFERENCES

Name: _____

To make your session as comfortable as possible, tell me about some of your preferences.

Music in the Healing Environment.

This will help determine whether sound will be an enhancement to the session promoting relaxation. If you are unsure, the session can start with music and if you find it distracting, it can be shut off.

Would you like music during the healing session?

- ☐ No, it would be distracting to me. I like silence. ☐ Yes, music will help me to relax.

Aromatherapy (scents) in the Healing Environment.

Aromatherapy can assist in promoting relaxation or calmness through the sense of smell. Everyone has unique preferences. A particular fragrance may be pleasing to one person but not another. If you are uncertain about the fragrance that would promote relaxation for you, we can test some through a sensory journey.

Would you like aromatherapy during the healing session?

- ☐ No. I am sensitive to fragrances or have allergies.
- ☐ Yes, please provide any aromatherapy during my session.
- ☐ Yes, I would find aromatherapy enjoyable but am uncertain of my preferences. I would like to test some through a sensory journey before the session.
- ☐ Yes, but I have certain likes or dislikes.

Describe: _____

Position during the Session

This will help determine the best position for your treatment. The objective is to find the most comfortable position for you so that relaxation will come easily. Most people find laying down on the treatment table suits them. However, it is not necessary should you have issues. The treatment part of the session will last 45 – 60 minutes.

- ☐ Laying on the treatment table will work; no problems laying on my back or front.
- ☐ I can lay on my back but only for a limited amount of time.
- ☐ I can lay on my front but only for a limited amount of time.
- ☐ I have difficulty laying on both my front and back.
- ☐ I have a preference for sitting in a chair.

Temperature

More often than not, I am usually ☐ cold or chilled ☐ warm or hot

- ☐ I have no noticeable disposition with regard to temperature

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Here are other ideas that would help customize my session to be a comforting experience:

[illegible]