

## Is Reiki for me?

Reiki is simple, gentle, & suitable for anyone & everyone. Prospective clients often contact me when they're seeking a complementary therapy to support their desire to achieve wellness & heal their physical, mental or emotional state.

Each of us experiences the benefits of Reiki differently & from session to session. And our healing needs change as each session builds on the previous gains.

In my experience, clients – some of whom start as Reiki skeptics – often feel a sense of calm, lighter, as though something has shifted. Or their chronic pain has diminished to a level they haven't felt in years. Enjoying a better sleeping pattern is also quite common. Experiencing an emotional release comes up too. Some clients have even worked with their medical professional to reduce their medication levels in response to experiencing a reduction in their symptoms.

Perhaps you, too, are seeking a greater sense of relaxation, a reduction in pain, to feel more balanced, or increase your sense of wellbeing? You may have received a medical diagnosis & are seeking the support of a complementary therapy which will work in harmony alongside your conventional medical treatment? Or maybe you're keen to pursue a pro-active approach to your health & wellbeing?

The great news is Reiki can help with all of these & more. And, best of all, Reiki can do no harm & does not interfere with any medications you may be taking.

I offer a welcoming, supportive environment & personalise each Reiki session based on your reasons for seeking Reiki's assistance. If you, or someone you know, are seeking a non-invasive complementary therapy which encourages the body towards wellbeing Reiki could be what you're looking for. Why not take up my £25 introductory offer for your first full session to experience Reiki for yourself?

Reiki is not a substitute for conventional medical therapies & I do not diagnose, prescribe or perform medical treatment. So for any medical conditions always consult a medical professional.

## About Sarah Robinson



I've always taken a preventative approach when it comes to my health & wellbeing. This interest led me to try Chinese Medicine, Acupuncture, Bowens Therapy, Qigong, & Sound Healing. After receiving a few Reiki sessions, I could feel how my life outlook was changing; I had released tension; I felt more upbeat. I began realising past experiences I had spent decades thinking about were no longer an emotional trigger. I felt lighter in spirit & began seeing other perspectives I had previously been closed off to. And I realised I needed to learn more about this amazing healing practice.

Since attaining my practitioner-level qualifications – Usui Reiki Ryoho (Traditional Japanese) & Usui Shiki Ryoho (Western) – I continue to expand my understanding of Reiki's numerous benefits through my clients' feedback, reading widely, peer-reviewed medical studies, & CPD.

My daily Reiki self-practice helps me feel centred, happier, & more productive. I'm looking forward to offering you access to this gentle healing practice so you can feel this too.

## Reiki Sessions

For In-person sessions please set aside 90-minutes to allow for a pre- & post-session consultation & 45-minutes of Reiki.

In-person or Distance Reiki	Fee (GBP £)
Initial appointment (full session), introductory offer	£25
Follow-up, single session	£55
Pre-purchase 3x session follow-up package (12-month expiry)	£150
Pre-purchase 5x session follow-up package (12-month expiry)	£250
Reiki Workplace Wellness session	Contact Sarah directly
Gift voucher (valid 12-months from date purchased & fully transferrable by pre-arrangement)	From £25



## In-person & Distance Reiki Sessions

*"Reiki is a Japanese practice promoting relaxation & healing by stimulating & accelerating the body's self-healing abilities. Peer-reviewed medical studies have shown Reiki reduces the severity of acute & chronic pain, anxiety, stress, & depression."*

**Sarah Robinson, Reiki Practitioner**  
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## Reiki is transforming

Clients frequently share the benefits they have noticed following their Reiki session. Some of these include enjoying better-quality sleep, feeling less anxiety, noticing a reduction in pain levels, diminished medication side effects, a speedier recovery from injuries & surgery, greater resilience to stress, finding harmony emotionally, & more.

## What is Reiki?

When we become out of balance, we respond to life's challenges with increased anxiety, higher stress levels, & depression. If ignored these responses can manifest as dis-ease, & acute & chronic pain.

Reiki is the Universal Life Energy every living being is filled with – people, animals, & plants; & also the Japanese practice which rebalances the flow of this life energy founded by Mikao Usui a century ago.

As a Reiki practitioner, I plug into this flow of energy & offer it to you by placing my hands in different positions lightly on or slightly off your fully-clothed body. Reiki combines with your body's innate wisdom to begin a self-healing process, supporting your wellbeing & strengthening your natural capacity to heal by encouraging balance. You don't need to believe in Reiki to benefit, only be open-minded to experience a session to appreciate its healing ability.

Unlike conventional medicine which treats conditions & symptoms, Reiki treats you as a whole & never does any harm so there is no chance of overdoing Reiki.

As yet, scientific technology hasn't created a device which can reproducibly measure subtle energy fields in the way magnetic or electrical fields are measured. However, there is an increasing body of clinical studies validating Reiki's effectiveness by: tracking measurable human responses such as blood pressure, respiration rate, & heart rate; observational & anecdotal evidence of medical staff; & patient feedback. The NHS welcomes Reiki as a complementary therapy & Reiki is entering integrative medicine departments & hospice facilities across the world.

Reiki is not associated, or aligned with any religion or belief system. Making it accessible to all regardless of age, ethnicity, political views, religious faith, spirituality, or beliefs.

## What happens during an In-person Reiki session?

Your session begins with a pre-consultation to gain an understanding of:

- :: your reasons for seeking Reiki;
- :: any medical conditions for which you have received a diagnosis;
- :: any medications you are taking;
- :: any treatments you are receiving; &
- :: whether you have any allergies.

All information you provide is treated in the strictest of confidence & in accordance with UK Government Standards.

I will briefly explain Reiki & ask whether you'd prefer a hands-on or hands-off session. Both are as effective as each other & at no time will any personal or delicate areas of your body be touched should you choose a hands-on session.

You remain fully-clothed during your Reiki session, although it's a good idea to remove shoes, coat, & any large jewellery.

I'll invite you to lay on the treatment table with your head resting on a pillow, & cover you with a blanket to keep you warm. I will also offer a bolster for under your knees to support your lower back. You feeling at ease is of the highest importance. It is possible to receive your Reiki session seated in a chair if you're physically impaired from laying on a treatment table (for example, due to pre-existing dizziness).

With soft, meditative music playing in the background you'll close your eyes, focus on your breathing & enjoying a relaxing session while I place my hands in different locations along your body.

It's best not to have specific expectations about the outcome of a session as Reiki goes where it's needed & often works in surprising ways.

Sensations, reactions & impressions during a Reiki session are as unique as you. Common, normal responses include:

:: Feeling so relaxed you fall asleep :: Seeing images or pictures, remembering long-forgotten dreams & memories, light/colours :: Twitching or sudden jerking, tingling :: Sensations of warm or cold :: Slight headaches :: Abdominal gurgling noises :: Becoming emotional & feeling the need to laugh or cry :: Experiencing a depth of expansiveness :: Feeling lighter as though something has shifted :: And sometimes people feel nothing at all, other than a lovely sense of calm.

Your response to Reiki is quite personal & differs each time as energy is always changing. Comparing how you feel before, during, & after a session is a great way to assess any improvements, which build from session to session.

## What happens during a Distance Reiki session?

A Distance Reiki session is the same as receiving In-person Reiki, only we're in different locations.

The pre- & post-consultation will happen via email & phone (such as WhatsApp). To prepare for your Distance Reiki session, find a space where you can relax comfortably with your eyes closed, undisturbed for one-hour. Cover yourself with a blanket, rest your head on a pillow, set an alarm for 50-mins just in case you feel so relaxed you nod-off, & turn your phone to silent mode. It's important to be settled before the pre-agreed start time – the session will begin regardless of whether you are making a cup of tea or are out & about!

## How many sessions should I have?

The number & frequency of sessions is determined by the benefits you feel based on your reasons for seeking Reiki. Generally, 4 to 6 sessions in quick succession followed by monthly top-ups are a good starting point. In my experience, most people feel an improvement after a single Reiki session. This builds over a series of sessions to affect recognisable change, leading to improved health & wellbeing. And when we feel better, we function better. We're more resilient, happier, healthier, & experience greater life satisfaction.