



Welcome to The Community Reiki Clinic!

The Reiki School + Clinic™

*Please take a minute to read this introduction to our clinic and to our community.
We are delighted that you are interested in joining us!*

We believe

- We all deserve access to affordable care and to as many treatments as we feel we need
- Bodywork and spiritual healing practices can be a very helpful part of living a wonderful, balanced life
- You don't have to be sick to get reiki – wellness is a lifestyle, not an achievement
- We can help make it affordable for you and still earn a decent living!
- Healing done in a group setting creates a powerful dynamic where everyone can benefit

Background

We love Community Acupuncture. Our reiki team was very inspired by the model of affordable sessions that take place in a group atmosphere. We understood that it would be challenging to adapt this model for reiki - a hands-on treatment where the practitioner stays with the client the whole time. We also understood that it was not impossible.

We thought outside the box, did some research, some in-house tests, and voila! We bring you.....COMMUNITY REIKI!

There are some things to know about Community Reiki

- Several people receive reiki sessions at the same time
- Our practitioners are all certified professionals, not students.
- You will only be seen/touched by one practitioner during your visit.
- When you make your appointment you're able choose the practitioner you want to work with.
- You can have the same practitioner every time, or choose to see a different practitioner each time (we don't mind)
- The sessions are approximately 30-50 minutes in length.
- You are able to relax after your session is over- you won't be rushed out.
- Session fees are determined by a sliding scale, based on your income *and* how much you feel you can afford to pay.
- Community Reiki may not be for you. There are times when you may need, or prefer, to have one-on-one sessions with a practitioner. This is okay! Please contact us to help you determine if Community Reiki is right for you.

What is different about The Community Reiki Clinic? *

• We treat in a community setting

Most reiki practitioners give clients one-on-one sessions, with a decorative set up, in separate rooms. In our clinic we give sessions in groups in a larger, quiet, soothing space. Each practitioner treats up to 3 clients at a time, moving back and forth among them. In a typical treatment you may feel your client touch you for 5-15 minutes, then gently move onto the next client. While your practitioner is with someone else you may still feel the energy, or feel as if they are still with you; this is common, and one of the many benefits of treating in a community setting! The treatment continues while the practitioner is not touching you, while you integrate what happened while they were there with you. You may also rest your own hand on yourself in a place that feels healing, such as your heart or belly. When your practitioner returns, they will gently approach you, touching your shoulder, leg or foot to let you know they're back. Then they will resume giving you reiki. This process will repeat several times during the length of your session.

Because we see so many clients in a short period of time (and we want to be mindful of the environmental impact of doing so much laundry) we do not use sheets. We do use face-rest covers and pillowcases that are washed after each use. We also clean the tables between each session with a natural, gentle-yet-effective cleanser.

Treating clients in a community setting has many benefits: it's easy for friends and family members to come in for treatment together; many clients find it comforting; and a collective energetic field becomes established which can enhance the healing experience. Many people fall asleep and wake-up feeling refreshed.

- **We have a sliding scale**

Most reiki practitioners also see only one client per hour and charge \$60 to \$150 per treatment. They also tend to spend a long time talking with each client. We don't. The way that we at The Community Reiki Clinic can make reiki affordable and still make a living ourselves is to streamline our treatments and see multiple clients in an hour. Please see the enclosed form that explains our sliding scale. We do not do insurance billing. If you have insurance that covers reiki, we'll be happy to give you a payment receipt, and you can submit it.

- **Our Commitment to You**

We want to make it possible for you to receive reiki regularly enough and long enough to really feel your best! We want our community to be welcoming to all different kinds of people. We want to give you the tools to become an empowered part of your own health and well-being. We will provide a safe environment with skilled practitioners.

- **What We Need From You**

- Responsibility**

The Community Reiki Clinic does not provide primary care medicine!

Reiki is a wonderful complement to Western medicine, but it is not a substitute for it. If you think you have a problem that is not "garden variety" (meaning, you are worried that you might have a serious infection, a malignant growth, or an injury that won't heal), or if you want someone to go over the details of your medical history from a western medical perspective, you need to see a primary care physician (ND, MD, or DO). We can provide some excellent, affordable referrals, even if you have no insurance coverage. But you cannot expect us to diagnose and treat something really serious. We can provide complimentary care for conditions that require a physician's attention -- for instance, we often treat clients for the side effects of chemotherapy. But we need you to take responsibility for your own health. The Community Reiki Clinic does not receive grants, state or federal money, or insurance reimbursement. The Community Reiki Clinic exists because clients pay for their treatments – it is a sustainable community business model.

- Flexibility**

The community setting requires some flexibility from you. For instance, some clients have a favorite table. When we are busy, someone may be getting a session on yours. Similarly, we may have a few clients who snore. Other clients who may dislike snoring, releases (sometimes clients giggle, laugh or cry), or background noise can bring earplugs to their treatments. We are grateful for this! Other clients like to bring an eye-pillow to block out the light. Basically, we need you to participate in making yourself comfortable in the community room before we arrive to treat you. When you come in you can get whatever you might need. You can grab a blanket, bolster, all the pillows you may need, and a pillowcase or headrest cover. If you'd like to wipe your feet grab a baby wipe as well. Fill out your intake notes with any intentions, areas you'd like attention, and areas you'd like us to avoid touching. Make yourself comfortable face-up or facedown in a headrest while you are waiting for your practitioner. If at anytime during your session you need to adjust, get up, get a blanket, use the restroom, etc, feel free to do so.

In terms of how long you want to stay -- tell the receptionist, when you check in, if you need to be somewhere at a certain time! If you want to be notified at a specific time, ask her or him to make a note and give it to your practitioner. We'll make sure you're out on time. In general, if you feel done, take your time and sit up slowly. You can get up off the table when you feel ready. Getting up too fast or soon can make you dizzy.

- Community-Mindedness

The soothing atmosphere in our clinic exists because all of our clients create it by relaxing together. We appreciate everyone's presence! This kind of collective stillness is a rare and precious thing in our rushed and busy society. Maintaining this reservoir of calm requires that no one talk very much in the clinic space. If you would like to speak to a practitioner one-on-one at any length, please let us know. If you want to have a substantial conversation, we will probably need to schedule that separately and might need to do it by phone. If you have questions about reiki and why/how it works, please look on our website or ask our receptionist for the materials we have on that subject. Unfortunately, we can't explain reiki while we are treating you. This is why our website exists. If you have questions, we would like to offer you reading material, invite you to review our website, and/or invite you to a Question and Answer gathering. Part of our success is that our clients learn the "routine" and take on a lot of responsibility for the appointments. Making payment happens at the front desk BEFORE each treatment, so you can relax and enjoy treatment. Please take all personal belongings, (bags, shoes, etc.) with you back into the treatment room and place them under your treatment table. And of course, please turn off your cell phone.

- Commitment

Reiki sessions are part of a PROCESS. It is very rare for any reiki practitioner to be able to help you resolve a problem within one session. Virtually every client benefits from multiple sessions, rather than a single session, in order to get what they want with the help of reiki. One big reason that we are able to keep our prices so low is because of the extraordinary amount of marketing our clients do on our behalf -- we don't have to advertise. We cannot express how grateful we are for this. Our clients are such effective marketers because they have first-hand experience of how well reiki works. All of our satisfied clients basically made a commitment to a course of treatment. On your first visit, your reiki practitioner will help you create a treatment plan. This suggestion is based on our experience, our and your impressions, and availability. The purpose of our sliding scale is to help you make reiki affordable, and also to help you make that commitment to multiple sessions, should you need them. If you have questions, please ask us, or if you think you need to adjust your treatment plan, please let us know. We encourage you to use reiki as a part of your wellness plan in the way that feels best for you. And, last, but not least.... enjoy the space. We do, and hope that The Community Reiki Clinic can be an important part of your community.

Thank you,
-The Community Reiki Clinic Staff

* This New Client Welcome Letter is borrowed/adapted with permission from The CAN (Community Acupuncture Network), from Lisa Rohleder's book, *The Remedy, Integrating Acupuncture Into American Health Care*. © 2006 Working Class Acupuncture.