

Client Work Book



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Client Sheet:

Client:
Date:
Number of Sessions:
To be completed By:
Method of Payments:
Dates Booked:
Notes:

Energy Blocks

There are many layers to your energy and it may take a number of different healing modalities to give you the best treatment. If you imagine that your energy body (aura) and chakras have picked information, emotions and trauma from your life. You can see how long it would take to reset and remove the different layers that are stopping you living your best life. However, you don't have to spend thousands or years working on this. We have learned techniques that can help unblock you at a much quicker rate. We know that combining healing techniques and creating bespoke packages and programmes for clients is the best way to remove imbalances and re-centre a person.

We have had thousands of people benefit from our systems.

In order to move forward it's important that you understand energy blocks and how many exist.

Energy blocks are blocks in the flow of our energy, a lack of flow will create stagnant energy which can manifest into physical and mental disturbances.

it also impacts the messages and beliefs we hold in our subconscious mind. The subconscious mind is where we communicate to the world who we are and how we behave. This is the frequency that we vibrate to the world. This is picked up by the universe and subsequently creates our reality.

By re-programming our subconscious mind, we start to alter the vibration of our being.

Reiki I

Rei

This means Divine, Source and Spirit

Ki means Energy

Reiki can be translated as universal energy. As Reiki healers we act as a conduit for the universal energy. We connect learn to connect to this beautiful source energy and direct to the blockages in your body.

What is Reiki?

Reiki (pronounced Ray-key) is a Japanese word meaning Universal Life Energy.



Energy Healing has been around for thousands of years. Reiki was discovered by a Japanese man named Mikao Usui in the mid 1800s.

All matter is made from energy, including humans. Science is starting to research how energy impacts the human condition.

What we perceive as our physical material world, is really not physical or material at all, in fact, it is far from it.

Quantum physicists discovered that physical atoms are made up of vortices of energy that are constantly spinning and vibrating, each one radiating its own unique energy signature. Therefore, if we really want to observe ourselves and find out what we are, we are really beings of energy and vibration, radiating our own unique energy signature -this is fact and is what quantum physics has shown us time and time again. We are much more than what we perceive ourselves to be, and it's time we begin to see ourselves in that light. If you observed the composition of an atom with a microscope you would see a small, invisible tornado-like vortex, with a number of infinitely small energy vortices called quarks and photons.

These are what make up the structure of the atom. As you focused in closer and closer on the structure of the atom, you would see nothing, you would observe a physical void. The atom has no physical structure, we have no physical structure, physical things really don't have any physical structure! Atoms are made out of invisible energy, not tangible matter.

Energy Cord Removal

Energy Cord or Strands form when we interact with people, places and even situations. We are all made of energy. If you take a picture with a Kirlian camera you will see your auric field. You are always expending your energy into the world. When you start to interact with someone you are engaging with their energy. The more emotion involved and the frequency, the stronger the energy connection.

We start to form what is known as energy cords. These are much more pronounced in close relationships such as parents and their off-springs, spouses, siblings, friends, work colleagues etc.

Some of these are strands that exist from past life. These cords let you sense the other person, their needs, moods etc. Very useful when a mother gives birth, when partners want to sense each other's mood. Unfortunately not so helpful if things turn sour. For instances you may have formed many cords with a partner, when things start to go wrong, the negativity starts to transfer between you. You get drained by the other's energy. This can happen with friendships too. You may have had a needy friend who calls you and tells you of all their problems and you feel drained afterwards. This is a one-way energy exchange. These strands can transcend death and pull your energy without you realising.

We work on removing these strands from all of your chakras as well as past life, strands with the deceased. Strands with situations and people, basically the strands that aren't serving you.

Once lifted you feel release, like you are able to be yourself again.

Other Types of Healing

Vow, soul contracts and Agreement Removal - Soul contracts are made with other souls, sometimes without our realisation. They can happen in many ways, one way is when we are under duress, we may make promises or declarations that become binding. Or any strong emotional feeling or connection may result us downloading a desire or want or need that starts to form a karmic chain in turn binds us to a person or situation for lifetimes.

A soul contract are situations with people that keep repeating. Things that you attract as within your vibration these lessons, contracts are embedded in your energy body. They vibrate out into the universe and create the experience. Unhealthy liaisons, the truly madly deeply toxic connections are usually some sort of contracts.

Contracts can be formed in this life or past life. Depending what you feel and what promises you make. “We will be together forever” “I will never let you go” “I will never marry” “I don’t ever want to be rich” Any of these statements said with enough feeling, emotion and conviction can become vows or contracts!

Ancestral Healing -As the name suggests we are impacted by the energy of our ancestors. It can go back many generations. The way we behave, the blockages, emotional struggles can all be passed down the line. You can imagine, that you were in your mum’s ovaries, when she was a foetus in your grandmothers stomach, it blows your mind.

The energy of our ancestors is in your cells and DNA as well as in the energy cords down the lineage.

If you imagine the strong cords that exist between parents and their child, that have never been removed these cords transcend death, therefore we have energy feeding us that doesn’t belong to us. We may channelling fears and traumas of those gone before us.

Chakras

Location of the Chakras



Chakra literal translation means wheel in Sankrit. The human body has hundreds of chakra points. The 7 main chakras are located along the line of the spinal column and are composed of high frequency energy strands that the spiritual eye perceives as light.

The amount of energy flowing through our chakras determines how well we function. The ones we focus on are the seven main chakras as per picture above.

Your assessment showed the following chakras as being out of balance:

Chakras

Root Chakra – Muladhara



Location: Located at the base of the spine the Root or Base chakra.

Association: This chakra is concerned with physical survival, grounding and connection with the Earth and our body. When this chakra functions well, physical energy, good health, abundance and security are created.

Issues related to the Base Chakra

- Fears and insecurities related to safety and survival.
- Difficulties with 'grounding' and being in the 'now'
- Disorientation. Disorganization. Indecision.
- Lack of physical energy.
- Difficulty dealing with stress or difficulty fully manifesting creative ideas.
- Problems in the lower physical body.

Sacral Chakra – Svadhisthana



Location: Located in the area of the lower abdomen

Association: This chakra relates to our emotional identity and sexuality. Balancing this chakra allows us to experience life as a fluid flow in which we connect with others through our feelings and experience healthy and fulfilling sexual relationships.

Issues related to the Sacral Chakra

- Anger, Frustration, Impatience.
- Blocked creativity; emotionally & physically.
- Difficulty expressing sexuality; sexual guilt.
- Out of balance emotions. Emotional extremes; violence.
- Unable to express or get in touch with emotional needs.
- Difficulty accepting change.
- Relationship difficulties.
- Wounded inner child.

Chakras

Solar Plexus Chakra -Manipura



Location: Located in the area of the stomach, above the belly button

Association: Located in the area of the stomach the issues of this chakra relate to self-definition, personal power and positive emotional expression. Balancing this chakra brings the ability to create healthy boundaries, balanced personal power, will power and positive self-value.

Issues related to the Solar Plexus Chakra

- Oversensitive; too open to others thoughts & feelings
- A sense of vulnerability. Feelings of unease in stomach area.
- Lack of self worth.
- Lack of personal boundaries.
- Emotional neediness & conditional love.
- Aggression, anger.
- An overly active mind.

Heart Chakra -Anahata



Location: Located in the area of the chest

Association: This chakra relates to the need to integrate opposite polarities within the structure of our personality so that we can re-establish the consciousness of unity and unconditional love. Balancing this chakra brings the ability to love without conditions, to feel compassion, peace and love for fellow man.

Issues related to the Heart Chakra

- Loneliness and isolation from others through fear of being hurt.
- Fear of closeness.
- Lack of trust in self or Universe.
- Feeling unloved. Overly critical, possessive or jealous.
- Feelings of superiority. Unable to reach out to others.
- Indecision.

Chakras

Throat Chakra -Vissudha



Location: Located in the area of the throat and thyroid gland

Association: this chakra relates to communication of all kinds and the expression of our creativity. When this chakra is balanced the Soul is able to communicate higher wisdom, inspiration and guidance to the personality. Inner hearing is linked to this chakra.

Issues related to the Throat Chakra

- Difficulty knowing or expressing your truth.
- Withdrawn personality.
- Puts on a 'brave face' rather than express turmoil inside.
- Suppressed emotions, needs or creativity.
- Physical problems in the throat or ears.

Third Eye Chakra -Ajna



Location: : Located in the centre of the forehead and the pituitary gland

Association: Third Eye is related to the ability to see both physically and psychically. It is the seat of our intuition and inner wisdom and when balanced allows us access to 'the bigger picture' of our lives. Inner vision is therefore connected to this chakra.

Issues related to Third Eye Chakra

- Lack of faith in self and the universe.
- Feeling that 'I don't know'.
- Overly mental approach to life.
- Difficulty with intuition or inner knowing. No inner pictures.
- Unable to focus thoughts.
- Stuck in the small details of life

Chakras



Crown Chakra - Sahasrara



Location: outside the body on top of the head

Association: this chakra when balanced, carries the consciousness of pure awareness connecting us with Source. It opens us to the greater world beyond material existence and connects us with the timeless space of all knowing

Issues related to the Crown Chakra

- An inability to see beyond this third dimensional existence.
- No spiritual awareness.
- A need for greater spiritual connection

Removing Negativity

Methods to Clear your Own Auric Field or Space.

- Have Epsom salt Baths – use a handful of Epsom salt in your bath or use it as scrub in the shower.
- Purchase some smudging sage online and burn and clean your aura with it or your space.
- Buy some crystals including black tourmaline to protect your aura or house. (put them against the window seal on the front windows.)
- Say no to people if they are asking you to do things you don't want to necessarily do.
- Stop being a people pleaser and introduce some boundaries.
- Regularly do some grounding work and cover your body in a white bubble of protection (grounding meditation described below. Recommending every morning)

How to Protect Yourself

Close your eyes, imagine your feet are feeling warm and heavy. Imagine you have roots growing from the bottom of the feet into the ground.

Imagine you have a white light coming from above you, like a Ray of sunlight from source. Imagine the white light cleaning your auric field like a light shower. Then imagine the Light forming a bubble of protection around you.

Where no negativity can enter.

Basics on Crystals

What are crystals?

Crystals are minerals formed in various places over a long period of time. As it forms it begins to pick up the energy of the surrounding area. So if it forms outside it will pick up the sun rays, the energy of nature, if it forms in a mountain it will pick surrounding vibrations and so forth. This will give the crystal its particular quality and colour. The colour normally corresponds to the colour of our chakras (energy centres) see guide above. The crystal carries with it differing frequencies that can help to match the polarities of the chakras. We can use them for healing and protection.

Programming and cleansing crystals

As mentioned above crystals tend to soak in the energy around them, if you using crystals then its important to keep them cleansed. Crystals can remember negative as well as positive energies and so will sometimes need to be cleansed.

Cleaning your crystals:

Clearing a gemstone or crystal is key right after purchase. It may have many things attached to it on its way to be yours. A cleared crystal will feel bright and positive. If it feels hot and heavy, it probably needs to be cleared.

Clearing your Crystals

Water is of the easiest and quickest way is to wash them under the tap and put the intention that you are cleansing the frequency of any bad energy.

Sea salt is the best way to clean your crystals. It will dispel any disease and negativity. It is also used as a psychic and physical disinfectant. It can be mixed with water or used dry. Place the stones in the container and let them soak overnight. If you are lucky enough to live by the ocean, you can bring the salt water in a jar and soak your crystals in it overnight.

The light of the moon is also a powerful cleansing agent for stones. Place the stones outside during a full to new moon. Place necklaces in tree branches where the moon will be sure to hit them. The waning moon is a good time to dispel any negative energies from the stone.

You can charge them in the sun light however the sun can fade the intricate color from the stones. It can also cause cracking or internal damage if they are left out too long in the sun. Smudging your crystal with herbs such as sage, sandalwood, frankincense, or myrrh can also help cleanse them.

Aftercare:



After the session:

Drink plenty of water

Be kind to yourself, rest and take a bit of time for yourself.

Spend time in nature weather permitting

Try not to go out to bars or clubs if possible.

Have an Epsom salt bath if feeling really low or tired

Go to bed early.

Next week:

Carry on with some form of meditation practice. Take Epsom salt baths once a week, more if you have a lot of emotions coming to the surface.

Going forward

Take some time out for yourself on a regular basis

Take Epsom salt baths one a week.

Meditate three or four times a week.

Read spiritual uplifting books or inspiring books

Use your crystals to keep your chakras in balance

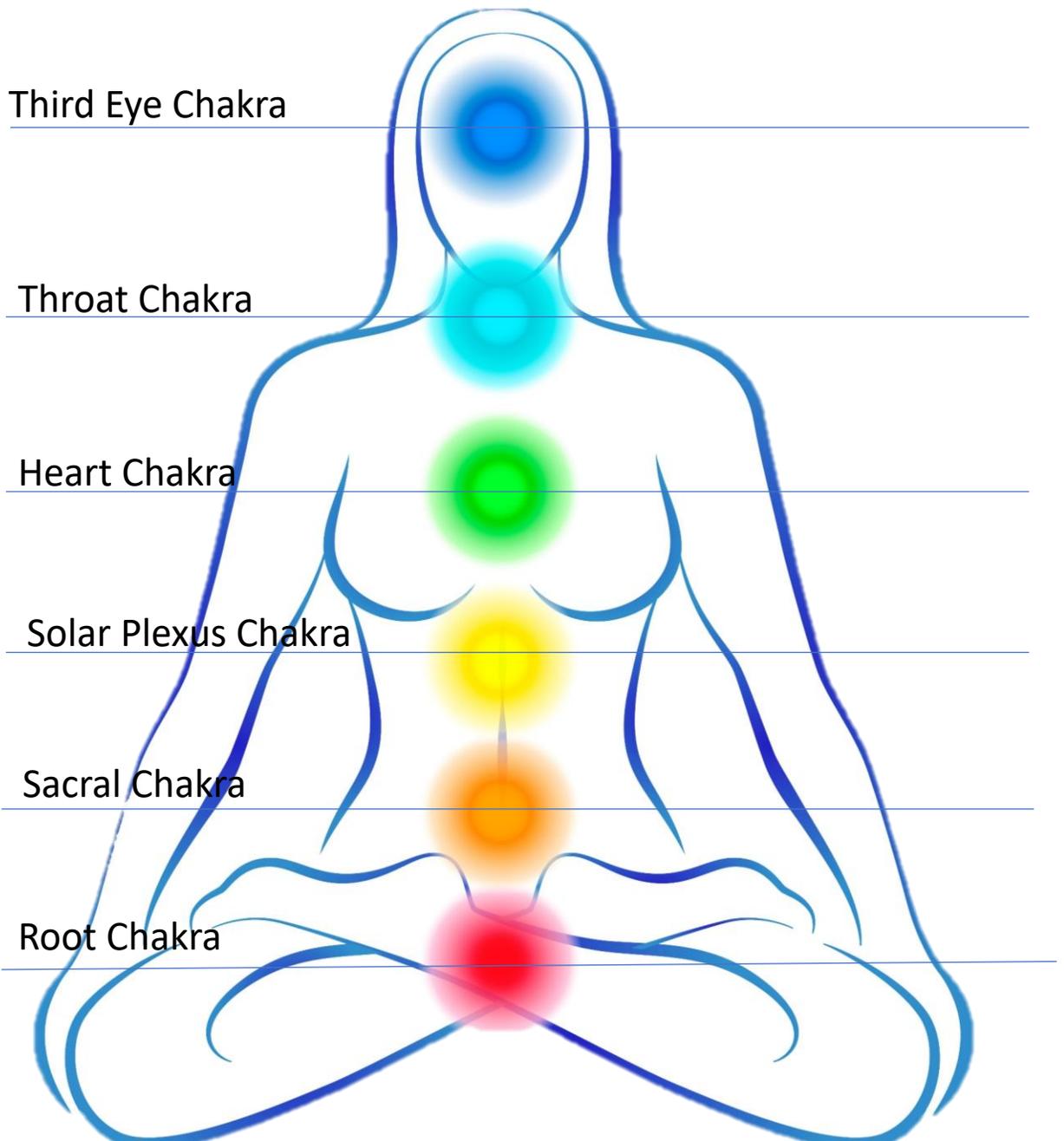
Its rare to get side-effects but you could have the following symptoms:

Headache, emotional, sore throat, flu, nausea. All of these are good signs that the healing has worked and will be manageable but you may need further balancing. Feel free to get in touch if you do and we will send you remote healing to balance your energy as you maybe going through a big release and we would manage it through further healing.

On Going Support:

- If you need on going motivation and help you can sign up to our monthly subscription service in which you receive three guaranteed in person meditations (although you normally receive 4/5) if you can get to Harrow on a Monday or online Tuesday evenings. Be part of a spiritual online community receiving regular blogs, articles on spiritual advancement from myself and third parties. To know more please drop me a note. We can give you a free weeks trial to see if it's something you find useful.
- You can also have monthly top up sessions of Reiki and Coaching. This is at a discounted rate depending on how many you book in advance. A lot of our clients find this hugely beneficial.
- Do take another look at the packages. As you have just started your journey. You want to keep on track and add to you your on going happiness.

Chakra Assessment:



Terms and Conditions:

- One session is 1.5 hours unless agreed otherwise
- The healer can split the session structure how she sees is the best way to treat you. Feedback is welcomed.
- The packages are non refundable unless you had an emergency or illness or we are unable to provide you sessions.
- The packages can be taken online or in person
- The times of the session to be agreed mutually
- Packages must be taken within an agreed time frame
- Reiki or healing is not a substitute for medical care or therapy
- By signing up you are agreeing to also do work in between sessions
- You will receive an analysis and feedback on the first session as well as material to take away with you via whats app. With subsequent sessions please take notes.

Crystals:

Crown Chakra

Amber, Citrine, Fluorite, Jasper, Lepidolite, Malachite, Quartz, Yellow Calcite



Third Eye Chakra

Fluorite, Garnet, Green Calcite, Lapis Lazuli, Lepidolite, Moonstone, Sodalite, Unakite



Throat Chakra

Amber, Amethyst, Blue Lace Agate, Jasper, Lapis Lazuli, Lepidolite, Turquoise



Heart Chakra

Aventurine, Labradorite, Lepidolite, Malachite, Mica, Rose Quartz, Red Calcite, Tiger's Iron



Solar Plexus Chakra

Citrine, Desert Rose, Jasper, Malachite, Orange Calcite, Rutilated Quartz, Tiger's Eye



Sacrum / Sacral Chakra

Carnelian, Citrine, Jasper, Orange Calcite, Red Tiger's Eye



Base / Root Chakra

Aragonite, Bloodstone, Carnelian, Citrine, Hawk's Eye, Jasper, Obsidian, Smoky Quartz, Unakite



