

## Quantum Mennonite Reiki

### What Reiki Is (and Is Not)

#### Reiki Is:

- An ancient Japanese system of natural healing
- A touch modality that is gentle, non-invasive and non-manipulative
- Universal life force energy channeled thru the hands
- A means for creating relaxation and stress reduction
- A way to enhance a sense of well being

#### Potential Additional Benefits:

- May decrease or quiet physical discomfort
- Enhance creativity
- Decrease anxiety
- Balance energy
- Help to release emotions
- Heighten awareness and insights

#### What Reiki Is Not:

- A Massage Technique
- Mind control
- A dogma, religion or belief system
- A replacement of any medical intervention
  - *Informing your physician or practitioners that you are utilizing Reiki is recommended. Reiki may enhance the response of medications or interventions.*

### Adam C Hostetter/Quantum Mennonite services also include:

- Tarot Card Readings
- Mindfulness, Self Discovery and Meditation Workshops
- Writing Workshops
- Food Fermenting Workshops

#### **Contact:**

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**Adam C Hostetter aims to provided Reiki for the highest good, to create value for himself and his clients, and to practice with integrity when giving Reiki to others, and at all times**

To that end, Adam C Hostetter would like to make certain that clients:

1. Know the definition of what Reiki is and what Reiki is not.
2. Sign a consent form and understand that they can ask for the Reiki session to end at any time. Sessions may be shorter depending on client needs.
3. Are aware that Reiki is primarily given for relaxation and stress management, although Reiki may have many physical and emotional benefits, Adam C Hostetter cannot promise any specific outcomes.
4. Understand that they keep clothing on during a Reiki session
5. Are aware and comfortable with hand positions that will be utilized, and that at times Adam C Hostetter will not be touching the client's body, but working in the energy field.
6. Feel open to share background and history with trauma, abuse or other reasons why clients may have difficulty relaxing; know we can discuss Reiki before and after any session; feel safe and a sense of trust and rapport for maximum benefits.
7. Understand that Adam C Hostetter cannot prescribe any medications, prescription, vitamin or otherwise.
8. Feel open to share medical care and conditions my clients are currently receiving
9. Continue working with their healthcare professionals for any medical treatment they are currently receiving and continue with any medications they are currently taking, as needed.
10. Know that Reiki sessions are confidential; contact and other information is never shared without consent of the client.