

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 & improve their physical, mental or emotional state.

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

In my experience, clients – even the 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 proactive approach to your health & wellbeing?

The great news is Reiki can help with all of these & more. And, best of all, Reiki is harmless & 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.

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 system.

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

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

And when we feel better, we function better. We're more resilient, happier, healthier, & experience greater life satisfaction.

Reiki Wellness Package

in-person, distance, or a combination

6 x 45-minute Reiki sessions

received within a 12-week timeframe

\$275

pay-as-you-go accepted : single sessions available

- : For in-person sessions please set aside 90-minutes for a pre- & post-session consultation & 45-minutes of Reiki.
- : Gift certificates are available from \$55
- : Contact Sarah if your company is interested in offering onsite Reiki Workplace Wellness sessions.



centre of calm

Reiki

can help you



Reiki is a Japanese practice promoting relaxation & improved wellbeing by stimulating & accelerating the body's self-healing abilities.

Peer-reviewed medical studies show Reiki improves sleep quality, & reduces acute & chronic pain, anxiety, stress, tension & depression.

Welcome positive energy into your life.

in-person & distance Reiki sessions

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What is Reiki?

Reiki (ray-key) is Japanese for ‘universal life energy’, a term used to describe a natural system to help bring about an improved sense of wellbeing & a positive feeling of spiritual renewal. In Eastern medicine systems, this energy – called ‘Ki’ (Japan), ‘Chi’ (China), or ‘Prana’ (India) – flows throughout all living beings & is regarded as vital to maintaining balanced health & wellbeing.

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 practice was founded by Dr Mikao Usui in the early 20th century & evolved as a result of his daily self-practice, research, experience & dedication. The practice begins a cleansing process, supporting your wellbeing & strengthening your natural capacity to heal by encouraging your system towards balance. Benefits often include deep relaxation & the promotion of a calm, peaceful sense of wholeness.

Unlike conventional medicine which treats conditions & symptoms, Reiki practice regards you as a whole & is also harmless – there is no massage or manipulation, nothing to ingest or interfere with any medications you are currently taking, & has no known medical contraindications. There is no chance of overdoing Reiki!

As a Reiki practitioner, I offer access to Reiki by gently placing my hands non-intrusively, on or near your fully-clothed body using my intuition & training as a guide. Reiki can be offered to you as a whole, or on specific areas of your body. You don’t need to believe in Reiki to benefit, only be open-minded to experience a session to appreciate its restorative ability.

As yet, scientific technology hasn’t created a device which can reproducibly measure subtle energy fields in the way magnetic or electrical fields can be

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.

Reiki is also supporting conventional medical interventions within integrative medicine departments & hospice facilities around the world, by introducing Reiki to patients pre- & post-surgery, for the relief of medication & treatment side effects – such as with chemotherapy or radiation, physical therapy, & to ease chronic & acute pain.

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 a 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 Australian Government Regulations.

I will briefly explain Reiki & ask whether you’d prefer a hands-on or hands-off session. Both are as effective as each other. You remain fully-clothed & comfortably lie on a therapy table or sit on a chair. I offer access to Reiki by gently placing my hands non-intrusively, on or near your body. Reiki can be offered to you as a whole, or on specific areas of your body. At no time will any personal or delicate areas of your body be touched should you choose a hands-on session. We’ll share a post-consultation to complete your session. 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.

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 distance Reiki?

It is also possible to receive Reiki at a distance. A distance Reiki session has the same effect as receiving in-person Reiki, only we’re in different locations.

The pre- & post-consultation will happen via email & phone. To prepare for your 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.

How many sessions should I have?

I work with people who are striving to find balance within themselves. Many have been experiencing symptoms of acute & chronic pain, feeling emotionally drained, are stressed, or have been diagnosed with life-limiting conditions. You may be seeking Reiki’s help as a complementary therapy to support you in finding deep relaxation, calming your mind, releasing long-held emotions & thought patterns – to feel whole again & more in tune with the flow of life.

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, which is why I offer a six-session Reiki Wellness Package within a 12-week timeline. I’m keen for you to experience the most benefit Reiki can offer.