

ACKNOWLEDGEMENT

REIKI - HEALING TOUCH – INTUITIVE WRITING

Status and Scope of Practice

My name is Patricia Gaudet; my company is North Star Intuitive. I am a Reiki Master, a Healing Touch Therapist, and an Intuitive Writing facilitator. All the energy therapies that I use are gentle, complementary, energy based approach to health and healing that can assist in bringing a body to its natural ability to heal. I do not diagnose or treat disease and I am not a physician. These sessions are not a substitute for diagnosis or treatment from a qualified health practitioner for illnesses, injuries, or other medical conditions. My services are not licensed by the Province of Ontario and my practice is guided by the Healing Touch Code of Ethics and Standards of Care.

Basic Definition of Reiki / Healing Touch

Healing Touch/ Reiki are energy therapies. They are holistic, complementary and integrative energy based therapies that are accomplished through the practitioner's use of contact and/or non-contact touch and a heart-centered state of being with the intention to support and facilitate physical, emotional, mental and spiritual health and healing.

The healing traditions of many cultures emphasize the importance of subtle energy systems that flow through and around the human body, affecting its health and vitality. Many of these traditions stress that balancing of these energy fields assist the body, mind and spirit in moving towards and maintaining wellness.

Description of a Session

During a session of Reiki / Healing Touch (which can vary in length averaging thirty to sixty minutes), I will gently place my hands on or above the client's fully clothed body noting any sensations or imbalances to assess the energy fields. I then choose a technique that is appropriate for the client's needs. This may include light physical touch or sweeping hand motion above the body. There is a high likelihood that the client will experience the relaxation response during the session. A feedback discussion will follow. People have many different responses to Reiki / Healing Touch. Some clients feel nothing at all. Others describe sensations of moving energy, deep relaxation, feelings of being supported and nurtured, or visions of images and colors. Some patients experience an emotional release such as tears; some have what they consider to be a spiritual experience or they may a better focus into specific areas of their lives.

Benefits of Reiki / Healing Touch

Recent research studies suggest that Reiki / Healing Touch is effective for physical and mental relaxation, pain management, anxiety and stress reduction, and increasing one's sense of vitality. Clients typically report experiencing the relaxation response and often report an increased sense of well-being and peace. Many have reported positive experiences that have helped them better cope with illnesses, medical protocols for treatment of medical conditions and depression but I can make no specific claims regarding the results the client may experience from a Reiki / Healing Touch or Intuitive writing session.

Energy/Educational, Training and Experience

Patricia is a Reiki Master (2006) and Intuitive Writer (2005). Healing Touch therapist Level 1 and 2 (June 2018 – May 2019). She pursued her interest Reiki Mastery by enrolling in the Usui/Tibetan style of Reiki which is a combination of Japanese and Western Reiki methods. She obtained Reiki Master Certificate in 2006 and began offering Reiki healing sessions to Orleans community. In the years since, she has been perfecting her energy work through client services offered at her Orleans location.

She has applied her Healing Touch and Reiki techniques on clients with effective results. Healing Touch/ Reiki sessions are successfully done remotely as well and the client gets to feel the relief at their location. Patricia is pursuing her Healing Touch training level 3 – July 2019.

She also offers intuitive writings to help her clients understand deep questions and issues. In this work, she channels messages from spirit present and past to illuminate and clarify life questions. With her Intuitive writings she provides insight that guides, supports and encourages each client. Each session of Intuitive writing is unique; it brings a sense of peace, clarity and guidance from one's own spiritual guides.