

Sarah Rayne Healing & Arts

1:1 Appointment Packages
Summer / Fall 2022



to support your healing, thriving, & empowerment

Hi, I'm Sarah!

I am a multi-faceted healing artist, queer witch, and creative human, and I am so excited to support you along your path!

I hold reverent & lighthearted space for whatever you bring to the table. I love working with everyone from the magically-curious, to the seasoned practitioner, from parents, to students, to everyone in between! I am a safe person & an ally for folks of all ethnicities, gender expressions, religions, cultural identities, sexualities, and lines of work. I am trauma-aware and continually deepening my ability to hold the safest space possible.

In my practice, I work with Reiki Energy Healing, Tarot Reading, Intuitive Sound Healing, my intuition, and knowledge of earth-and-cosmos-based magic, to support your healing & empowerment.

I am a Reiki Master who has been practicing since 2017, and teaching since 2018. I received my Reiki certifications from the Glowing Heart Reiki School in Brooklyn, NY between 2016 - 2018. I also completed a tarot mentorship with Elisia Guerena in Brooklyn, NY between 2018 - 2019, and have been providing juicy readings for clients since then! I am a self-taught intuitive sound healer who has been making music since she was a little girl, and working with sound for healing since 2017. My instruments include singing bowls, shruti box, chimes, drum, voice, and so much more!



My intention in offering these packages...

My intention in offering these packages is to be able to develop a deep, authentic, safe, and intimate connection with you (my wonderful client!) in order to be able to support you with personalized care, healing, and guidance to meet your unique needs and lifestyle.

Receiving a session every once in a while is soooooo lovely, isn't it?! Imagine what is possible for you with consistent support from a warm-hearted healer, no-nonsense advisor, and intuitive witch who's got your back and is rooting for you every month! Can you imagine what knots we can untangle, clarity we can find, & relaxation we can help cultivate in you, if we do it together? The more sessions we have, the better I get to know you, and the better my ability to meet your needs in a highly personalized way.

I treat every 1:1 session (no matter how long or short) as a mini-ceremony, just for you. I view this as your sacred time to process, inquire about, feel into, and be witnessed with whatever is on your heart and mind on that day / week / season of your life. The magical & healing work we do in our time together is intended to ripple out and support you in your daily life.

Why not make your mini-ceremony a ritual, by making it monthly?

Sometimes people will reach a point of overwhelm or burnout before they reach out and ask for help again. What if it was... easier? What if you **knew** that for 3 months, you had a guaranteed time in your schedule just to receive care, guidance, and energetic support? Receiving consistent care is a brilliant way to keep your cup full, and your spirits high(er).

My Healing Modalities



Reiki is a gentle method of energy healing & relaxation, originating in Japan. In person, it is generally a hands-on treatment (although hands-off treatments can always be substituted) and sometimes includes light crystal healing to deepen the experience. Online, the Reiki can be "beamed" to you, anywhere in the world! Most folks leave a Reiki session feeling relaxed & lighter, with greater clarity, and a more balanced energy. Reiki can also help relieve physical tension & minor injury healing. Reiki helps to support your emotional, energetic, and spiritual health. This versatile energy healing modality truly meets you where you are at!



Tarot readings are a way of receiving guidance from the universe in alignment with your healing, empowerment, and highest good. We can examine your general life situation from an energetic standpoint, or investigate a specific question or issue that you'd like guidance on. Working with this divine tool, we can shed light, receive any insights the universe has to offer, as well as recommendations for the best steps forward. Shorter sessions address a single issue or topic; longer sessions offer more in-depth guidance. Tarot does not "predict" the future, but rather reads the energy of the moment, to give you aligned insight into how to create the future you desire.



Sound healings are a deeply relaxing and blissful experience. Healing sounds can relax the nervous system, inviting deep relaxation, and analog vibrations aid in breaking up stagnant energy. Instruments may include singing bowls, shruti box, chimes, drums, or voice. Your sound healing will be 100% unique and intuitively guided based on your energy & intentions during the session. Zoom sessions use a high-quality microphone so that you can have the closest sonic experience to being in the room with me as possible.



Intuition guides everything that I do. When we're in session together, I am listening deeply to what you say, as well as feeling into the energy & impressions I receive around how you say it. Intuition guides my hands and energy during Reiki treatments, and my interpretations of the tarot cards we pull. All sessions include optional intuitive guidance. If you would like feedback & an intuitive perspective on what you are going through, I am more than happy to provide. Some sessions also include optional magical homework to deepen the magical & healing benefits between sessions.

Online Appointment Packages

3 Month Packages

Page of Cups

one payment of:

\$99

Includes Monthly:
30 Min Session

Your choice of 1:
Reiki | Tarot | Sound

or payment plan:
\$39 / month

\$150 Value

The Lovers

one payment of:

\$188

Includes Monthly:
1 Hour Session

Your choice of 1:
Reiki | Tarot

or payment plan:
\$69 / month

\$264 Value

The Empress

one payment of:

\$333

Includes Monthly:
**1 Hour
Reiki + Tarot
Session**

& Magical Homework
(Optional)

or payment plan:
\$120 / month

\$432 Value

Ten of Cups

one payment of:

\$666

Includes Monthly:
**(1) 1.5 hr Custom
Healing Session
(1) 30 Min Follow Up
& Herbal Magic Gift
& Magical Homework (Optional)**

or payment plan:
\$222 / month

\$855 Value

all packages are 3 months of sessions

Book Now

one-time payment or payment plan

Portland Appointment Packages

3 Month Packages

Ace of Cups

one payment of:

\$222

Includes Monthly:

1 Hour Session

Your choice of:

Reiki Healing

or

Tarot Reading

or payment plan:

\$80 / month

\$300 Value

3 of Cups

one payment of:

\$333

Includes Monthly:

1 Hour

Reiki & Tarot

Session

or payment plan:

\$122 / month

\$432 Value

The Star

one payment of:

\$477

Includes Monthly:

1.5 Hour

Reiki & Tarot

Session

+ Magical Homework
(Optional)

or payment plan:

\$170 / month

\$630 Value

Queen of Wands

one payment of:

\$733

Includes Monthly:

(1) 1.5 hr Custom

Healing Session

(1) 30 Min Follow Up

+ Herbal Magic Gift

+ Magical Homework (Optional)

or payment plan:

\$244 / month

\$987 Value

all packages are 3 months of sessions

Book Now

one-time payment or payment plan

What my clients say about me...

"Sarah Rayne is one of the most present, thoughtful, organized, and powerful practitioners I have had the pleasure of working with. Sarah's reiki sessions leave me feeling refreshed, relaxed, and centered no matter the location or day. Her tarot sessions are juicy, deep, to the point and I always leave with the insight I need to hear to move me forward toward my highest good. I highly recommend her to everyone I know. Her magic is strong and her practice is beautiful." -SB

"Sarah is a wonderful reiki and sound healer as well as tarot card reader. I mostly do reiki and sound healing but have enjoyed the tarot reading as well. Every time I go to her, I am filled with a euphoric feeling. Good energy radiates through me better than a cup of coffee. The reiki is very easy to feel and its almost like she's DJ-ing my energy to lift it higher. When she does sound healing its such a beautiful feeling as well. I feel like a plant receiving sunlight from many different musical sources. I have had chronic lower back pain but recently it has gone away and I'm feeling like the reiki is aiding in that pain relief a lot. It's so nice to be supported, held and energetically loved in a time where touch is a tougher thing. I highly recommend her!" -KC



What my clients say about me...



"Sarah is a beautiful spirit and powerful healer who embodies heartfelt, soul-born service. Her presence is always sincere, generous and supportive. She holds powerful space for transformation, solo and in groups.

Sarah's guidance in healing ceremonies and Tarot reading have been a life-changing and integral part of my physical and emotional recovery and resilience. Her knowledge of herbs, teas, astrology and shamanic wisdom etc, were also key elements in my healing journey. I wholeheartedly recommend Sarah as a healer, creator, Reiki Practitioner & Teacher to everyone, you will be in such good hands." -DH



"Sarah is a powerful healer and intuitive. I received a reiki and tarot bundle from her and felt very refreshed and nourished afterwards, ready to step into the unknown with grace and power. I appreciate her poignant and thoughtful messages and her calming energy. She is tuned in to a larger force, and is perceptive and able to tune into where you are at as well." -KF

[Read More](#)

FAQ

What is magical homework?

Magical homework means optional exercises for you to do at home between sessions. This can range from small ceremonies or spells, to taking a walk in nature, to custom tarot spreads. This would be intuitively selected for you if you'd like to receive it, and no, you don't get in trouble if you don't do it on time (or at all!)

What is an herbal magic gift?

An herbal magic gift is one of my handmade Sun + Rayne products (approx. \$25 in value) intuitively selected for you and mailed to your doorstep (free US shipping - international is extra). This can range from a magical oil, to a bath salt blend, custom candle, or tea.

How long do I have to redeem my sessions?

While we recommend scheduling your sessions monthly for 3 months, there is a one month grace period to account for life things. All sessions can be redeemed until 4 months from the date of purchase, and no later.

Do you offer refunds?

No, we do not offer refunds. All purchases are final. All payment plans must be paid until all 3 payments are complete. In extenuating circumstances we may allow you to transfer your sessions to a friend if you are unable to attend them.

I'm totally new to this! Is that okay?

That's okay! I am happy to support you, wherever you are along your path, and to tailor your sessions to your unique needs and interests.

What happens after 3 months?

After your 3-month package is complete, you will have the opportunity to purchase a new one! As these packages are new, I may tweak them slightly, but they should stay mostly the same.

Are you available between sessions?

I am available for email correspondence and questions between sessions. If you need more support than that, you're welcome to book an additional 30 minute reading or coaching session with me at a 20% discount.

Where do the online sessions happen?

Online sessions take place live via zoom. If you prefer, you can swap your live tarot reading for an emailed, written tarot reading instead.

Where do the Portland sessions happen?

Portland sessions take place at a magical healing cottage in SE PDX, and covid precautions are in place. Online sessions can be substituted for in-person in case of illness or travel.

Got more questions?

email me at sarah@sarahrayne.com!

Ready to dive in?

click the links below to get started!

[Online](#)

[Portland](#)