

Preparing for Your Reiki Session

A couple of days prior to the session:

- * Reflect on your outlook/consciousness/awareness, where you are currently, and write down issues (mental, emotional, physical or spiritual) which you are facing that have been or continue to be on your mind, if any. If you find difficulty focusing, spend five minutes in quiet time to let your conscious mind align itself.
- * Consider whether some of the issues are blocks that you are having difficulty getting passed. You can set an intent for your session to start breaking down the blocks that you have identified, or even those which you have not identified but perhaps need clarity in discovering.
- * Think about defining a purpose, or intent, for the session beforehand. Why are you interested in a Reiki session? You do not necessarily have to define a particular need. Sometimes just receiving Reiki for the benefit of relaxation and stress reduction is a fine purpose! If you do define an intent, providing it ahead of the session will help me prepare various modalities to integrate into the session. And, it is quite possible that your defined intent which you originally set can change up to the start of the session! It is best to listen to your inner self and intuition for guidance.

The day of the session before arriving:

- * If you eat several hours before the session time, eat lightly
- * Avoid any caffeine or alcohol intake within six hours of your session. Decaffeinated beverages can be consumed within four hours of your session.
- * Always continue to follow your schedule for physician-prescribed medications.
- * Wear loose, comfortable, cotton clothing, if possible, and warm socks

To prepare shortly before the session after arriving:

- * Do not wear any metal, earrings, watches, belts; you can keep wedding rings on or other pieces to which you feel strongly attached
- * Use the restroom
- * Wash hands and rinse your face with cool water
- * Drink a small glass of room temperature filtered water (will be provided)

We will formally address your intent for the session. As part of this, an oracle card reading can be performed to assist in focusing on the intent drawing input provided by your spiritual guides and family. Issues usually fall into categories of emotional, physical, mental or spiritual nature.

The treatment space will be energetically cleansed and protected only allowing the highest energies to flow through for the highest good and intent.

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Once the session starts:

- * Keep your mind as clear as possible at the start (a relaxation guided imagery will help with this). Focusing on your breathing is an easy way to keep your mind clear when unguided.
- * It isn't necessary to keep your eyes closed. However, doing so can help you focus within. If you feel the need to open them, definitely do so.
- * You are free to talk should you feel the need or desire. If I sense something that is important to share with you during the session, I will do so.
- * After the treatment starts, trust your inner self to guide you wherever it takes you. If something bothers you during the treatment (physically or mentally), please speak up right away.
- * If you feel the need to get up during the session or stop it for any reason, please speak up.

After treatment is completed:

- * Keep your eyes closed and wait to be gently re-engaged.
- * Work on grounding yourself, gradually (wiggling your toes and fingers, concentrating on the feel of the ground beneath you, going barefoot)
- * You will spend about 10 minutes in quiet reflection. During this time, you may want to jot down any strong ideas, memories, visions, realizations that you encountered during or after the treatment.
- * While in reflection, drink water or tea provided; hold a grounding crystal like tigers eye (this will be provided).
- * Discuss any issues you so desire prior to departing.

What You May Experience:

- * Releasing blocks of energy can take many forms. You may speak, channel from your spiritual guides, sing, laugh, cough or cry to release. These are all natural outlets. Should you find yourself drifting off to sleep, surrender to it as it takes you to the deepest relaxation level where the body easily connects to the path of healing or cleansing self-maintenance.
- * Depending on how open you are to receiving the energies, you may experience lucid visualizations that are vivid and intriguing. Take note of these as they are messages sent by your spiritual family and your soul or true self. If something comes about that makes you

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uneasy, acknowledge in your mind that you are moving on and ask the image to leave your space. You can also speak up and ask for assistance in how to deal with the situation.

- * You may experience sensations of heat or coolness depending on where the energies are being focused, the intensity, the nature of the block, whether you are releasing or absorbing.
- * You may feel sensations of tingling or pressures.
- * In general, effects will all be very subtle since the energy is gentle and only enlightenment intended. Sometimes it may seem as if you are experiencing nothing at all. That does not mean the energy is not at work!
- * All sessions are preceded by invoking protection from negative or lower energies that do not belong in the realm of enlightenment work.

On returning to your personal space:

Honor yourself by patiently making a gradual return to the pace of the day. Carry the peacefulness and relaxation with you throughout your day!

In the next several days and weeks following the session:

- * Note your moods, current situations, reactions, health, intensities of issues, physical being, types of thoughts
- * Open your awareness to signs that are sent your way that are related to your intent
- * Try to meditate or sit calmly and quietly at least once a day for a minimum of several minutes to retain the balances of your charkas and re-center yourself.
- * Engage in recommended activities, if any were called to your attention after your session.
- * Feel free to call, email or text to share or discuss any concern, question or information relative to the session and your experiences after. I will follow up with a call about a day or so after the session to check in. A summary of your session, and card reading if applicable, will be provided.
- * If you are interested in a follow up session or continuing series, please mention and we can discuss alternatives.

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