

# *Preparing for a reiki session*



Divine Hands  
of Healing

## Before

- ∞ Please ask any question if you have any or are unsure at all. I have documents available to read, or I can arrange a telephone consultation.
- ∞ I recommend no heavy toxins (alcohol/drugs) 24 hours before and after a treatment, this ensures that you get the most out of the reiki therapy session.
- ∞ Please wear something comfortable, clothes will remain on (shoes will have to be removed when on the therapy bed, but you may keep socks on if you wish)
- ∞ Please be no earlier than 5 minutes to your appointment as I may be with a client, thank you.
- ∞ When you arrive I will greet you at the front door and guide you to the therapy room where we will have a quick consultation before proceeding.

## During your reiki therapy session


- ∞ The room will be filled with white sage and incense stick smells (let me know if this will irritate you and I will make sure I air the room out thoroughly before you come in)
- ∞ I will ask you to lay down and get comfortable on the treatment bed (holds weight capacity of up to 500lb)
- ∞ As you get comfortable with your eyes closed listening to healing music and my voice, the reiki energy that is channelled through me will be able to help you drift into deep relaxation, called delta state. At first it may take a little while to drift to this state and you may find yourself drifting in and out, this is perfectly normal, and I assure you the reiki therapy is at work.
- ∞ The reiki energy then flows in and all around you, influencing the mind body and soul to release any stresses, blockages, or imbalances of energy within and

around you that can be causing or feeding physical pain, emotional pain and dis-eases throughout your body.

- ∞ The more you relax the more you connect to your body and will be open to experience the feel of the energy.
- ∞ You may experience warm, hot, cold, tingling, you may feel your chakras and energy within your body move, may see colours, pictures, you may feel emotional, or you may just feel like you have had a sleep, this is totally okay, and I assure you the healing has still worked.
- ∞ I will use some tools & skills during the sessions such as white sage, sacred geometry, crystals, singing bowls and medicine cards.
- ∞ You can expect to be on the therapy bed anywhere from 20 minutes to 90 minutes.

## After

- ∞ Once I bring you back from deep relaxation, I will offer you a seat on the sofa and a small glass of water, here you will have 20-30 minutes time with me to chat about your session, or anything that is bothering you using talking therapy and listening skills.
- ∞ The whole reiki therapy session can take around 1 hour up to 1½ hours.
- ∞ I will check in on you after a few days to see how you are.

Reiki can encourage deep emotions to resurface so that they can be released, so if you need help and guidance, or just a chat at any time, please do not hesitate to reach out to me or those you can talk to .

If you have never had reiki before or suffer with any physical pain, emotional pain, dis-eases throughout your body, it's recommended that you have 4 sessions in a row and

then be sure to check in every 3 months to keep your energy balanced (or as frequently as you like) 🧡.