How to prepare for a Reiki Session

Reiki (pronounced Ray –Key) is rooted in Japan, but has been practiced worldwide for centuries. Reiki is a healing art that uses hands either on the body or in the energy field. Often times it is assumed that the Reiki Master/Practitioner is healing with his or her own energy, but Reiki is spirit-guided energy that works through the practitioner to do the healing. I AM is the healer. Reiki balances and works on the four levels of our existence:

- Physical: the body and the manifested pain
- Emotional: what you are feeling
- Mental: what you are allowing yourself to think
- Spiritual: your capacity to love yourself and other

Reiki works on the cause rather than the effect of the Dis-Ease. Reiki also treats the Dis-Ease rather than the symptoms. It will often times accelerate healing, which may cause some initial discomfort because you can heal at a faster rate. Reiki also works with relieving stress and various forms of anxiety. Reiki can be done either face to face or distant. Distant Reiki is known to be just as effective as face to face Reiki.

Face to Face Reiki

To prepare for your face to face reiki session here a few things that you will need to have and do:

- Dress comfortably with loose fitted clothing
- Drink plenty of water
- Set your intentions

Before your session begins, I will talk with you and ask you a few questions to get an idea of how you are feeling so I know where to begin. The Reiki session will begin with me scanning your auric field (which is the energy outside of your body) and then I will scan all of your chakras. Then I will work on the physical you (which is anything that is ailing you physically).

During your session focus your energy on positive images, but still allow your mind to flow freely allowing your thoughts to come and go as they please. Be sure to set your intentions of what you hope to heal and experience during this distance reiki healing session. Embrace any feelings and emotions that may come through.

After the session I will let you know if there is anything that we need to discuss and some best practices for the following week.

**Important** Be sure to drink lots of water after your session and journal how you are progressing after our session.