



What is Distance Reiki for Humans



Reiki Distant Healing is a form of energy healing where a Reiki practitioner sends healing energy to an individual from a distance, without being physically present. The practitioner uses intention and visualization techniques to channel Reiki energy to the recipient, who may be located anywhere in the world.

What Does Reiki Distant Healing Include?

- Energy Channeling: The practitioner channels Reiki energy to the recipient, aiming to balance and harmonize their physical, emotional, and spiritual energy.
- Intention Setting: The practitioner sets a specific intention or focus for the healing, based on the recipient's needs or goals.
- Visualization Techniques: The practitioner may use visualization methods to direct healing energy to the recipient, often imagining the energy flowing through time and space.
- Energy Assessment: The practitioner may assess the recipient's energy field to identify areas that may need attention or balancing.
- Follow-Up: Post-healing, the practitioner might offer guidance or suggestions based on the recipient's experiences and any insights gained during the session.

Benefits of Reiki Distant Healing:

- Accessibility: Allows for healing sessions regardless of physical location, making it convenient for individuals who are unable to attend in-person sessions.
- Holistic Support: Provides support for physical, emotional, and spiritual well-being, promoting overall balance and relaxation.
- Flexibility: Can be scheduled to fit the recipient's needs and lifestyle, with the ability to receive healing at a time that suits them.