

Preparing for your Remote Reiki Session

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After scheduling your [Distance Reiki session](#) and completing your [Intake Form](#), here are a few helpful ideas to prepare for your upcoming session.



The Day Before

Be well hydrated with fresh clean water beginning no later than the day before your session.

The Day Of

Avoid alcohol, sugar, and caffeine at least 3 hours prior to your session. Have a light meal at least 2 hours prior. Enjoy a relaxing bath or shower to achieve a deeper sense of relaxation. Create a peaceful environment where you will not be disturbed or distracted (in a peaceful indoor space or in nature). Have a favorite fragrance in your diffuser, safely light a candle, have soft meditative music playing, etc. Ensure that the temperature is comfortable for you. Have a fan or blanket if needed.



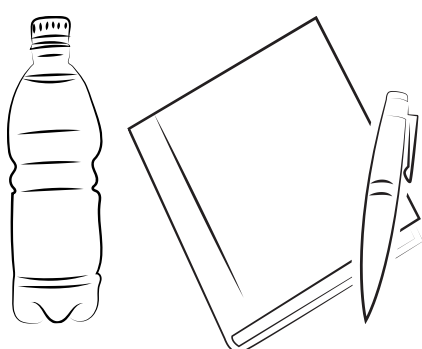
A Few Minutes Before

Use the restroom. Wear loose, breathable clothing. Get into a relaxed and comfortable position, lying or sitting. Begin to breathe deep, full, slow breaths, relaxing more with each breath. Focus on your intention for the session, while also letting go of specific expectations or outcomes. Let go of anything that no longer serves you. Your affirmation can be: I am receptive to receiving healing Energies for my highest good.



During the Session

During your session, know that it is perfectly natural for your thoughts to wander, as in meditation. Just gently and lovingly guide them back to your session. State your intention in your mind or aloud. And with gratitude, express your receptiveness to healing Energy. Know that this Energy comes THROUGH your Reiki practitioner and emanates FROM Source (the Universe, God, the Creator, etc.). During your session you may experience chills, warmth, visions, or simply a deep sense of calm, balance, and grounding.



After the Session

When you feel ready to close your session, begin to focus again on your breathing with slow, deep, full breaths. Have some fresh clean water to help with grounding back into the everyday world. Write down some notes if you would like.

Days After the Session

For the next several days, drink lots of fresh clean water to support your body in the detoxification process. You may feel more tired than usual and may need to take it easy and get plenty of rest. Eat light meals and avoid alcohol, smoking, and caffeine. Some side effects of Reiki may include headaches, dizziness, emotional feelings, or even a temporary worsening of symptoms. Support your self with love and gratitude during this time.