



What is Reiki?

Reiki is a spiritual healing art with its roots in Japanese origin. The word Reiki comes from the Japanese word (Rei) which means “Universal Life” and (Ki) which means “Energy”. Reiki is not affiliated with any particular religion or religious practice. It is not a massage nor is it based on belief or suggestion. It is a subtle and effective form of energy work using spiritually guided life force energy.

Reiki is the life energy that flows through all living things. Reiki Practitioners understand that everyone has the ability to connect with their own healing energy and use it to strengthen energy in themselves and help others. It is believed that a person’s “ki” or energy should be strong and free flowing. When this is true a person’s body and mind is in a positive state of health. When the energy becomes weak or blocked it could lead to symptoms of physical or emotional imbalance.

A Reiki session can help ease tension and stress and can help support the body to facilitate an environment for healing on all levels – physical, mental, and emotional. A session is pleasant and relaxing and is often utilized for one’s personal wellness.

A few things important things I would like to share:

- If you have flu or a contagious disease, please contact me so we can reschedule the appointment until you are fully covered.
- During the session, I would appreciate it if your phone is switched off or in airplane mode
- The Reiki works best if you are completely sober (no synthetic drugs or alcohol on the day of the of session).
- In my opinion, a Reiki session should be available for everyone, so I give my session on donation. Bear in mind that Reiki doesn’t fill up my fridge automatically 😊.

FAQs:

How long is a Reiki session?

A session is generally 60 minutes. The real Reiki session will take about 45 minutes. You will have time to ask questions before we start and to share your experience afterwards, if you like. In case you would like to book a longer or shorter session, please let me know.

Will I be lying down on a massage table or sitting?

The session will be performed on you, while you lie comfortably on a massage table. It can be done on a chair too, if that is more comfortable for you.

If you have mobility or pain issues, please communicate these to me.

Am I clothed during my Reiki session?

Yes. Unlike a massage therapy session, you will be fully clothed. I suggest to wear loose fitting comfortable clothing.

Will the Reiki Practitioner’s hands touch me in any way?

You can choose. Reiki can be done with a light gentle pressure static touch of my hands or may be a few inches/centimeters above your body at the hand positions with no actual touch. There are standard hand placements, beginning at your head or feet, avoiding all sensitive body parts. Let me know prior to the session what you prefer - touch or no touch - both ways will have the same effect.

This is my first session; do I need to prepare myself for something?

No, just be there in time and be open for receiving. If you would add on something personal, like a goal or intention, I kindly ask you to think of this before your appointment. We will talk about it before the session, and implement it during the session.



Is one session enough or will I need a series of sessions?

One session is a great start! You will see for yourself how Reiki makes you feel, if it is relaxing, if you feel more clarity after the session. Many people, after trying one session, go on to purchase a series of sessions to progressively work on their current wellness goals.

Is Reiki for an acute condition or a chronic condition?

If you have an acute condition, you should seek out a licensed medical professional immediately. If you have a chronic or current issue, Reiki can be an excellent complement in your health or wellness plan.

What will I feel during the session?

Most clients feel a sense of relaxation and peace. The mind may feel calm and your physical body should feel relaxed. Reiki is so relaxing that sometimes clients may fall asleep during the session. Don't worry though, you will still receive all of the benefits of the session, sleeping or awake.

Is there talking during the session?

Usually, a session is done without talking, I will put on some soft ambient music in the background and light candles and incense sticks to aid in your relaxation. If you want to communicate something to me during the session, such as if you are cold or too warm, if you would like them to adjust the music, if you are feeling a sensation you would like to discuss, if something feels uncomfortable for you, if you have a question or issue, then please, do speak up at any time during the session. I want the best for you and want to make your session the best experience possible. Also, I may ask you after the session if there is anything you would like to share and you may do so at your option. Sharing your feedback will make the next session better.

What does Reiki healing feel like?

At the hand placements, you may feel a very slight tingling, heat, or energy, or nothing at all. The sensations or lack of are not a barometer of the Reiki, they are just how your particular body senses energy. You may feel a peace and calm in your mind or physically in general. It is different for all clients but deep relaxation is almost always felt.

Can I drive after my session?

Yes, after your relaxation of your session you will be in your full awake state, you possibly feel more grounded and centered. Be sure that you are fully awake and alert before driving in general.

After I leave my session, should I do anything special?

Please drink plenty of water to hydrate your body as your body's energy system may be moving at a more optimum rate, so please care for yourself with water and healthy food during the day. It is beneficial to spend some quiet time that day or evening after your session to journal or to contemplate as you may have some insights and further mental clarity as your body continues to process the Reiki session. Try to avoid alcoholic beverages and caffeine after the session.

Are there any medical conditions where I should not receive Reiki?

Reiki is a wonderful complement in a health or wellness plan. It supports your work with your primary care providers. Please see for example the IARP website at <https://iarp.org> for articles on Reiki and how it may be of benefit with medical issues, pregnancy, life stages, and more.

Can you have too much Reiki?

No, Reiki is beneficial and works with your body's energy. In fact, your own energetic body is in control of how much Reiki it wants and needs during the session and utilizes it accordingly. Like breathing, you will comfortably take in as much as you need to support you.