

Additional information

Before your Reiki healing session drink purified or filtered water, maybe with some fresh lemon to help to energise the body. Play some soothing music and disconnect from distractions. Make sure you are warm and comfortable and you might find pets may want to lie beside you – this is ok. Then just lie back and relax and allow, accept the Reiki energy into your life.

During the session you may feel hot, cold, tingling, sensations or you may feel nothing; sometimes people see colours or smell aromas, or have a deeply interesting journey as they rest. This is ok. Know you are safe, secure and protected at all times.

After your session you may feel sleepy so just let yourself rest and sleep. You may feel hot, cold, or need to go to the toilet – this is just clearing your body. You may burp a lot, or have strange dreams; you may like to keep a journal of the week following your healing session.

Please share your feedback about your experience. Blessings and Best wishes.

Deborah