

## REIKI AFTER CARE



Immediately following a Reiki session, whether receiving Reiki over a distance or in person, you should take time to enjoy your deep state of relaxation before slowly coming back into full awareness.

You may be too relaxed to drive, so allow 20 minutes to be fully awake before driving.



Many Reiki clients go so deep into relaxation that they "forget" or "leave" the present state. You may experience a slight disorientation ("floaty" feeling) when returning to the present moment, especially if you experienced theta brainwaves (deep meditation) during your Reiki session. Take a few minutes to collect yourself before getting off the table, because this will help ensure you are firmly anchored in the present time.

If you experience disorientation, dizziness, or a floating feeling after sitting up for a minute, let your practitioner know, and he/she will perform a grounding exercise to firmly anchor your spirit in "here and now" moment. After a Reiki session, it is advisable to go home and relax, because this ensures the maximum benefit from the treatment.



As the Reiki continues to work in your body and re-balance your energy, expect your body to detoxify. If your body is releasing toxins into your bloodstream faster than they can be processed, it may trigger detoxification symptoms.

This is temporary as your body adjusts itself back into balance. Be sure to drink plenty of water to assist the detoxification process.



## COMMON EXPERIENCES

Some people may experience one or more of the following healing and detoxification symptoms after a session:

- Frequent urination and/or bowel movements
- Feeling emotional, emotional release, or emotional shifts
- Crying for no apparent reason
- Feeling on top of the world or buzzing with energy
- Fatigue, feeling overtired, needing to sleep or rest
- Sleeping 8-12 hours overnight
- Tingling sensations
- Feeling hot or cold
- Skin detox symptoms such as blemishes or pimples
- Traveling aches and pains throughout body
- Temporary "Flu-like" symptoms
- Headaches, dizziness, or nausea

The symptoms listed above are all positive signs that your body is bringing itself back into balance. It is also normal if you do not experience any of the symptoms above. In fact, many people don't have any symptoms. If you experience any symptoms for an extended period of time after a session, it was not caused by Reiki. You have an illness or other medical condition which you should address with your Medical Professional immediately. Reiki detox symptoms are minor and temporary in nature, and they should not last longer than 24 hours.

If you have any concerns or questions about unexpected symptoms, please call or email us.

Continue reading at next page >

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The effects of Reiki build and gather momentum over time. Therefore, it is advised to receive a treatment every 4-8 weeks to initiate the healing process.

This is usually enough to produce a significant change without the need for regular sessions; although, many clients do choose to receive monthly sessions for the deep relaxation that the treatment provides.



Some long-standing conditions may require repeat Reiki treatments, and it may take a few sessions for you to notice significant improvement.

While it is possible for an immediate positive response, you should not expect an instantaneous change for long-standing conditions. Individuals with serious, chronic, or long-standing conditions/symptoms may see symptoms get worse before they get better.

This is called a "Healing Crisis. Much like spring cleaning, a room gets messier and more cluttered during the process of cleaning, which later resolves itself into a clutter free room.



In the same way, these types of serious conditions/symptoms took months or years to develop all their "clutter," and they will not be resolved overnight with one session.

You have started the process of cleaning out your physical and emotional body by bringing all the clutter and junk out into the open, but more healing is necessary to process and eliminate the things that no longer suit you.

For serious, chronic, or long standing conditions, regular weekly sessions are recommended before transitioning to a 4-8 week maintenance plan.

Enjoy the benefits the gift of Reiki has brought into your life!



## REMINDERS

If you have any concerns or questions about unexpected symptoms, please call or email us.

Because Reiki causes your body to detoxify, it is essential to drink water to help your body re-adjust and remove toxins. To continue to help facilitate your healing process, please follow the steps below after a session:

- Drink lots of water to remove any toxins (6-8 glasses/day)
- Be aware of emotional shifts. Spend some time alone if needed.
- If you have any spiritual or religious practices such as tai chi, yoga, meditation, or prayer, spend time nurturing your spiritual connection with those activities.
- If possible avoid additional toxins, such as caffeine, smoking, and alcohol for a few days.
- Be gentle with yourself and avoid strenuous or stressful activity (including exercise) for a few days.
- Get plenty of rest
- Avoid eating a heavy meal after a treatment. Try to keep your diet light while your body is using its energy for healing.
- Eat nutritional foods
- Continue all current medical treatment plans (Reiki is not a substitute for medical or mental health care.)
- Make notes-Journal any experiences you have to share with your Reiki Professional during your next treatment.
- Having a sea salt or Epsom salt bath will aid in detoxification and reduce symptoms.
- Awareness is a vital component of wellness. Observe any changes in energy, mood, feelings, memories, thoughts, behaviors, reactions, etc. Often times, Reiki brings deep, underlying issues to the surface if you are paying attention. This will help you identify the true root cause of your issue(s) and symptoms. If you clear up the emotional, mental, or energetic root cause(s) behind your issue(s), you will no longer have the physical symptoms and they will not return. Reiki reinforces your ability to take responsibility for your own life and helps you make the necessary changes in attitude and lifestyle to promote a happy, healthy life.

If you have any concerns, please call us at (770) 282-7396 or email us at [info@miamiknightllc.com](mailto:info@miamiknightllc.com). If you are experiencing a medical emergency, dial 911. Please note below anything you notice after your Reiki session and bring it to your next session.