Distance Reiki Guide

Everything You Need to Feel Prepared for Your Reiki Session



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Distance Reiki Guide

If you're new to distance Reiki, it's completely normal to have questions. This guide will help you know what to expect and how to get the most from your session.

WHAT IS REIKI?

Reiki (pronounced ray-key) is a Japanese energy healing practice developed by Mikao Usui in the early 1900s. The word Reiki comes from two Japanese words:

Rei	Ki
Universal	Life force energy

Reiki can be understood as "universal life energy." This energy is all around us, and every living person is composed of this energy. Reiki helps relax the body, reduce stress, and support the body's natural healing process.

BEFORE YOUR SESSION

- **Choose a comfortable space** – Find a quiet place where you can lie down or sit comfortably and are unlikely to be disturbed.
- **Wear comfortable clothing** – Loose, comfortable clothing will make it easier for you to fully relax.
- **Reduce distractions** – Silence your phone, television, notifications, and other electronics when possible.
- **Have water nearby** – Keep a glass or bottle of water available for after your session.
- **Create a relaxing environment** – Make your space as comfortable as you'd like. You might dim the lights, close the curtains, use a sleep mask, pillow and blanket, or play soft, relaxing music.

A few minutes before we begin

Give yourself approximately 5–10 minutes to settle in before your scheduled session. Get comfortable and allow yourself to transition away from the busyness of your day. Set a simple intention for your session, if you have one. Your intention can be as simple as:

"I am open to receiving whatever support I need today."

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Setting Your *Reiki Intention*

An intention is a simple, positive statement of what you would like to receive during your Reiki session. It helps to focus the energy and allows you to get the most out of your session.

Examples of Intentions

- I invite deep relaxation.
- I release stress and tension.
- I am open to healing and balance.
- I welcome peace and clarity.
- I trust the Reiki energy to support my highest good.
- I release what no longer serves me.
- I invite more energy and vitality.
- I am open to guidance.

My Intention for This Session

Write down what you would like to receive from your Reiki session.

Areas I Would Like Support With

You can list specific areas or simply write "overall well-being."

Additional Notes

Anything else you would like to share?

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DURING YOUR SESSION

Your only job during the session is to get comfortable, relax, and allow yourself some quiet time. Once your session begins, simply close your eyes and relax.

There is no "right" way to experience Reiki, and you don't need to concentrate on the session or try to make anything happen.

You may notice sensations such as:

- Warmth or coolness
- Tingling or gentle pulsing
- A feeling of heaviness or lightness
- Deep relaxation
- Emotional release
- Seeing colors or images with your eyes closed
- A sense of peacefulness or calm
- Drifting in and out of sleep

What if I don't feel anything?

You may also feel very little or nothing at all, and that's perfectly okay. Everyone experiences Reiki differently, and your experience may even change from one session to another.

You may also notice changes later, such as feeling calmer, sleeping differently, or simply feeling more balanced.

Is it okay if I fall asleep?

Absolutely. Many people become deeply relaxed during Reiki and fall asleep.

You don't need to remain awake or concentrate on the treatment. If you fall asleep, simply allow yourself to rest.

Get comfortable, relax, and enjoy the time you've set aside for yourself.

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AFTER YOUR SESSION

When your session is complete, take your time getting up. Drink some water and give yourself a few quiet moments before returning to your normal activities.

If possible, don't rush back into your day immediately after your session. Take a few quiet minutes to relax, breathe deeply, and allow yourself to transition gradually back into your normal activities.

You may feel deeply relaxed, refreshed, sleepy, energized, emotional, or simply peaceful. You may also feel no noticeable difference right away. All of these experiences are okay.

Over the next several hours or days, take some time to notice any changes in your:

- Energy level
- Mood
- Stress level
- Sleep
- Mental clarity
- Physical comfort
- Overall sense of well-being

Some changes may be noticeable immediately, while others may be more subtle. Try not to analyze your experience too much. Simply pay attention to how you feel physically, mentally, and emotionally.

If you feel tired after your session, allow yourself to rest. You may enjoy taking a walk, spending time outside, reading, taking a warm bath, meditating, or simply having a quiet evening.

Remember

- There is no "correct" way to experience distance Reiki.
- Some sessions may feel noticeable, while others may be deeply relaxing but subtle.
- Give yourself permission to relax and experience your session in whatever way feels natural to you.

If you have questions about your session or anything you experienced afterward, please feel free to reach out to me.

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Reiki Session *Reflection*

Use this page to reflect on your Reiki session and how you are feeling afterwards. There is no right or wrong way to experience Reiki.

How do you feel right now?

Take a few moments to check in with yourself.

What changes have you noticed?

You may notice physical, emotional, mental, or spiritual changes, even subtle ones.

Anything else you'd like to remember?

Jot down any thoughts, insights, dreams, or messages that came through.

A Gentle Reminder

You don't need to feel heat, tingling, energy movement, or anything unusual for your Reiki session to be meaningful. Everyone experiences Reiki differently. Simply notice your experience without trying to analyze or judge it.

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FREQUENTLY *Asked Questions*

Do I have to believe in Reiki for it to work?

You don't need to follow a particular religion or spiritual belief system to receive Reiki. You're welcome to approach your session with an open mind and simply use the time to relax. Reiki works whether or not you have a specific belief system.

How will I know if Reiki has helped me?

Everyone's experience with Reiki is unique. Some people notice a difference during their very first session, while others experience more subtle changes over time. Here are some reflections from my clients:

- "My physical pain is gone."
- "I have slept well since my session."
- "I felt an immediate difference in my motivation."
- "I'm experiencing more mental clarity and feel more content within myself."
- "I have more energy and feel more confident."

Can I receive distance Reiki while I'm working or doing other activities?

Technically, you don't have to be lying down to receive distance Reiki. However, whenever possible, I recommend setting aside your session time specifically for yourself. Creating a quiet environment allows you to relax, become more aware of your experience, and enjoy your session without distractions.

Do I need to be on the phone or Zoom during my treatment?

No. You don't need to stay connected by phone or video for Reiki to be performed remotely. I will text you just before starting your session and again afterwards with feedback.

How many distance Reiki sessions should I have?

The number of Reiki sessions you'll benefit from depends on your individual goals and needs. Some people schedule a single session to relax, recharge, or experience Reiki for the first time. Others choose to receive Reiki regularly as part of their ongoing self-care routine.

If you're experiencing a particularly stressful time or are working through emotional or personal challenges, you may find that a series of weekly or bi-weekly sessions provides more consistent support. As your needs change, you can transition to monthly maintenance sessions to help maintain a sense of balance and well-being.

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