

REIKI ENERGY HEALING

LONG DISTANCE

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ABOUT REIKI LONG DISTANCE HEALING

Reiki Long Distance Healing is a form of energy healing that allows a reiki practitioner to send Reiki (universal life force) energy to a recipient, no matter where they are in the world.

Traditional Reiki involves placing hands on or near a person's body to transfer healing energy, but in distance healing, practitioners use specific Reiki symbols and techniques that serve as a "bridge" for the energy to transcend space, and time and to be delivered to the person wishing for healing and balancing or a energetic reset for their energy body.

The same works for Animal Reiki Healing which is increasingly more popular as 'owners' are keen on investing also in the energetic and spiritual well-being and happiness of their pets as much as for themselves.



- *Setting an Intention for the Highest Good and Healing:* The Reiki practitioner connects to the recipient through a focused intention, visualizing the person or situation they are healing. Often a photo of the person or pet is asked to help the practitioner.
- *Channeling Life Force Energy:* Through meditation or specific hand positions, the skilled practitioner sends and directs the healing energy to the person or animal, promoting relaxation, emotional well-being, and energetic balance. Life Force Energy is also called Chi or Prana in different cultures, and it is available to everyone, anywhere.
- *Recipient Experience:* While receiving Reiki remotely, people often report sensations such as warmth, tingling, or release of heaviness e.g. 'I feel so much lighter!' Or they sense a calm and peace within. Sleep more soundly after such a session. These are all similar benefits as they would from an in-person session.
- There is no right or wrong way. It is just individuated. Reiki Energy always arrives and always works. It always knows where healing and balance are needed in the participant. The sensations and healing experienced vary from person to person. Some people are sensitive and feel more than others. Some people feel a shift at the moment, while others sense the shift and change a week or two later as the energies integrate into their energy body.

THE BASICS OF HOW IT WORKS



IT IS SAFE AND FOR EVERYONE.

Reiki Long Distance Healing is based on the idea that energy is not limited by physical boundaries, so it can be sent across any distance.

This technique is especially beneficial when someone is unable to meet a practitioner in person, whether due to physical, geographic, or other restrictions. It works the same as in-person and holds the same benefits and purposes, such as supporting emotional healing, alleviating stress, and promoting overall wellness.



SOME TIPS BEFORE YOUR REIKI ENERGY HEALING SESSION TO HELP YOU PREPARE AND AMPLIFY THE BENEFITS OF THE EXPERIENCE:

1. STAY OPEN-MINDED AND RECEPTIVE

Reiki works with the flow of energy. The more open you are to receive, the better the session will be. Trust the process, even if you can't see or fully understand how it works. Remember Universal Life Force is a Universal Intelligence. Trust in it, because it knows where to go and what is needed beyond our human understanding.

2. SET A CLEAR INTENTION

Before the session, take a moment to reflect on what you want to focus on. This way you are making 'room' for these healing energies to flow and arrive, allowing yourself to receive these healing energies fully. The clearer your intention, the more focused the Reiki energy can be.

3. HYDRATE AND EAT LIGHTLY

Drink plenty of water before and after the session. Reiki can help release blockages and stagnant energy, and staying hydrated aids in the flow of energy through your body. Also avoid stimulants that disrupt the chemical and energetic system in the body like coffee, caffeine drinks, alcohol, tobacco, etc. And eat lightly, seasonally and fresh.

4. RELAX AND CLEAR YOUR MIND

Allow yourself to relax fully before the session as much as possible. Clear your thoughts and try to quiet your mind. If you're having a long-distance session, find a peaceful, quiet space where you can be undisturbed if possible.

5. CREATE A COMFORTABLE SPACE

If you're receiving distance Reiki, be in a space or place that makes you feel at peace and comfortable. Let yourself be at ease, and remove distractions. You may even wish to light a candle or play calming music to set a peaceful atmosphere to align yourself with your intentions to receive reiki energy. This is not a requirement, however. Some people have gone on with daily activities and still pick up on the subtle energy shifts, e.g. being at their desk at the office.

6. LET GO OF EXPECTATIONS

While it's natural to hope for specific results, trust that the energy will go exactly where it's needed. Reiki may bring you the healing that your body and mind need, even if it's not exactly what you expected or asked for. By getting out of the way, we allow the universal life force to intelligently apply itself in higher knowing.

7. RELEASE TENSION

If you feel any areas of tension in your body, try to release them before or during the session. A relaxed body will be more receptive to the energy and the benefits may arrive faster.

8. TRUST THE PROCESS

Remember that Reiki healing works on subtle energy levels. You may not feel immediate or dramatic results but trust that the energy is doing its work behind the scenes, and the effects will unfold in their own time.

9. KEEP AN OPEN HEART

Reiki can bring up emotions and blockages for release. Be open to any sensations or emotions that may arise during or the days after the session. It's all part of the healing process.

10. FOLLOW UP AND REFLECT

After the session, take time to reflect on any changes you've noticed, both physically and emotionally. Keep track of your thoughts and feelings in a journal to notice any shifts over time.



FOR MORE INFORMATION ABOUT REIKI ENERGY



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