

THE ALTAR HOUSE REIKI SESSION - WHAT TO EXPECT

A RITUAL OF RETURN FOR BODY, MIND, AND SOUL.

What to Expect:

This session is more than energy healing, it's a guided journey back to your center. Through gentle Reiki, chakra alignment, and intuitive grounding practices, you'll release energetic buildup and reconnect with your inner compass.

The Flow:

- Grounding Ritual
- Intention Setting
- Full-Body Energy Scan
- Hands-On Reiki for each chakra
- Aura Sweep + Closing Blessing
- Integration + Reflection

After Your Session:

- Drink water and rest if possible
- Journal or reflect on anything that came up
- Stay grounded: connect with nature, take a salt bath, move gently
- I'll offer any personalized insight or ritual tools as needed

This is your time. Your breath. Your altar.

Let it be sacred.

