



5 tips when receiving Reiki

Relax and Open Your Mind:

- 1 Relax and open your mind to the healing energy of Reiki. Let go of any expectations or preconceived notions and allow yourself to be fully present in the moment.

Focus on Breathing:

- 2 Focus on your breath during the session. Encourage slow, deep breathing to help facilitate relaxation and enhance the flow of energy throughout the body.

Trust the Process:

- 3 Trust in the Reiki practitioner and the healing process. Reiki is a gentle and non-invasive therapy that works for your highest good, even if you may not immediately feel or comprehend its effects.

Stay Hydrated and Rest Afterwards:

- 4 Drink plenty of water before and after the session to help facilitate the release of toxins and promote overall well-being. Allow yourself time to rest and integrate the energy work after the session.

Be Open to Sensations and Insights:

- 5 Be open to any sensations or insights that may arise during the Reiki session. Everyone experiences Reiki differently, and you may feel sensations such as warmth, tingling, or deep relaxation. Observe these sensations without judgment and trust your intuition.



Journal thoughts, feelings, changes after Reiki session and then one week later. Is anything shifting for you?

