

Holistic Energy Healing Guidelines

Dr. Karen Makowski is a Reiki Master/Teacher Energy Healer. She uses the remote viewing method during her Distance Reiki Energy Healing and Reiki Attunement sessions. It allows her to connect with your energy faster. It also allows her to perform a full-body scan before starting Reiki. Distance Reiki Energy Healing & Attunements is very effective and used for many reasons such as anxiety, stress, anger, depression, and frequency imbalances. It can also help to remove blockages, energy clearing from rooms, property buildings, office, or other workspaces.

Who can receive Distance Reiki Energy Healing?

- Any person who requests a session. (With permission only)
- Farm animals & furry pets, (With owner's permission)
- The session will start at the agreed-upon time, or you can pre-book for a future date and time.
- People experience many different sensations during and after a Distance Reiki Energy Healing session, so I recommended you drink plenty of water, herbal teas, soups, light foods. You should try to limit your caffeine intake during this period too, as this will help you with grounding. I also recommend that once your session has ended, you continue to drink plenty of fluids, water, grounding foods for up to forty-eight hours after your session.
- Some people may feel tingles or experience feeling woozy, headaches, and even cold or flu-like symptoms, muscles or joint aches after an energy healing session. These symptoms and feelings tend to pass after a few days. Continue to drink plenty of water which will help.
- Many people feel positive changes quickly, but this may also take up to a few weeks.
- You can always request on-going healing sessions whenever you feel like you want or need one. I recommend a ten-session course. Other Reiki Energy Healing practitioners may suggest differently, just as many practitioners also perform Reiki Energy Healing differently.
- When your session time is about to start, make sure you are in a safe and peaceful environment. You may lay down or remain seated during your session.
- At the scheduled time, I do recommend you take at least five deep breaths through your nose and release slowly from your mouth because this will allow you to relax.
- NO Distant Reiki Energy Healing/Attunement will ever be done to/for any person without that person's permission. By booking this service, you are acknowledging that you give full permission to receive a Distance Reiki Energy Healing or a Reiki Attunement Session and that you are also acknowledging that you understand what you may or may not experience after healing has completed.
- Possible symptoms you may experience after receiving Reiki Healing or Attunements are nausea, cold or flu-like symptoms, dizzy spells, or fatigue. However, these symptoms do pass after forty-eight hours, so it is recommending that you continue drinking plenty of fluids helps to alleviate these symptoms.
- No service time refund will be given after the Reiki Energy Healing or Attunement session has started. You have up to forty-eight hours to cancel your session to receive a service time fee refund. However, if you cancel your session within the forty eight hour period, you will NOT receive a refund, but you can reschedule for a different time based on availability. So please be sure you want to receive a Distance Reiki Energy Healing or a Reiki Attunement session.
- After your Distance Reiki Energy healing or Attunement session has finished, you can contact me for any reasons or give me your feedback on how you felt, what you felt during your session, and answer any other questions you may have. You can email me at: <mailto:dr.karenmakowski@gmail.com>