

The experience of a distant Reiki session is similar to the experience of a hands-on, “in person” session, since the Reiki energy is not diluted or weakened by any distance between practitioner and receiver. In addition, practitioners who are attuned to and skilled in practicing distant Reiki are able to discern where to focus the energy for the individual being treated, without being physically present or receiving other information.

### ***Preparing for a session***

A distant treatment requires very little from the recipient. If you have a pre-arranged appointment time, all you need to do to prepare for your session is to get comfortable in a quiet spot where you can be undisturbed for 45 minutes to an hour. Either sit in a comfortable chair or lie down, and be open to experiencing whatever happens. I encourage my clients to set an intention before the session starts. For example, you could say to yourself: *I am open to experiencing this distant Reiki session with Donna, and to receiving the maximum benefits.*

Otherwise, there is no need to make any effort to be especially meditative, relaxed, or anything else; Reiki is received by way of your invitation/permission to receive it (in fact, if you have scheduled a session with me, you have already begun to receive it).

### ***During a session***

Once the distant Reiki session starts, you may start feeling various sensations. By far the most common experience while receiving Reiki is a feeling of relaxation and peace. People often fall asleep, or partly-asleep. A lot of people experience a tingling sensation, temperature changes, and/ or feelings of calm or joy. Some even see swirls of color with their eyes closed. Some people do not notice anything in particular, which does not indicate that nothing was *received*, simply that what was received did not register at the level of *sensation*.

It is best, therefore, not to have any expectation of what you might experience, and instead to just let your experience unfold as it will. What you can expect is that the experience will be pleasant, in no way uncomfortable or harmful, and exactly what you need for that particular session. You may well fall asleep— in fact, falling asleep is so common that you may wish to set an alarm if you have something to do after that you don’t want to miss...unless you’ve booked your session to coincide with your bedtime.

### *After your session*

Clients often report feeling calm, relaxed, refreshed, or just sleepy after a session. You are encouraged to practice good self-care, like drinking plenty of water, eating healthy food, and taking time to rest and reflect, the better to invite and support the “receiving and releasing” that Reiki involves, and which will continue after your session ends. You may want to write down any experiences you had during and after the session.

### *Questions?*

Feel free to call or email; I'll promptly reply.