

Nourish Spirit Reiki Guide

A gentle guide to help you prepare for your Reiki experience by creating a supportive environment, nourishing your body, calming your nervous system, and making space for self-awareness and reflection.

How to Prepare for Your Reiki Session

Identify 1-3 items that support a healing environment and place them nearby so they're ready for you after your session

Hydration is important- have a water container and 1-2 herbal teas ready before your session so you can relax afterward without needing to leave the house

- 1. _____
- 2. _____
- 3. _____

- 1. _____
- 2. _____

Meal Preparation

Avoid food items with excess sugar, overly processed and limit caffeine intake			
	Day 1	Day 2	Day 3
Breakfast			
Lunch			
Dinner			
Snacks			

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Grounding Techniques

Use grounding techniques that are familiar and effective to you, especially if this is your first experience with Reiki. This is not the time to try new grounding or coping strategies while potentially processing new emotional releases.

1.
2.

What Happens After A Reiki Session: Observe Your Well-Being

I encourage utilizing a journal for further self-reflection. For now, keep it brief, focus on rest.

	Yes	No	Day 1	Day 2
Fatigue				
EnergyBoost				

VIVID DREAMS

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EMOTIONAL CLARITY
RESULTING IN INSIGHT:
