



REVEALING COLORS

What to Expect During Your Reiki Session

Please take a moment to read this document and fill out our short Client Information Form. When you come in for your session please do not hesitate to speak up if you have special needs, preferences, areas you would prefer that Julie avoid, or if you feel uncomfortable in any way. It is also advised that you use the restroom prior to your session.

As you walk in the room to meet Julie, please provide her with your completed form and remove your shoes, glasses, potential distractions such as cell phones, or anything that would restrict you lying down comfortably for your session.

Gently sit down on the table using the provided step stool if needed, and lie down facing up. Use the time we take to review your form to get comfortable and let us know if you need additional cushioning or support to lie down comfortably.

Your appointment will last approximately an hour with the treatment lasting about forty five minutes.

You can relax with your eyes open or closed as you receive treatment. If you feel most comfortable speaking during the session please let Julie know, otherwise you can take some time to quiet your mind and allow yourself to relax into the quiet healing of your treatment.

During your session reiki will be flowed from Divine Source (to you) through Julie's hands. The majority of the session will entail Julie hovering her hands a few inches above your body at key areas to heal and balance your chakras and/or to provide special attention to illnesses or injuries. Julie may touch your head, hands, and feet during the session but will primarily hover her hands above your body. You may hear and feel a few things: As Julie flows reiki some people describe the feeling as a warmth, tingling, or magnetic movement. Julie will perform several hand gestures and movements to set the intention for the healing, as she prepares to flow reiki, and as she wipes away cleared energy.

When the session is complete please take a moment to allow your body to naturally "wake up" by wiggling fingers and toes to get your blood flowing. When finished, gently sit up and stretch to ensure that you are ready to stand. Please hydrate well for the rest of the day to ensure you receive the most optimal effects of your treatment.

Thank you for allowing us to treat you and we are honored to be a part of your journey.