



# REVEALING COLORS

## What to Expect During Your Reiki Session

Please take a moment to read this document and feel free to ask me any questions you may have before your session begins. 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 I avoid, or if you feel uncomfortable in any way. You should also dress comfortably and use the restroom before your session.

As you walk in the room to meet me, please remove your shoes, glasses, belt, or anything that would restrict you from lying down comfortably for your session. Please be sure to silence your cell phone or devices.

If needed, you will sit down on the table using the provided step stool and lie down facing up. You can use this time to get comfortable, and let me know if you need additional cushioning or support to lie down comfortably.

Your appointment will last approximately 50 minutes, with the treatment lasting about forty minutes. You can relax with your eyes open or closed as you receive treatment. Please let me know if you feel most comfortable speaking during the session. Otherwise, you can take some time to quiet your mind and allow yourself to relax into the quiet healing of your treatment.

Reiki will flow from Divine Source (to you) through my hands during your session. The majority of the session will entail me hovering her hands a few inches above your body at critical areas to heal and balance your chakras and provide special attention to illnesses or injuries. I may touch your head, hands, and feet during the session but primarily hover her hands above your body.

You may hear and feel a few things: As I flow Reiki, some people describe the feeling as warmth, tingling, or magnetic movement. I will perform several hand gestures and movements to set the intention for the healing as I prepare to flow Reiki and wipes away cleared energy. I will use crystals, and you will hear and feel them placed on your body. If anything feels uncomfortable, please let her know.

When the session is complete, you will 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 trusting me to treat you. I am honored to be a part of your energetic journey.

Julie