

Reiki pre-treatment and aftercare information sheet

The Reiki treatment will benefit you if you are comfortable. Loose-fitting clothing would be recommended and if you are visiting in-person there will be blankets available if you do not feel warm enough during the session. If you are having a distant session please have blankets to hand at home.

The session will last approximately an hour and will begin with a short conversation about your health and the reason for your visit.

If you are having an in person session you will be treated on a treatment couch although the session can be carried out seated if necessary. If you are at home we recommend finding a comfortable and quiet space to lie down in.

The treatment itself will consist of the application Reiki to specific areas of the body.

At the end of the session we would like you to discuss your feedback with the practitioner if you feel comfortable to do so and your practitioner will be back in contact with you a few days later after the treatment to see how you are.

Aftercare

Ideally, you should schedule some time-out for yourself after the session, as you will most likely want some quiet time.

After your treatment your body will be trying to heal itself. You may therefore experience some emotional or physical symptoms where the body is trying to balance itself. In most cases, any symptoms should pass within 2-3 days.

In these 2-3 days after your treatment it is therefore important to drink plenty of water to try and flush out any toxins and if you can take some light exercise but overall go gently and give your body a chance to heal.

If any symptoms last more than 2-3 days please contact your practitioner.

Please note: A Reiki practitioner is not a Doctor and you should always consult a medical professional if you are experiencing symptoms or illness that are causing concern.

Energy healing to help you back to balance

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What happens in a Reiki Healing session

Q: What is Reiki Healing?

A: Reiki is the Universal Life Force Energy and it is passed to the recipient via a practitioners hands either on or above various points of the receivers body.

Q: What is the philosophy behind Sound Healing

A: The body is made up of energy vibrating at different frequencies. Illness is caused by disharmony within the body, mind & emotions. Sound Healing helps to bring the body, mind & emotions back into harmony with the soul or spirit.

Q: What are the benefits of Sound Healing?

A: Sound Healing stimulates the body's natural healing mechanisms. It can relieve headaches, menstrual pains, back pain and other ailments.

Q: Is Sound Healing safe?

A: Sound Healing is a natural form of healing and is completely safe if practiced by a qualified Sound Healer. Sound Healing should be used to complement medical treatment. You should never discontinue your medical treatment or medicines without permission from your Doctor.

Q: What happens during a Healing session?

A: You will lie on a treatment couch fully clothed while the Sound Healer makes sounds around you. Please avoid wearing strong perfume as this can affect the practitioners voice and interfere with your treatment.

Q: How long does a session last?

A: Sound Healing sessions are generally between 45 minutes to an hour in length.

Q: What will I feel in a Sound Healing session?

A: Most people feel a sense of deep relaxation. Some people may see colours. Sometimes people may feel sensations which may intensify for a few minutes before disappearing.

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Q: After a session, then what?

A: When you get home you need to drink plenty of water. This will help your body to release toxins. Most people feel deeply relaxed after a Sound Healing. It is not good to do a long drive or work after a Sound Healing.

There is generally a three day adjustment period after a Sound Healing treatment. Your body will be healing itself and you may feel aches and pains as the body integrates the healing you have received.

Old symptoms may return for a while before disappearing altogether. This may happen if an illness has been suppressed in the past with medications such as steroids.

Q: How often do I need treatment?

A: Most people need more than one session to get their body into balance again. We recommend that you have three weekly treatments, then review your progress at the end of these three sessions. If you have a serious illness you may need more sessions before you start to feel well again.

Q: How soon will I see results?

A: All healing is self-paced. When you have finished your session, you will feel deeply relaxed. When your body relaxes, your immune system is boosted and your body is more able to heal itself.

Q: Can I heal myself?

A: The power to heal and path toward healing are within each of us. We all need to access our inner healing power. A Sound Healing session can help you connect with this inner power.

Q: Can I learn to be a Sound Healer?

A: Every human being is born with healing abilities. Some people choose to develop them further by taking classes or training.

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