

**Hello my friend, I am so happy that you're here.
Welcome to your Pre-Session Reiki Guide.**

Below are a few suggestions to make our energetic time together more relaxing and impactful...

10-15 minutes prior to our appointment time:

- Be sure to use the restroom.
- Please dress comfortably and warmly.
- Choose a private, quiet and comfortable place to lie down - either on a couch, mat, bed, carpet... whatever feels best.
- Grab a blanket, pillow, bolster, eye pillow...anything that will ensure your total comfort and relaxation.
- Feel free to light incense, a candle, and/or consider energetically cleansing your space by burning sage, palo santo, etc.
- Choose relaxing music without words.

I look forward to sharing this Universal Energy healing with you. If you have any questions prior to our session, please reply to this email. I am here for you and ready to get the energy flowing and support your healing journey..