



What Can I expect After a Reiki Treatment?

Immediately after your Reiki session, you should take time to enjoy the deep state of relaxation and to slowly come back to full awareness. For example, you might be too relaxed to drive so allow some time to fully awaken from your relaxed state. Expect your body to **detoxify**. You might have to go to the restroom more frequently, or your skin might release toxins. To help the detoxification process, you should drink lots of water following your treatment and over the next few days. You may also want to rest more.

Awareness can be a vital component in the shifting process. Take note of your thoughts, feelings, dreams, memories that are surfacing, behavior, reactions to others, your energy and pain levels, or other issues that arise. You may notice an immediate reduction in pain and an increase in energy, alertness and overall well-being.

Some long-standing conditions may require repeat Reiki treatments and may take longer for you to notice significant improvement. While it is possible for an immediate positive response, you should not expect a major shift overnight. Sometimes symptoms can get worse before getting better because Reiki will bring issues to the surface to be released.

Because the energy within your body is shifting and re-balancing, you may experience additional symptoms. Reiki triggers a cleansing process within your body and will release toxins as part of the shifting cleansing out process.

Additional symptoms may include:

Crying for no reason /emotional shifts

Fatigue

Headache

Feeling hot or cold

Tingling sensations

Traveling aches or pains throughout body

To help facilitate shifting please follow the steps below:

Do ½ cup Epsom salt and ½ cup baking soda and mix in water and soak in bath tub for 20 mins on the 1st night

If given 5 flower essence please take as directed

Drink lots of water to remove any toxins (6-8 glasses/day)

Eat nutritional foods

Get plenty of rest

Avoid toxins, such as caffeine, smoking or alcohol

Emotional blockages may appear as flu-like symptoms and will soon pass

Be aware of emotional shifts, spend some time alone if needed

Be gentle with yourself and avoid strenuous activity for a few days

Make notes of any experiences you have to share with your Reiki professional during your next treatment

During a Reiki treatment, you may receive the following benefits:

Aligns, clears and balances chakra/energy centers

Relieves associated pain
Releases energy blockages, negative energy and toxins or impurities
Promotes relaxation and balance
Activates your body's natural ability to shift itself
Relieves stress

It is also completely normal not to experience any of the above. Because of this balancing process, it is essential to drink water to help your body re-adjust and remove toxins. Make sure you take time to be gentle with yourself. The side effects listed above are completely normal, **and are all positive signs that your body is bringing itself back into balance.** The side effects will pass soon. It is also completely normal to not have any side effects at all.

If you do have any concerns please call me at 303-472-29010 or info@alteredhaven.com

Journal the next 5-7 days any emotions/feelings, past memories and dreams that may arise. These are the keys to your energetic shifting.