VHAT DOES REIKI FEEL LIKE?

At the practitioner's hand placements, you may feel a very slight tingling, heat, or energy, or nothing at all. The sensations or lack of are not a barometer of the Reiki, they are just how your particular body senses energy. You may feel a peace and calm in your mind or physically in general. It is different for all clients but deep relaxation is almost always felt.

Reiki is for everybody. It is for all stages of life from pregnancy, infants and babies, to the elderly and everything in between.

REIKI FOR HEALTH AND WELLNESS

Reiki is a pleasant and effective tool to aid with stress reduction and relaxation. When the body and mind are relaxed, the body can work to repair and heal and the mind may function with more clarity. Thus, Reiki may assist the body in creating an environment to facilitate healing. There are many conditions that Reiki may help with. Reiki is a great tool to use as a complement to traditional medicine and is practiced in many hospitals and medical care settings in addition to private practice. Many people utilize Reiki as part of their wellness plan to be their best.

FOR MORE INFORMATION ABOUT REIKI PLEASE VISIT IARP.ORG

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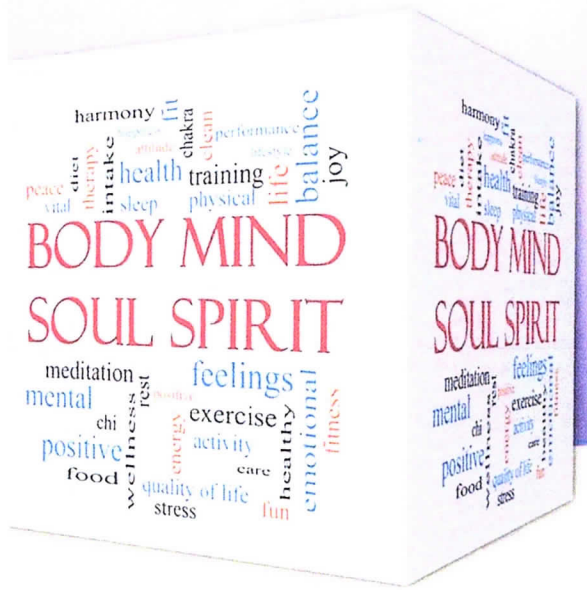
WHAT IS REIKI

Reiki is a popular and beneficial healing modality that is utilized for health and wellness. It is based on energetic principles and is practiced in many hospitals, medical settings, and in private practice all around the world.

PREPARING FOR YOUR REIKI SESSION

Please wear loose fitting comfortable clothing and anticipate a relaxing hour devoted to your physical and mental well-being and relaxation. Optimally, plan to allow quiet time in your schedule after your session, 15 minutes or so, to integrate and enjoy the relaxation, calm and feelings of enhanced well-being.

"Reiki is the life energy that flows through all living things"



WHAT REIKI SESSIONS ARE LIKE

A Reiki session will include a light gentle pressure static touch in specific Reiki hand positions or the Practitioner's hands may be a few inches/centimeters above your body at the hand positions with no actual touch. There are standard hand placements beginning at your head or feet, avoiding all sensitive body parts. Let your Practitioner know prior to the session which you prefer, light touch or no touch.

During a session, most clients feel a sense of relaxation and peace. The mind may feel calm and your physical body should feel relaxed. Reiki is so relaxing that sometimes clients may fall asleep during the session. Don't worry though, you will still receive all of the benefits of the session, sleeping or awake.

AFTER YOUR REIKI SESSIONS

You will want to drink enough water to hydrate your body as your body's energy system may be functioning at a more optimal rate, so please care for yourself with water and healthy food during the day. It is beneficial to spend some quiet time that day or evening after your session to journal or to contemplate as you may have some insights and further mental clarity as your body continues to process the Reiki session.

Congratulations on taking this healthy step for your health and wellness. Enjoy your session!

SCHEDULE YOUR REIKI APPOINTMENTS WITH:

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