



## What to Expect in your Reiki Session...

Reiki session is an individualized experience that is relaxing, gentle, and safe for all. It involves healing in a way that will empower you while respecting your feelings and choices.

When you meet with your practitioner for the first time you will be asked to read and acknowledge that you understand your practitioner upholds the highest ethics and that your personal information remains confidential and is never shared. The practitioner is obligated to respect your confidentiality, be considerate of your needs, and answer your questions. It is explained to you that Reiki does not promise to cure any illness or condition or replace any medical treatments or therapies.

The practitioner will begin by explaining Reiki to you and what she will be doing. Your safety and comfort are always the main consideration. If at any time during the session you have any concerns you should let your practitioner know so that appropriate adjustments can be made.

As you lay on a padded treatment table, fully clothed, soft music will play in the background. Should you prefer quiet you can let your practitioner know; this is your session so be sure to speak up if you have any concerns or requests. Treatments can also be done in a treatment chair. Your comfort and needs are always the main consideration.

Prior to the treatment the practitioner will feel your energy field by placing her hands over your body as she performs a scan known as a Byosen Scan. This will often enable a skilled practitioner to tell where there are areas in your energy field that may need healing before she begins the Reiki session. A subtle difference is felt in her

hands at those areas. This procedure makes the session much more beneficial.

She will then place her hands above or lightly touching specific areas called chakras, places in the body where the energy flows through. This is never intrusive and you will begin to feel very relaxed as you allow the energy to flow to the areas where it is most needed by your body. It is at this stage that people usually begin to feel the stress lifting. It is a remarkable experience and for most the effects are immediate while others may not notice anything for a few days. Reiki always works and the more open you are the more intense your experience will be.

If you are having problems in specific areas your practitioner can concentrate more energy there.

Reiki always goes where it is needed most whether it is mental, physical, and/or spiritual. Many clients report that they felt calm, relaxed, and sometimes even tingly during their session. They always look forward to their next session. It is not uncommon for a client to present with pain and leave with none or very little.

It is not uncommon for a client to report that they had seen bright colors or specific images. Reiki is relaxing but you cannot assume that each session will be the same. Each time you have a session Reiki meets you where you are at that moment and then moves you from that place closer to your unique place of balance. Acute conditions tend to balance faster than chronic conditions just as children and animals tend to respond faster than adults. The Reiki practitioner cannot predict how much Reiki an individual gets in a session; we only know that the client draws what they need at that time according to the ability of the practitioner to be a conduit for the energy.