



Basic things to remember before, during and after a session

1. The Reiki practitioner is the Vessel/Channel and nothing else. Any healing outcome is determined by the client and spirit. If you are not open or do not accept healing, none will occur. We are NOT doctors.
2. All clients and their bodies are different; therefore, treatment techniques and length of time may vary.
3. Energy has a mind of its own and will go where it is needed most in the body.
4. Reiki practitioners are respectful and aware of the sacred position give to them by their clients. The upmost respect, privacy and complete confidentiality are always given. We look to create a safe space for our clients.
5. Bring an open heart and mind during every treatment as it will strengthen the healing process.
6. Client feedback is appreciated but by no means mandatory.
7. Allergies and sensitivities will be respected.
8. There is no judgement before, during or after a treatment. Every client releases whatever they need to release in different ways. There is no wrong way.
9. Touching is not always required; please let your preference be known prior to treatment.
10. After a session you may possibly experience a mild bout of diarrhea, more frequent urination, headaches, dizzy spells, more or less energy, fatigue, feel more emotional (happy or sad). These are just the bodies ways of releasing toxic building up from blocked Chakras. These symptoms may vary and last up to eight (8) hours.
11. Lastly, there is no "ONE ANSWER" to healing. You must decide for yourself the journey that works for you. Reiki is a complimentary treatment and will enhance every client's journey for a balanced body and soul.

