



Tips for Improving Your Reiki Session Experience

Whether you are receiving Reiki in-person or remotely, here are some tips to get the most out of your experience, before, during and after your session.

- **Choose a qualified practitioner.** Reiki is a complementary therapy, so it's important to choose a practitioner who is qualified to provide Reiki sessions. Experiencing Reiki is a very personal experience, and just like any other service you pay for and receive, it is important you invest in yourself to take time to discover a right fit with a Reiki practitioner you are considering. Your engagement will help you discover who feels best, and benefit your Reiki healing long after your session as well.
- **Be prepared to relax.** Reiki is a passive therapy, so you should be prepared to relax and let go of any stress or tension. Wear comfortable clothing and find a quiet place where you can be undisturbed.
- **Set an intention.** Before your session, take some time to set an intention for your Reiki session. What are you hoping to achieve? Are you looking for relaxation, pain relief, or emotional healing? Having an intention can help you focus your energy and make the most of your session.
- **Be open to receiving.** Reiki is a powerful energy healing modality, but it's important to be open to receiving the healing energy. Don't judge or analyse your experience, just allow yourself to feel whatever comes up.
- **Listen to your body.** Everyone experiences Reiki differently. Some people feel tingling, warmth, or a sense of peace. Others may not feel anything at all. It's important to listen to your body and trust your intuition. If you feel uncomfortable at any time, simply let your practitioner know.
- **Take some time to integrate your experience.** After your session, take some time to reflect on your experience. How did you feel? What did you experience? Allow yourself to integrate the healing energy into your body and mind.

Here are some additional tips that may help you improve your Reiki session experience:

- **Drink plenty of water before and after your session.** This will help to flush toxins from your body and promote healing.
- **Avoid caffeine and alcohol before your session.** These substances can interfere with the flow of energy.
- **Get a good night's sleep before your session.** This will help you to be more relaxed and receptive to the healing energy.
- **Wear loose-fitting clothing that allows you to move freely.** This will help you to feel more comfortable during your session.
- **If you are doing a remote session - find a quiet place where you will not be disturbed during your session.** This will help you to relax and focus on your healing.
- **Talk to your practitioner about any concerns you have before your session.** This will help to ensure that you have a positive experience.
- **After your session tune in to how you are feeling & what you notice in the days to come. Journal or make** brief notes as ideas or thoughts come through. What are you noticing in the way your body is feeling? Are emotions showing up the same or differently? If you look at the big picture of your life, what do you notice? Think about your intention for your session, what is showing up for you in relation to this?
- **Give yourself a salt bath after your session.** This will aid in the detoxifying process.