

What happens during a session?

The client, fully clothed, lies on the treatment table. The practitioner's hands remain in a stationary position, gently on or slightly above the body through several positions from head to toe. Some practitioners do not use the prescribed hand positions, preferring to use a more intuitive approach. The private areas are worked on 4-6" above the body. There is no manipulation of the skin or tissue. Reiki is not massage.

Many individuals report feeling cold, pulsating heat, or a tingling sensation during a session, and most enter a calm, relaxed state. In some, chronic or acute pain can diminish or completely vanish. Sometimes allergies and other infirmities completely disappear. It's different for each person.

It's important to remember that, whatever is troubling us, 'we didn't get this way overnight' and we won't 'recover overnight', either. Reiki is not any more magical than any other modality or allopathic medicine. Healing takes commitment and it takes time... one moment at a time.

What can be expected after a session?

Directly after a Reiki session, you should allow yourself time to come fully back into your awareness. You may feel so relaxed that you are spaced-out. It is suggested to sit for 15 minutes and sip a cool glass of purified water. Becoming in touch with the soles of your feet and their placement on the floor also helps a great deal.

Over the next little while, you may notice that you are de-toxifying the waste that has built up in your system. You may want to allow more time in the 'little room' (the washroom) in the morning. You should increase your water and/or herbal tea intake so that the toxins are flushed out more readily. You may want to rest more, so allow time for that.