

What to expect from a Hands-on Reiki Healing session?

A session is usually 60 minutes long. Sessions are provided in a quiet setting, with soft light and music.



A discussion generally takes place during the initial session. You will be asked to sign a consent form. I will describe the session and will give you an opportunity to discuss any specific problems or issues you are experiencing. You may also be asked what you are hoping to achieve from the session.

Diagnosis is not part of the practice of Reiki. I may make some common-sense suggestions at the end of the session for after-care, such as drinking water and following your body's needs.

For the actual session, you will rest comfortably on a massage table, on your back, fully clothed, with your shoes removed. Reiki can also be performed with the client sitting comfortably on a chair. Unlike massage therapy, no articles of clothing are removed, and a client is always fully clothed; loose, comfortable clothing is suggested.



A session can either be hands-on, where a Reiki Practitioner will apply a light touch during the session, or hands-off where they will hold their hands slightly above your body. If you prefer not to be touched, if you have any sensitive areas in your body, please indicate this to me before we begin.

The session will then proceed with the Reiki Practitioner moving through specific Reiki hand positions beginning at your head, or feet, or other. You may feel a warming sensation or a tingling during the session or nothing at all but sheer relaxation.

As the session progresses, you will feel more relaxed. If you become uncomfortable, you can adjust your position at any time. Be sure to ask for anything that will add to your comfort, such as additional support under your knees or a blanket. This is your special time and your practitioner is there to help you. Receiving Reiki is a wonderfully passive experience. Don't try to relax, just let the Reiki relax you. Your state will shift quite naturally as the session proceeds. Meanwhile feel free to daydream, enjoy the music, or simply observe your breath or the sensations of the therapy.

Sessions are generally very pleasant, relaxing and invigorating, however it is possible that you may also feel more tired in the evening than usual. This is simply due to the body's natural healing response.

Please feel free to email me with any questions you might about your treatment before and after the session. I am looking forward to working with you,