



What to Expect During a Reiki Session

You will lie down fully clothed and simply relax. The practitioner's hands rest gently on or above the body to allow healing energy to flow where it is needed. Your only role is to rest and receive. There is nothing to do, concentrate on, or get right. Just breathe and allow your system to unwind.

Reiki is Safe & Gentle

- You are always in control
- Reiki cannot harm you
- You can ask questions at any time

Everyone feels energy differently.

Common sensations you may feel as your energy begins to relax and rebalance:

- Warmth, tingling, or subtle waves of energy.
- A deep sense of relaxation, sometimes leading to sleep.
- Muscle twitches or small involuntary movements.
- Emotional release—tears, sighs, or relief, spinning thoughts.
- Changes in breath, such as slowing or deepening.
- Seeing colors, imagery, or entering dreamlike states
- Feeling light, heavy, floating, or deeply grounded

**Some people feel very little during the session, and that's completely okay.
Reiki works whether you feel a lot, a little, or nothing at all.**

Emotional Release

If emotions surface, simply allow them. It's your body releasing stress, loosening old patterns, and opening space for healing.

Dreamlike States & Inner Visions

If you drift into a dreamlike state or begin seeing imagery, gently walk with it. These visions often arise from the deeper layers of your soul. If you see a dog walking along a beach, follow it. If a path appears, step onto it. Don't fight the dream — allow yourself to enter it and notice what it wants to show you.

* The practitioner acts as a conduit for universal life energy—not giving you their energy or taking yours. Reiki is intelligent and always moves to where your body and spirit need support, promoting balance and ease