

WHAT A REIKI TREATMENT IS AND DOES

Information For Clients

- I.) Reiki Balances And Works On Four Levels Of Existence:
 - A.) Physical: The Body & Manifested Pain
 - B.) Emotional: What You Are Feeling
 - C.) Mental: What You Are Allowing Yourself To Think
 - D.) Spiritual: Your Capacity To Love Yourself & Others

- II.) Reiki Works On Cause Rather Than The Effect of Dis-Ease
 - A.) Treats The Dis-Ease Rather Than The Symptoms
 - B.) Reiki Accelerates Healing, Which May Cause Some Initial Discomfort: You Heal At A Faster Rate
 - C.) How Does This Feel?
 - 1.) You feel very relaxed as the energy flows through your body. Some even fall asleep.
 - 2.) You may experience Reiki energy as colors or pure love.
 - 3.) You may feel peaceful or emotional as old patterns surface.

- III.) What Do I Do During A Treatment; What Should I Expect?
 - A.) Take Off Your Shoes, Watch, And Metal Jewelry
 - B.) You Should Relax And Enjoy The Treatment, However Talking Or Asking Questions Is An Individual Matter
 - C.) Allow Your Mental Mind To Release All Thoughts & Fears So You Can Focus On The Present Experience
 - D.) A Reiki Practitioner Only Works With The Chakras Or Areas of Specific Pain. There Is No Need For Touching Where It Might Not Be Appreciated.
 - E.) A Pillow Is Placed Under Your Neck Or Knees If You Want (This Helps Take Pressure Off The Spine)
 - F.) A Tissue Is Placed Over Your Eyes So You Focus Inward
 - G.) Enjoy Soft, Relaxing Music
 - H.) You May Experience A Shift In Consciousness, This Is An Important Part Of Healing

- IV.) After The Treatment?
 - A.) Your Aura Is Swept, Front And Back
 - B.) Some Feel Energized, Others Feel Incredible Peace
 - C.) You Must Drink Eight Glasses of Pure Water A Day For A Minimum of Three Days; This Flushes Toxins Out Of The System. Water Is Important To The Body
 - D.) According To The Practitioner, You May Be Advised To Schedule Another Appointment To Maintain Well-ness
 - E.) Ask About Absentee Healing
 - F.) In The Case Of Dis-Ease, You May Wish To Examine Your Lifestyle And Make Positive, Healthful Modifications