



Your Distance Reiki Healing Session

You will receive an email notification one hour prior to your Distance Reiki Session beginning! Your instructions are simple— You may wish to prepare by finding a comfortable space, either sitting or lying down. You may be awake or asleep, or you may fall asleep—all is okay. It is only recommended that you are not active, up walking around during your Session. If you wish to set an intention or say a blessing at this time, it is your choice, and by no means necessary for Reiki to be effective. You are simply invited to open yourself up to receiving Reiki energy at the highest possible level that is most beneficial for your healing of mind, body, and spirit.

After 30/45/60 minutes (based on the time you scheduled), your Session is complete. Yet you may feel the effect of Reiki for some time after, even over the next few days. You are invited to stay present over the next 3 days, and tune into any shifts in your energy, feelings, perceptions, or experiences. Reiki is believed to bring what is needed for balance. You may trust that your experience is what your body, mind, and spirit are calling for at this time, to support greater balance in your life.

Wishing you deep healing,

Compassion Sharing