

# REIKI | frequently asked questions

## WHAT IS REIKI?

Reiki (“ray key”) is a gentle, non-invasive energy healing modality that stimulates the recipient’s own healing response through the placement of light touch on or slightly above the recipient’s body.

## HOW SHOULD I PREPARE FOR A REIKI SESSION?

The following are some suggested (but not necessary) ways you can prepare for your reiki session:

- Wear comfortable clothing that you can lay down in
- Refrain from consuming caffeine, alcohol or sugar three hours before a session
- Avoid having a heavy meal right before a reiki session
- Turn your phone to silent
- Use the bathroom beforehand so you can fully immerse yourself in the experience without distractions
- Set an intention to be open to receiving the reiki energy and that it be used for your highest good. We can also do this together before we begin!

## HOW CAN I CARE FOR MYSELF AFTER A REIKI TREATMENT?

- Drink plenty of water or herbal tea
- Turn inward and reflect: journaling or free-writing is a great idea
- Have a relaxing bath or shower to continue to clear your biofield
- Expect that energy will continue to move and clear, including as increased urination, bowel movements, or emotional release
- Consider extending the peace by avoiding your phone / email / social media for a few hours following your session

## WHAT ARE THE BENEFITS OF REIKI?

Research conducted with clinical and general populations has found that reiki can:

- Speed up recovery from physical injury or illness including for patients with bone breaks and fractures, cancer, heart disease, arthritis, digestive disorders, and autoimmune diseases
- Significantly decrease anxiety, depression, chronic pain, fatigue, and burnout
- Enhance well-being, relaxation, sleep quality, and quality of life
- Restore balance and functioning to recipients’ physical, mental, and energetic health

## IS REIKI RELIGIOUSLY AFFILIATED?

Reiki is for everybody! It is not a religion, nor is it affiliated with any specific religious or pagan doctrine.