



# The Reiki Experience

## WHAT TO EXPECT



- ✔ Throughout the session, you may experience a release of stored emotions allowing you to let go of past traumas and emotional blockages.
- ✔ You'll experience a sense of relaxation as the gentle energy of Reiki promotes a state of calmness and tranquility.
- ✔ You may experience a release of physical pain as Reiki energy works to alleviate physical discomfort.
- ✔ Clients often experience mental clarity and enhanced focus after a Reiki session, enabling them to approach life's challenges with greater ease.

# The Reiki Experience

Using gentle hand touch or by hovering their hands over specific energy centers on your body, the practitioner facilitates the flow of universal life force energy. This touch is delicate and unintrusive, allowing the energy to work its magic in bringing balance and harmony. Throughout the session, you might notice subtle sensations such as warmth, coolness, or a gentle tingling as the energy works to align and harmonize your body's energy centers. Many recipients share experiencing a profound sense of calm and peace, often reaching a meditative state during the session.

The overall environment is one of tranquility, with soft background music or ambient sounds enhancing the soothing atmosphere. As the session concludes, the practitioner may offer insights or observations based on the energy work. This is also an opportunity for you to share your experience, ask questions, and engage in a discussion about the session. Our aim is to provide you with a rejuvenating and insightful experience that leaves you feeling revitalized and refreshed at every level—physically, emotionally, and spiritually.

