



## What to expect before, during & after a Reiki & Sound session

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**Before your session:** If you regularly drink alcohol or caffeinated drinks it is suggested to minimize these a few days before your session. We will take time before your session to discuss any areas you might feel energetically stuck or weighed down.

**During your session:** You will lie on your chest or back on the massage table; whichever way makes you comfortable, you will then close your eyes and relax. I will then place my hands at the 7<sup>th</sup> chakra which is located at the crown of your head and work my way down to the 1<sup>st</sup> chakra located at the base of your spine. Everyone has a different outcome and experience; just know each session is a safe space for you and your emotions; at anytime that you feel that you need or want to release don't hold back. Allow the session too emotionally and energetically connect with you. You might experience tingling all over your body, mentally go into a meditative sleep, feel as if weight/pressure is being lifted, and/or warmth all over your body. Again each session and the experience will always be different. Towards the end of your session I will utilize my sound bowls and tuning forks to complete your session.

**After your session:** You might feel super relaxed, relieved, and emotionally lighter, emotional breakthroughs or releases. Or the complete opposite, you might feel all energized and ready to go. Since Reiki sessions trigger a detoxification process I recommend you to drink double amounts of water for the remainder of the day and the days to follow, & journal anything you might have felt during and after in the following days.

If you have any additional questions please don't hesitate to contact me at anytime. This is a beautiful experience for you and your journey.

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