

M I N D F U L M A N I F E S T

HOW TO PREPARE FOR YOUR DISTANT REIKI SESSION

**CONTACT ME SHOULD YOU HAVE ANY QUESTIONS**

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# Preparing for your session

Treat this time like meditation, or yoga practice. If you enjoy baths, enjoy a nice warm bath before your Reiki session; this helps get you into a wonderfully receptive state. Create a peaceful environment by listening to calming music, lighting your favorite candles, or burning your favorite incense.

Sit in your favorite meditation space, a beautiful spot in your backyard, or lie on your bed if you feel like a rest. Make the space comfortable with cushions and a blanket if needed, use your crystals, essential oils, or incense to create atmosphere.

# Devote this time just to you

Sit, or lie comfortably, and make sure you won’t be too cold. Wear loose, nonrestrictive clothing, turn off any phones, close the computer. This time is for you.

Close your eyes and take several deep, slow breaths to relax. Tell your busy mind that it is not needed right now. You do not need to do anything right now, just be, right here, right now.

Bring your focus to the sounds around you, if thoughts or questions or ideas come into your mind, just let them be there, and then go. Don’t latch on and go down that path. If you feel your attention wander, just return to following your breath in and out.

# State your intention

State your intention to receive the healing energy being sent your way. That is all you need to do. Forget concepts of time according to the clock, your timezone in the world, and your current physical location. Just trust that whatever you need, is coming to you right now, at the perfect time for you. This may seem a bit hard to believe, but suspend your doubts and skepticism for this time.

If you are new to Reiki, begin your Distant Reiki session with an open mind. If you lay there thinking, “When’s it gonna start?”; “I don’t feel anything?” or, “Is this stuff for real?” then you are not allowing or in the best frame of mind to relax and enjoy the best experience. Reiki energy is Universal Life Force Energy. It is only positive and can never harm.

The energy you will receive does not come from the Reiki Master, but rather through them, emanating from Source.

It’s okay to wonder what it might be like if you’ve never experienced it before, but it’s impossible to tell you beforehand what and how you will experience your Reiki session. As everyone is individual, experiences are also very individual. Reiki has its own intelligence and always works for the recipient’s Highest Good, no matter what they physically feel during the session. Whatever happens, happens and it is right and perfect for you at that moment in time.

Just relax in this space for as long as you feel comfortable, it may be 5 minutes, it may be half an hour. You may fall asleep, nothing wrong with that.

# Finishing your session

When you feel ready, again, take 3 really deep, really slow, really big breaths to tell your body it’s time to change gears.

After your session, it’s always good to drink a glass of water when there has been energy movement. Go about your day, and take note of anything that comes up; you might think of a particular situation or person, something that’s been bothering you that you are ready to address, or you might have some ideas and inspiration drop in.

Distance Reiki is a wonderful way to experience that feel good, pick me up, all is ‘right with the world’ harmony you feel when your energies are balanced, mind, body and spirit. By doing regularly scheduled sessions, you can enhance that wonderful feeling of Harmony. You don’t need to be sick, sad, depressed or feeling ‘lost’ to benefit from a Reiki session, but Reiki will only benefit you if you are in those states.

In Love and Light Yours Faithfully Mindful Manifest