

What happens during a Reiki Session?

As a Reiki Practitioner, I am often asked: “What happens during the session?” “What should one expect from the session?” “How many often should they have a session?” This is what I tell them.

The Reiki Practitioner may have you fill out a “Client Intake Form.” You will keep your clothes on during the session so wear comfortable clothing. You will need to remove your shoes, but you may leave your socks on. Remove your glasses and jewelry, such as dangly earrings, necklaces, bracelets, but removal of jewelry is not necessary.

You will be asked to lie on a massage table in the supine position (back). The practitioner will instruct you that they will be touching your body in certain areas and if you have a problem with any of them that area will be avoided. After about 45 minutes, you will be asked to turn over and lie in the prone position (face down) on the table. After 45 minutes, you will be told the session is over and that you may get up when you are ready.

You may fall asleep during your session. You may have a lot of emotions come up, which is good as you need to get rid of all the negative stuff so that you are able to move forward. You may cry, feel sad, feel anger, etc. due to these emotions that are surfacing. That’s okay, just let them surface, acknowledge them, pass no judgment, then release them as they no longer serve a purpose in your life. Or you may not feel anything or experience anything, which is okay too, just know that your body-mind-spirit is benefiting from the beautiful energy of Reiki.

Reiki is not associated with a religion or belief system. It is the universal life force, some folks refer to this life-force as God/Spirit, that the Reiki Practitioner has been attuned to channel through their body into you. They are just the conduit that moves the energy. This energy is all around us, as God/Spirit is all around us. It is laying-on hands healing. A Reiki session is sometimes called acupuncture without the needles or a spiritual massage. It is a massage without the kneading of your flesh or the manipulations of skeletal muscles.

The session opens up blocked areas in your body-mind-spirit, which allows your Chi to move more freely. You will be encouraged to drink more water (fluids) than you normally would. The extra fluids help flush out the toxins (negative energy) easier.

The practitioner may use crystals and healing stones by placing them on your body, beside you on the table, or on the floor under the table. As the crystals or stones have their own healing essences, they are used to help facilitate your healing process. Tibetan singing bowls may also be used, as their healing sounds are very therapeutic.

You will be relaxed and de-stressed after your session. You will feel great as your pain and anxiety will be removed or decreased. You will sleep better, may have more energy than usual, feel euphoric, etc.

The practitioner may tell you to come back two more times within the next two weeks, if you are currently working on removing or releasing particular issues or illnesses. This frequency will continue the healing momentum to help you to a faster recovery or to help you move forward on your life’s journey. You will want to maintain or continue your healing journey by having a Reiki session at least once or twice a month, as Reiki is such a wonderful and successful alternative to traditional Western medicine. Contact a Reiki Practitioner today to feel better tomorrow.

Brenda Miller