

FAQ: What to Expect Before, During, and After Your First Reiki Session

What is Reiki?

Reiki is a Japanese healing technique (also known as energy work) that involves light touch helping to release emotional and energetic blockages and restore the flow of energy in the body. While it may seem simple, the effects can be profound, providing a deep sense of calm and well-being.

What should I do to prepare for my first Reiki session?

- Prior to your session the practitioner will call you to answer your questions and to discuss what you're seeking from the session.
- It is generally recommended that you abstain from alcohol and recreational drug use in the 24 hours prior to your session. You should also avoid over-caffeinating before your session to support maximum relaxation.
- Plan to arrive a little early to give yourself time to relax before the session begins. While you are waiting, take some deep breaths to calm/focus the mind and center yourself.
- Consider setting an intention. Intention setting strengthens the mind-body connection and is a powerful practice to clarify what it is you want— to develop, heal, release, etc. Here are some examples of intentions someone might set prior to a Reiki session:
 - "I release stress and experience a deep sense of relaxation"
 - "I release my anger and resentment and am healing in my heart and mind"
 - "I release the pain in my back and promote healing in my body."
 - "I have clarity of mind and can move forward."
 - "I experience a deep sense of self-love, acceptance, and compassion for myself."
 - "I listen, and trust the messages of insight and wisdom I receive."
 - "I release fears, anxiety, and any limiting beliefs that are holding me back from growth."
 - "I am open to new opportunities that are aligned with my highest good."
 - "I wish to heal any emotional wounds in my relationships, fostering compassion and understanding."
 - "I am healing at the deepest level"

What should I wear to my Reiki session?

Dress comfortably. Reiki is performed while you're lying fully clothed on a massage table.

What happens during the Reiki session?

- You'll lie on the table with your eyes closed. You will be offered a blanket and an eye pillow. Usually there is quiet meditative music playing.
- We begin with deep breathing to assist you getting into a relaxed state. The practitioner will gently place their hands on or hover over specific areas of your body.
- A typical session lasts about 60 minutes.

What might I experience during my Reiki session?

The experience varies widely from person to person and from session to session. You might: see colorful lights behind your eyelids; have “movies” of memories play out in your “minds eye”; experience muscle twitching or movement sensations within your body; feel warmth, cold, tingling, or even a gentle wave of energy moving down your body. You might be surprised by the intense need to swallow, burp, cry, laugh, or make other noises (go ahead, do it!). You might even fall asleep. Finally, you might feel NOTHING at all; that’s normal too.

What should I do after my Reiki session?

- Take some time after the session to reflect on how you feel—emotionally, physically, and mentally—and notice any changes. If you journal, this is a good time to write down your thoughts.
- In the days following the session, try to stay hydrated, rest when needed, and engage in activities that nurture your well-being.
- Hydrate! Reiki will continue to work over the next couple of days and staying hydrated will help your body continue to eliminate energetic and physical toxins.
- Like how what you experience during a session varies, what you feel after a Reiki session also could vary:
 - You might feel energized and refreshed.
 - You might a bit lighter, emotionally and physically.
 - You might feel a profound sense of peace and calm. You might feel more emotionally sensitive or mentally clear, and this might continue for several days after the session.
 - Temporary symptoms of tearfulness, fatigue, headaches, body aches or chills after receiving Reiki are signs that your body is busy releasing stored emotional and physical toxins. It usually passes quickly- usually in a day or less with good hydration.

How many Reiki sessions do I need?

- For some, a single session is enough to feel relief or emotional clarity.
- If you're dealing with chronic issues or have deep emotional work to do, multiple sessions may be recommended. Some people benefit from regular sessions for ongoing energy balance.

How will I know if Reiki is working for me?

Everyone’s experience with Reiki is different. Some feel immediate relief, while others may not notice a significant change until hours or days later. Trust the process, and take note of any physical, emotional, or mental shifts you experience over time.

Reiki is a deeply personal and healing experience. Each session is unique, and its benefits unfold in their own time.

If you have any more questions, don’t hesitate to reach out!