



How to Prepare for a Distant Reiki Session

A distant Reiki session allows you to receive energy healing without being physically present with the practitioner. To get the most benefit from your session, follow these simple preparation steps:

Before the Session

1. Choose a Quiet, Comfortable Space

Find a space where you won't be disturbed for the duration of the session (typically 30-60 minutes).

You can sit or lie down—whichever position allows you to relax fully.

2. Set the Mood

Dim the lights, light a candle, or play soft, calming music if you like.

You may wish to use essential oils, crystals, or anything that helps you feel peaceful, though they are not required.

3. Hydrate

Drink a glass of water before the session to support energy flow.

4. Silence Devices

Turn off or silence your phone and other electronic distractions.

5. Set an Intention

Take a moment to set a personal intention for the session. It can be general (e.g., "I am open to healing") or specific (e.g., "I invite peace into my mind").

During the Session

- Relax your body and close your eyes if comfortable.
- Focus on your breathing—slow, steady inhales and exhales.
- You may feel warmth, tingling, emotional release, or deep calm; everyone's experience is unique.
- If your mind wanders, gently bring your attention back to your breath or your intention.

After the Session

1. Rest and Reflect

Take a few minutes to remain still and integrate the experience.

Journal any sensations, emotions, or insights if you wish.

2. Hydrate Again

Drink water to help your body process the energy work.

3. Be Gentle with Yourself

Allow yourself to rest or engage in light, nurturing activities for the rest of the day.

Additional Notes

- You do not need to be on a video or phone call unless the practitioner specifies otherwise.
- Trust that Reiki energy works beyond time and space, and you will receive the healing you need.