



DISTANCE HEALING

Working with Universal Energy (the literal translation of *Rei-ki*), location is no limitation as far as 'absentee' or 'distance healing' is concerned. A trained Practitioner will be able to effectively share Reiki with you, wherever you are, provided you have given your consent and are open to receive it.



If you have never been the recipient of Distance / Absentee Healing from Intentional Healing UK, the following information will help you to prepare, and to maximise the benefits from your Reiki session.

BEFORE YOUR SESSION(S)

- An appointment will be arranged for a specified date and time, and a mutually suitable communication method will be established. (This is usually FaceTime, Facebook Messenger, phone, or email.)
- A 'Client Intake' form will be sent in advance of your appointment. Please ensure it is returned with enough time for your Practitioner to go through it and ask any further questions. Ideally this should be at least 24 hours before the appointment.
- An Invoice will be issued (via PayPal) and is to be paid in full prior to the appointment.
- If you have any questions at any time, please don't hesitate to get in touch - intentionalhealinguk@gmail.com.

DURING THE SESSION

Although Reiki can be shared with you no matter where you are and whatever you are doing, the following recommendations will help you to make the most of your session.

- Where possible, please take the opportunity to relax. Make yourself as comfortable as you can (either seated or reclining), and try to minimise the chance of disruption for around 40 minutes - switch off your phone and play some relaxing music, if that will help you.
- Try to be present in your body - to notice how you are feeling, any areas where there is pain or tension, and anything else you feel or experience during the session.
- It is common to have trouble switching off from mental 'chatter' - if this happens, you may find it helpful to focus on the gentle rise and fall of your breath. If thoughts or worries arise, simply notice them and let them pass, without getting carried away by them. Don't judge yourself for not being able to clear your mind.
- You may or may not feel anything as Reiki is shared with you. Some people experience tingling, or other physical sensations. Others fall asleep, while some feel nothing. There is no 'correct' way to experience Reiki - as long as you have the intention to receive it, then you will and it will go to the part of you that needs it most, regardless of how you *think* it should work for you.

AFTER THE SESSION

- Feedback from the Practitioner will be provided soon afterwards, in the manner agreed before the session.
- You are advised to stay well-hydrated for at least three days, which helps the body to detoxify and re-adjust after energy healing. It is ideal to avoid or minimise additional toxins (such as alcohol, caffeine, and smoking) as much as possible in the days following treatment.