



DISTANCE REIKI

How It Works & What to Expect



PHYSICAL
IMBALANCES



EMOTIONAL
BLOCKAGES



PERSONAL
GROWTH

WHERE HEALING BEGINS



Think of it like a phone call , you don't need to see the connection to experience it. Even across distance, the connection is still there.

Distance Reiki works in a similar way. We all have an energy field, and as a trained practitioner, I gently connect with yours, wherever you are.

Nothing is forced or done to you during a session. Instead, I simply hold a calm, supportive space while the energy flows naturally to where your body needs it most.

Most people experience a deep sense of relaxation, calm, or rest. Much like taking a peaceful pause for yourself. You don't need to understand how it works for it to be effective, only a willingness to receive and a quiet moment to relax.

EXPERIENCE HEALING FROM ANYWHERE

WHAT I NEED, TO HELP ME CONNECT WITH YOU

Your full name and physical address, town is fine too.

A photo (optional).

Your openness to relax, receive, and trust the process.

All personal information is strictly confidential and will never be shared.

WHAT TO EXPECT



BEFORE YOUR SESSION

We will begin with a brief WhatsApp call (with or without video) to discuss your session's intention and wellness goals.

I will send you a one-hour guided relaxation recording, which starts with a short guided meditation followed by soothing music to support your session.

Find a quiet, comfortable space where you can relax undisturbed. You may sit or lie down, whichever feels best for you.

If possible, listen to the recording with earphones. If using your phone, remember to activate **"Do Not Disturb"** mode to prevent interruptions.



DURING YOUR SESSION

Reiki energy will be shared with you using your name, location, and your shared intention.

You may feel warmth, tingling, or deep relaxation, many people drift off to sleep. Some people notice thoughts, images, or emotions, others feel very little, both are completely normal. If anything arises, there is no need to analyse it, simply let it pass like clouds in the sky.

The gentle music will guide you and softly signal when the session comes to an end, or you may naturally feel when it is complete.

There is nothing you need to do, just rest, relax, and receive this calm moment.



AFTER YOUR SESSION

We will connect either via a short message or a brief follow-up call to check in on your experience.

Please remember to drink a glass of water afterwards to help you feel grounded, and continue drinking water over the following 24 hours to support your body as it integrates the session.

If I feel there is something that may support your healing journey, I will send you gentle guidance via email the following day.

If you have any questions or would like to connect, you are always welcome to send me a WhatsApp.



A FINAL NOTE

By taking time to relax and receive, you allow the energy to work in alignment with your highest well-being.

I look forward to guiding you on this healing journey!



REIKI PRACTITIONER

www.seiireiki.com

Theresa 081 5499 404