



PREPARING FOR YOUR QUANTUM REIKI SESSION

1. Length of Session & Recording

This process can take about 1-1.5 hours and includes a consultation prior as well as following your session.

If your session is online, please ensure to have a headset with a microphone; the headset that comes with your phone or a gaming headset would be perfect. This will ensure that the volume will be adequate for your recording. Your phone will work just fine, but a computer with a strong Wi-Fi connection will ensure that Zoom will have a strong connection during the session. The regression portion of the session will be video recorded and sent to you following the session. Please ensure you download the Zoom application prior, test the camera and microphone settings, and make sure your device is fully charged.

Zoom application can be found here: <https://zoom.us/>

2. Crystals

If you own a selenite as well as a black tourmaline, black obsidian, black onyx or shungite crystal please ensure to have it with you on the day of your session as they will aid throughout the session and help grounding after the session. If attending in person, these crystals will be provided for you. If you wish to have a set sent to you please ensure adequate time for shipping and contact Soul Healing Essentials for a Quantum Kit which includes both of these palm crystals along with a palo santo stick and essential oils. The kit can also be found in the SoulHealingEssentials.com shop.

3. Intent

Set your intent and be clear about why you are seeking a session. There are several reasons one might seek a session, and being able to convey this will be most helpful to your practitioner as well as yourself. Some common reasons people have sessions include:

- Healing energy blockages, energy imbalances or chakras misalignment
- Illness, health issues or during times of immunization shots
- To cleanse, cut or transmute negative cords and/or entity attachments

Illnesses are energy imbalances and blockages that we have created within ourselves. Our body tries to speak to us through signs which range from the subtle to increasingly physical if we ignore the signs over time.

For Example; Cancer is often a manifestation of our unexpressed emotions turning into anger; Diabetes often represents a lack of sweetness/love in our life; Arthritis is generally a result of holding on to something/someone very tightly and not releasing; Throat Disorders such as thyroid issues or laryngitis are a representation of not speaking our truth, fear of speaking out or suppressing our own voice.

4. Connecting

Practice connecting to your Higher Self with an intention to balance the ego mind. Start by saying to yourself, both out loud and inside your mind, "I have a clear and direct communication with my Higher Self". Understand that this expanded presence is within you, not external to you will allow the communication to flow more freely within your session.

5. Allow

Practice the art of surrendering and allowing when communicating to the higher self. Your ego mind might try to interfere however when it tries to get in the way, ask it with love and respect to step aside. Envision it as a child, give it a hug, and explain to it that you are trying to do this for your highest good. You have needed your ego your whole life as it has been your protection to keep you safe, however when trying to contact the higher self you may need to ask "please step to the side and witness this connection with me, as I am trying to heal us for our highest good".

Envision yourself as a leaf floating on a river. The large body of water is your higher self who is one with Source/Creator. The leaf allows for the river to be taken in whichever current/direction is needed by surrendering and allowing.

6. Hydrate

Drink water. Water equals consciousness; it is the conductor to higher frequencies and the knowledge within! You can think of your body as a vehicle that requires fuel to operate. The water is your fuel to facilitate a strong connection to, and communication with, other realms and states of consciousness. Start today and continue to drink plenty of water up until the start of your session. With every glass of water, set the intent to release all that does not serve you for your highest good and send your water love and healing before drinking that love and healing.

Be sure to use the restroom before the session to allow for the full session without disruption. You may also need to go after as toxins and emotions are released especially if intentions are set for releasing of what no longer serves you.

7. Theta

We enter a hypnotic or Theta brain wave state many times throughout the day. It has been reported that we in fact enter a state of trance approximately every 60 seconds!

It is quite easy to enter this relaxed state while driving on the highway, watching TV, or reading a book. This brainwave state is a deeper frequency when compared to a fully-alert state and it is essentially a form of hypnosis when we function from a subconscious mind.

Using the technique described herein, we enter the Theta brainwave state during the session, which is the state we enter daily just prior to falling asleep and moments before we awaken.

In Theta, we are able to connect to our soul and allow the Higher Self to communicate with us. It may feel like you are in a deep meditative state throughout your session or a light sleep.

8. Expectations

Leave expectations at the door. Every session is as unique as the individual. Your session will unfold in your own consciousness in your own way, and will be more beautiful if you don't have expectations about what should or should not happen.

9. Caffeine or stimulants

Are you a coffee or tea drinker? If so, keeping the dose to a minimum on the day of your session will ensure that you are relaxed however, you do not want to be nursing a caffeine withdrawal headache by going cold turkey so a smaller dose is advisable. Perhaps have one cup of coffee or tea instead of three.

If you are a recreational drugs user, please do not use at least one week prior your session. The effects may cause difficulty in connecting to the higher self and the all knowing aspect of you in order to receive the guidance and answers you are seeking.

Please note that anyone under the influence of drugs or alcohol will not be seen on the day of their scheduled session. Do **take your prescription medications that you normally take** but avoid any additional pills that help relax you. Make sure to get a good night's sleep and otherwise trust that your Higher Self will prepare you for your session as needed.

10. Nourishment

Eat a snack or light meal prior to your session. Please don't start our session by being hungry but at the same time do not overindulge on the day of the session. If doing an in person session, you may wish to bring water and a snack for after your session as it will also help ground you.

11. Clothing

Dress comfortably in white or light colored, loose clothing with minimal jewelry, light fragrance and light makeup; especially mascara. Tears are rare in this type of session, but they are a releasing mechanism which helps in releasing any past pain or overwhelming emotions. Some sessions are very sensory for clients and smells can alter the session so, avoid heavy or synthetic perfumes and note that essentials oils are included as part of the session and will be discussed with you prior to use.

12. Self-healing

When you have a session, your Higher Self initiates the self-healing process that we all possess by connecting you to your auric sphere and correcting deficiencies it identifies. If you do not believe it is working, it will not. You must also put forth the effort to self-heal by meditation and connecting yourself to the healing process.

Truly all answers are within, as your Higher Self holds them within you. Or more accurately your conscious mind exists within that higher aspect. So, your Higher Self is not at all separate from you. This is a wonderful and empowering idea, but one that is difficult to grasp at times, especially since most of us have been programmed, from birth, to look for guidance and answers from others in lieu of the voice within.

13. Practice

Practice quieting your mind as best as you can with meditation or perhaps even some quiet time out in nature. You should avoid looking at your phone or focusing on work or other obligations you

might have while attempting to quiet the mind. Practice daydreaming, existing within the frequency of wonder. Exist within wonder as you go in your mind's eye, meditation or visualization practice. Accept whatever pops into your mind and explore possibilities.

- You might see still images or movie-like images
- You might hear information which could come in your own voice or someone else's
- You might experience a strong sense of knowing
- You might feel information emotionally or in the physical body

Information can come in many of these ways! You will be ahead of the game if you practice this before your appointment. Your Higher Self uses your imagination as a language to speak to you. Absorbing that idea and doing a bit of preparation to stimulate your imagination is a good way to prepare.

Keep in mind that your Higher Self guides and protects you all along the way, from start to finish of each session. If conducting the session online and we get disconnected, your higher self will keep you in relaxed state and the energy will continue to flow. Once you become alert enough to hit the reconnect button on your device the session will finish with a debrief.

Your higher self is you, so who to trust better than yourself with yourself.

Release fear, worry, and mistrust during the session. These are the biggest obstacles in obtaining surrender for the quantum healing to be able to come through your mind, body and soul.

Looking forward to our session!



WHAT TO EXPECT AFTER YOUR QUANTUM REIKI SESSION

1. Being Alert

Once you come out of your session, you will likely feel fully alert but deeply relaxed and may even find yourself in a blissful state. It is common to feel like the body is buzzing with energy and it is very important to get plenty of water and give yourself time to integrate this energy. You might need to ground yourself, such as walking with bare feet on grass or the nearby sandy beach. It is further recommended that you clear your schedule of really heavy activity following your session.

2. Crystals

If you own grounding crystals such as black tourmaline, black obsidian, black onyx or shungite crystal they may assist in grounding you on the day of your session. If attending in person, a grounding crystal will be provided for you for immediate use after your session. If you wish to have a set sent to you please ensure adequate time for shipping and contact Soul Healing Essentials for a Quantum Kit which includes both of these palm crystals along with a palo santo stick and essential oils. The kit can also be found in the SoulHealingEssentials.com shop.

3. Once Home

When you get home, you may wish to meditate and further anchor your energy. Your connection to your Higher Self will be increased so pay attention to your thoughts, dreams and intuition. Keeping a journal can help connect you to your Higher Self and help discern the guidance and messages you receive in your waking and sleeping state on a regular basis. Remember just like a dream any visions or messages received in your session may fade from memory.

4. Weeks or Months Later

Sometimes it can take time to process everything that has happened during a session, especially when many meaningful things happen in a short period of time. Important information may be coming through when you least expect it so it is important to pay attention so you don't miss it.

5. Allow

As with any type of spiritual guidance, it is important to allow, release and surrender. Consider the possibility that the guidance and imagery or inspiration you received in your session is the best guidance for you. The more we allow for our Higher Self to guide us, the more the Higher Self comes forth to guide.