



## PREPARING FOR QUANTUM REIKI

### 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, have a headset with a microphone; the headset that comes with your phone is perfect. 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. Be sure to download the Zoom application, test the camera and microphone settings, and that your device is plugged in and charged.

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

### 2. Crystals

If you own a selenite, black tourmaline or shungite crystal have it with you on the day of your session or any crystal that resonates. If attending in person, crystals will be provided for you.

### 3. Intent

Set 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 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 inoculations
- 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; 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. Allow

Practice connecting to your Higher Self. Start by saying to yourself "I have a clear and direct communication with my Higher Self". Understanding that this expanded presence is within you, not external to you will allow the communication to flow. Allow and surrender to what if...

#### 5. Hydrate

Water equals consciousness; it is the conductor to higher frequencies and lost knowledge within. Visualize love and high intentions for yourself while drinking the water you consume. A sound bath is included with each session and as sound is frequency and the body is made mostly of water the sound resonance touches every single part of you.

#### 6. 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.

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.

#### 7. 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.

#### 8. Caffeine or stimulants

If you are a coffee or tea drinker, 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.

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.

**Take your prescription medications that you normally take** but avoid anything additional.

#### 9. 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.

#### 10. Clothing

Dress comfortably in white or light colored, loose clothing with minimal jewelry, light fragrance and light makeup; especially mascara. Tears are very common, and help 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 in-person session and will be discussed with you prior to use.

## 11. Self-healing

When you have a session, your Higher Self initiates the self-healing process that we all possess. If you do not believe it is working, it will not. Truly all answers are within, as your Higher Self holds them within you and is not separate from you. This is an empowering idea, but one that is difficult to grasp at times, especially since most of us have been programmed to look for guidance and answers from outside ourselves.

## 12. Practice

Practice quieting your mind as best as you can with meditation or perhaps even some quiet time out in nature. Avoid looking at your phone or focusing on work or other obligations while attempting to quiet the mind. Practice daydreaming, existing within the frequency of wonder. 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.

*Looking forward to our session!*



## WHAT TO EXPECT AFTER QUANTUM REIKI

### 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**

Crystals such as black tourmaline, onyx or shungite may assist in grounding after your session. If attending in person, a grounding crystal will be provided for immediate use after your session.

### 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 our Higher Self to guide us, the more the Higher Self comes forth to guide us.

*Thank You*