



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.

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 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, Sage, Palo Santo and Bay Leaf

If you own selenite and a black tourmaline or shungite crystal have them on hand on the day of your session along with any crystal that resonates. You may also wish to sage or palo santo your space ahead of time. Bay leaf may be burned to aid in relaxation as it calms the nerves.

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. 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

4. Theta

We enter a hypnotic or Theta brain wave state many times throughout the day. It has been reported that we enter a state of trance approximately every 60 seconds while watching TV or reading a book, gardening and sometimes driving.

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.

5. 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.

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

6. Nourishment

Eat a light meal prior to your session. Avoid starting your session by being hungry but at the same time do not overindulge on the day of the session and be sure to have water on hand.

7. 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.

8. 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.

9. 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

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 deeply relaxed and may even find yourself energized. 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 or any root chakra crystal you resonate with may assist in grounding 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