

# Reiki Treatment Aftercare Information

When someone receives Reiki for the first time it is advisable to give treatment daily, or at least 3-4 consecutive treatments within 1-2 weeks. Reiki can stimulate healing reactions on the physical and emotional level. Usually after the first two sessions, detoxification of the physical body occurs, and after the third or fourth session, emotional blockages and feelings may be released and emotional responses may arise. It is helpful to let these feelings surface and be expressed. Further Reiki treatments will continue the healing process.

## Treatment responses and perceptions

- Deep relaxation and calmness
- An urgency to go to the bathroom (a positive sign of relaxation)
- Hunger and thirst
- Chronic ailments becoming more acute
- A feeling of pressure in the head, or a headache
- Emotional responses - usually after the third or fourth treatment
- Detoxification (possible loose stools or urgency to urinate)
- Extreme tiredness or excitement
- Feeling hot or cold
- Tingling
- During session - Colours in your mind's eye, drifting off to another place or sleeping
  - Jolting of the body as blocks release
- Travelling aches or pains throughout body



## Reason

- Energy is shifting throughout your body and re-balancing
- Cleansing process has been triggered
- Toxins are being released

## What To Do

- Side effects will usually diminish after 48-hours
- Drink at least 2 -3 litres of water per day to help flush toxins from your body, plus help to conduct your body's energy flow
- Avoid over consumption of stimulants such as coffee/tea/soft drinks containing caffeine or alcohol
- Listen to your body - relax, sleep, eat nourishing foods and just be good to yourself
- Call your Reiki Practitioner for any questions you may have.

