



ANGEL'S FRIENDLY COACHING

What To Do Before & After Your Reiki Session For Optimal Energetic Healing

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What To Do Before & After Your Reiki Session For Optimal Energetic Healing

Many of my clients ask how they can best prepare for and receive the most benefits from their Reiki session.

WHAT IS REIKI HEALING AND WHO CAN BENEFIT FROM IT?

Reiki is an energy healing practice where universal energy is channeled through the practitioner to the client.

WHAT ARE CHAKRAS AND WHAT DO THEY HAVE TO DO WITH REIKI?

Chakra refers to our energy centers where energy flows in our body. There are seven major chakras and each has a unique function and direct correlation to certain areas of the body. Feelings of depression, anxiety or stress are an outcome of the disruption or blockage in one or more chakras. The power of Reiki healing can help restore your health by balancing the free flow of energy.

WHAT SHOULD FIRST-TIMERS KNOW BEFORE GOING INTO A REIKI HEALING SESSION AND WHAT HAPPENS DURING THE SESSION?

Reiki is a beautiful healing modality that promotes self-healing, personal empowerment and well-being. However, people should know that sometimes the treatment can stimulate a mild detoxification process such as fatigue or anxiety. These reactions can occur after a Reiki treatment but subside within 24 hours.

My Reiki treatments begin with Guided Meditation to invoke one's spirit guides and guardian angels. As an intuitive healer, I blend my energy with my client to sense where the blockages are and what is causing the disruptions. I then proceed with sound therapy to strengthen my clients' chakras and auric field, finishing with a guided meditation where I have my clients visualize their desired intention.

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WHAT IS AURA DROP?

My Aura Drop Method is a sequence of anointing with essential oils that brings structural and electrical balance in a relaxing and invigorating manner through the power of aroma. The procedure boosts the immune system, hence enabling the body to restore and maintain physical and emotional wellness. The reason the treatment is called Aura Drop is because the oils are gently poured along the spine, where the oil drops pass through the auric field before they make contact with the skin.

The same primary oils are always applied, however, some oils may be added to customize the treatment to my client. This aromatic treatment is so powerful at removing blockages, you will instantly feel a shift in energy and you will become more energized as you reclaim your power to manifest your desires.

Positive Energy Sessions 90 min We'll meet and talk about your presenting issues & what you would like to achieve in your life. I then go to work to get to the root of the issues, your specific energetic stuff. You'll get guidance given to me from Spirit and your energetic blockages will dissipate. Reiki, Cord Cutting, Guided Meditation, Journaling. Reduce stress, Set goals, Create structure in your life, Increase self worth and self confidence, Improve time management, Identify your priorities, Improve yourself and become more successful.

You may experience:

- Powerful and quick shifts that move you forward.
- Deeper spiritual reflection and insight to empower the weaker aspects of the self, in order to consciously heal.
- Feeling lighter, re-focused, happier with a clear direction
- Emotional & physical pain being lifted with a deeper connection with higher self
- Miraculous health recoveries
- Releasing of old patterns
- Healing of heartache
- Deeper sense of self love

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Everything is made of energy and vibration. Energy therapies help to restore the healthy balance of the energy field by clearing blockages and addressing imbalances. Energy Healing is found to be a beneficial tool for pain management, stress management, depression and anxiety, as well as to achieve mental clarity, relaxation, spiritual growth, and an enhanced sense of inner peace, connection and well-being.

Energy Work helps to release unwanted patterns and energies; improves immunity; aids in the recovery from surgery, chronic or acute illness/pain; and brings support during times of transition

A Reiki treatment can help...
Relieve pain due to an injury or illness
Relieve anxiety, tension, stress and depression
Prepare and support a patient physically and emotionally for surgery
Prepare physically and emotionally for childbirth
Diminish or prevent side effects from chemo, radiation, medications (nausea/vomiting, fatigue, anxiety, skin eruptions)
Provide relaxation and support during chemo or dialysis treatments
Cleanse the body of toxins and strengthen the immune system
Provide deeper and more restful sleep to bolster a patient's energy
Enhance feelings of well being and empowerment
Ease the suffering Veterans experience from PTSD
Provide peace for those with Alzheimer's or early onset dementia
Ease end of life transition for Hospice patients
Renew the energy of caregivers and health professionals.

During the Reiki session clients may feel waves of subtle energy gently moving through their body. Others may experience heat or coolness from the practitioner's hands and perhaps even see comforting colors or visions. While these are normal responses, it is also completely common to "feel" nothing during the session, but still be left with a sense of deep relaxation, overall wellbeing and inner peace. What is important to remember is that Reiki works on all levels, so even though there might not be a physical sensation, the energy could be working on a deep emotional or spiritual level.

Please note that Reiki is not a replacement for medical or mental health care. Reiki works in combination with medical and psychological therapies to help facilitate recovery and healing. If you have medical conditions currently being treated by or which should be treated by a physician, it is very important that you continue (or seek out) that care. A Reiki practitioner cannot give medical diagnoses or advice.