



Teresa E. Blackburn

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Free Reiki Healing Session

In order to receive the healing, I will need your full name and email. You may send a picture, but that is optional. The times and days of the Reiki healing will be posted on the website and on Facebook. The times are Eastern Standard time.

The energy of Reiki work on many levels: physical, mental, emotional, and spiritual. Reiki could help to ease things like chronic pain, mental and emotional disorders, it could also assist with weight loss and detoxification. Reiki clears toxins and flushes out negative energy to make room for new, positive energy.

Before the session: Find a comfortable place to sit or lie down. Make sure there are no distractions: no t.v., phone, or loud people. If you must be doing something during the time of the session it will still be helpful. It is just recommended to be relaxed while receiving energy. Lighting a candle, or listening to soft music without lyrics is also recommended. Give yourself this gift of 1 hour of time just for you! Set an intention for what you would like to gain from this session and remember to use positive, present tense language. Feel free to ask me any questions that you may have about preparing for a session.

During the session: Some people are more sensitive to energy than others and will feel the effects of the energy moving through their bodies very strongly. Other people may not feel the energy directly, but will still be able to experience the effects of the treatment in one way or another. Do not be alarmed if you feel sensations of pressure on your body, tingling, or vibration. Some may also feel very light, some very heavy, or experience changes in body temperature. These feeling won't last very long and I encourage you to breathe deeply when you feel sensations. Also, emotions may come up during a session: laughing, crying, feelings of anger, or frustration. Reiki helps to release those emotions as they come to the surface, and releasing those emotions can facilitate deep healing on all levels. Also, during a session you may fall asleep, or feel like you are in a meditative state. This is perfectly fine as well because your body is doing exactly what it needs to do in order to heal itself. Your body is just as intelligent as your mind, so pay attention to it and honor what it wants or how it feels. Some people may also see colors, have visions, or imagine that they are in a different place. This is all normal.

After the session: Some may feel peaceful, rested, centered, grounded, or balanced. Some may feel energized and restless and feel as if they want to move around. Others may feel lethargic and sleepy. All of these symptoms are positive signs that the body has received the Reiki. Please drink a decent amount of water following the session for a few days. Reiki could be detoxifying your body for up to 21 days after a treatment. You should also consume healthy, nutritious foods that your body will enjoy. If you have a craving for something sweet, or for something you would not normally eat, feel free to eat it but don't over eat. In the days following the treatment, honor what you feel. If you feel tired, take a nap, even if this is not something you normally do. You may also notice changes in sleep patterns or experience vivid dreams. This is all part of the detoxification process... do not be alarmed. Also following a session, you may notice pain lessening, or feel more mobile and flexible.

You also may feel happier and a sense of relief! Other people may notice a change in you as well. If you have any other concerns or questions following a treatment, feel free to contact me. I am happy to answer any questions you may have.

I am grateful for your participation and I am happy to be a part of your healing journey!

I encourage any and all feedback. I would love to hear about your experiences, so please feel free to email them to me, or post them on Facebook.

Teresa