

GENDAI REIKI

Curriculum



Kanji for Light (Hikari)

What to Expect When Receiving a Reiki Healing

You may settle comfortably in a chair, or you may lie down with pillows and blanket.

You will most enjoy the experience if you remove your glasses, watch, and heavy jewelry; and loosen your clothing. Close your eyes, relax your body, and breathe normally.

You may be asked if you have an intention for this healing session. You may state your intention or you may keep it in your thoughts.

The Reiki practitioner's hands will move in the space around your body and with your permission will be placed very gently on different parts of your body. Your physical privacy is always respected.

You may feel warmth or vibration from the Reiki practitioner's hands, even without physical contact.

You may experience thoughts or emotions, usually gentle but occasionally intense. You may hear or see things as though you are dreaming. Or, you may simply feel tranquil and comfortable.

A Reiki treatment may allow your fears and memories of past events to surface for healing. Be at ease in expressing yourself and sharing your impressions during and after the treatment. The Reiki practitioner will support you, and will always stop the treatment at your request. Anything you choose to say during or after a Reiki treatment will be kept confidential.

Expect to feel incredibly relaxed and peaceful during and after a Reiki treatment. You may fall asleep during the healing, but sleep will not affect the power of the Reiki treatment.

After the treatment, take your time to arise slowly and carefully. Most people are so relaxed they feel "spacey" for a short while. Drink some water, share your impressions if you like, and *enjoy the feeling*.