

# Reiki Aftercare

Congratulations on taking your first step into Reiki journey and self-healing. The aftercare of your session is as important of the natural healing process. Whether you experienced sensations during the session itself, reactions to Reiki afterwards can vary greatly from person to person.

Some may feel a dramatic shift immediately, and others don't feel anything and only months later will see positive effects. There is no right or wrong reaction to a Reiki session. Enjoy the feeling of relaxation, listen to your body, rest if needed. It is common to feel one thing the first day, and something very different the next. Your energetic system is working the heavy energy out and shifting, and a period of lightness should begin.

It is important to note that one may experience a "Healing Crisis", symptoms may become worse before getting better as the Reiki will bring unprocessed emotions and pain to the surface to be released and can bring up emotional blockages so one may feel tearful. Let it go, holding it in will only cause blockages. You may even experience flu like symptoms, this is a normal process of eliminating negative toxins. These symptoms are temporary and often are a necessary part of the healing journey and is actually a very positive sign that the Reiki is working for your overall healing journey. You may be very aware of these symptoms or may not be at all.

**Self-Care:** There are ways to support yourself while you are recovering after a Reiki session. The first is to give yourself full permission for self-care. Something admittedly, is not most people's strong suit. For the most part, listen to yourself. Anything that feels emotionally or physically supportive to you. Listen to what your body needs over the next few days and get extra rest and sleep, drink more water, tea, and eat clean. Avoid alcohol, drugs, smoking, and minimize caffeine intake for a few days after a Reiki session. Practice self-care activities, get a massage, practice mindfulness and meditation, take a yoga class or a support group can all be supportive of this work, and will help you recover from the Reiki session. A trusted mental health professional such as a therapist/counselor can also be a great way to process what is unfolding for you after a treatment. I recommend a detox Epsom salt bath in the hottest water you can stand, for twenty minutes. This will help eliminate the heavy energy from your system. (Add some rose petals or essential oils to your bath if you'd like).

Contact me anytime if you need support or have questions. You are welcome to email me at [purepranapath@gmail.com](mailto:purepranapath@gmail.com), call or text the business phone at 210.796.5776, or message us on Facebook or Instagram (@purepranapath) with an update on how you are doing or if you have any questions. You can also reach out to me personally at my Instagram (@thedanielescobar) or my email ([danielescobar94@gmail.com](mailto:danielescobar94@gmail.com)). You are welcome to contact me any time right after your session or months later. I am here for you if you need me.

**On-going Support:** Educate yourself, read self-help books, follow blogs, social media, podcasts that will support your healing. Journal your experience, writing has always been a huge part of my healing. Having a strong and positive support group of friends and/or family members is always helpful.

**Returning:** This may vary from one Reiki practitioner to the next. This is a personal healing so the next session will be based on how each client feels. How intense their shift is and what they are trying to achieve. We do recommend consistent and regular reiki sessions. It is not always a one and done process and it is proven that regular reiki maintenance helps support, expand and maintain your healing. Just listen to your body and when it feels ready for another session, come and see me. We may also discuss your “treatment plan” during your initial visit.

\*\*I am not doctor and cannot give out medical advice. Energy healing should be used as complimentary and not as a replacement for regular medical care \*\*