

Reiki Aftercare

The aftercare of your session is an important part of the healing process. Reactions to Reiki afterwards can vary. 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. The session itself will usually leave you feeling relaxed and lighter. Your energetic system is working the heavy energy out and shifting and symptoms can vary from day to day. You may experience a "Healing Crisis", as Reiki will bring unprocessed emotions and stagnant energy to the surface to be released. Let it all go, holding it in will only cause blockages. You may even experience flu like symptoms. This is a normal process of eliminating toxins. These symptoms are temporary and often are a necessary part of the healing journey. You may be very aware of these symptoms or may not be at all.

Self-Care: Give yourself full permission for self-care. For the most part, listen to anything that feels emotionally or physically supportive to you and what your body needs over the next few days. Get extra rest and sleep, drink more water, tea for 2-3 days after and try to eat fresh foods, avoiding or minimizing alcohol, drugs, smoking, and caffeine intake. Get a massage, practice mindfulness and meditation, take a yoga class or a support group can all be supportive of this work. A trusted mental health professional 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.

On-going Support: Educate yourself, read self-help books, follow blogs, social media, podcasts that will support your healing. Journal your experience. Having a strong and positive support group of friends and/or family members is always helpful. If your practitioner gives the option to contact them after the session, feel free to do so. Every practitioner is different. You can also send a message to the studio at 210.796.5776 or purepranapath@gmail.com that we can pass along to your practitioner.

Returning: We do recommend consistent and regular reiki sessions. 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 us.

**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 **