



# REIKI AFTERCARE

Healing is initiated during the Reiki process and continues in the following weeks. Below are some aftercare tips to help you continue your healing journey.

## Rest

Slow down and listen to your body. Although it's possible you may feel extremely energized following a session, more often than not, most people's bodies will want to rest as they integrate all of the energetic work and shifts that were initiated during their session.

Avoid any immediate strenuous or stressful activities. Allow yourself time to relax, take it easy, nap, or even go straight to bed depending on the time of your treatment.

## Embrace the detoxification symptoms

As your body shifts into a higher frequency, your body will begin to shed what it no longer needs. Symptoms of detoxification can include:

- Temporary cold/flu like symptoms
- Fatigue
- Joint pain or soreness
- Headaches, dizziness, nausea
- Gastrointestinal upset
- Buzzing and/or tingling sensations
- Emotional shifts
- Temperature changes

These are all positive signs that old patterns and toxins are surfacing to be released as your body cleanses and rebalances itself.

## Drink extra water and avoid additional toxins

Because Reiki can trigger a detoxification process within the body, it is important to drink extra water to aid in that cleansing process. Sea salt or Epsom salt baths are also helpful.

Similarly, it is also beneficial to avoid heavy, rich meals, and additional toxins (e.g., alcohol, caffeine, smoking) as you detox.

## Pay attention to your emotions

Reiki often triggers deep emotional healing, which can sometimes feel pleasant or unpleasant. Clients have reported a wide range of emotions from happy, joyful, spacey, anxious, angry, fearful, depressed, or overwhelmed.

No matter what you are feeling, avoid labeling any emotion as either “good” or “bad” – rather just observe them, allowing them to be exactly as they are without judgement. It is necessary to let these emotions come up so that they can be released.

It is also possible that you may experience mood swings as your emotions adjust – that is normal, as it can take about a week for the body to readjust and re-balance.

## Notice what you notice

Most people will report that they somehow feel “different” following a session.

You might find that your routine has changed – you might need more or less sleep, you might crave different foods, you may feel sudden urges to spend more time being in nature, exercising and/or engaging in spiritual practices (e.g., meditation, yoga). You might also have a sudden shift and distaste for things you normally enjoy (e.g., intolerance for certain relationships, behaviors, foods)

Allow yourself the grace and patience to do whatever you feel you need to do and be whoever you need to be right now.

## Be patient and trust in the process

Sometimes, clients are able to recognize immediate shifts within their lives following a session. The way in which your body, mind, spirit, and subsequently life, shift after a session is not always immediately apparent – be patient.

Return to any notes we’ve given you about your session from time to time and see if they resonate with you. In fact, we’ve had several clients who have mentioned that while some messages didn’t immediately hold meaning for them, they did so days or even weeks later.