



My Distant Reiki Session

PREPARATION ADVICE

- Read the Distant Reiki Guide (Pages 5-9) if you want to help you set your intention, more concise knowledge, etc. It doesn't matter if you don't know though!
- Clear your schedule on the afternoon/ evening of your session and the next day if possible.
- Make sure you don't plan something social that involves, lots of people, high energy, bars, dark spaces around your healing time.
- Book your appointment a few hours before bedtime or on a day that you can be alone throughout.
- Spend time thinking about what you want to change, shift, heal, release in your life & set your intention in advance to give it more momentum.
- Send a picture of yourself & your approx. location to Charmaine before your session so she can link to you.
- Refrain from drinking alcohol or doing anything that will interfere with your healing (anything toxic) the day before & after your session as you don't want the healing going straight to detox you if you have another intention for healing.
- Perhaps buy a special journal to record your healing journey. Only use it for spiritual/self work/ dreams etc.
- It may help to write your intentions for healing in this before the start of your session. Words (spoken or written are focused energy).
- You could also buy some Epsom, Himalayan or Sea Salt for a bath or shower scrub (mix with oil and leave on for 15mins before showering) post session to do a final clear.
- Buy some incense sticks (white sage is best) to clear your space before you start your session.
- Remember to fill in your in-take form & send it back.
- Don't eat anything heavy up to a few hours before your session. If you must eat, have something natural and light.
- Wear loose fitting comfortable clean clothes for your session.
- Keep some socks and a blanket handy as energy healing can make you very cold, especially limbs and feet (even on a hot day) as your bodily energy draws into towards your chakras along your spine.
- Some people like to do automatic writing or drawing during a distant reiki session. You can be as creative as you like or just scribble in your special journal. Or just relax!

CHARMAINE HAIG (What's App)

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This numbers are off during clients sessions /meditation.

TIP: Always state your intention/focus in present tense like an Affirmation, as if you already have it.



You Will Receive
A SIMPLE SUMMARY & CHECKLIST PDF
When You Book Your Appointment



SUMMARY

Full Summary on Pg's 7-9 of Distant Reiki Guide PDF

1. Take a shower before you start & if not take one at the end of the session. Put on light clean comfortable clothes. Light neutral colours are best. At least wash your hands & face to clean off the day.
2. Go to loo if needed and switch off your phone or put into 'Airplane Mode' if you are listening to relaxing music. Let others know you don't want to be disturbed.
3. Burn some incense to cleanse your space (sage is best) and light a candle for soft light.
4. Lie down (flat pillow, rolled towel under scoop of neck or nothing); sit in a supportive chair or in meditation pose. As long as your spine remains straight and you feel comfortable. When you slouch, the energy doesn't travel as effectively.
5. You can use your own gentle music or meditation MP3. If you have purchased a Guided Meditation from me start this from before the time of your session.
6. Otherwise just some deep breaths before you set your intention and give me permission to channel for you.
7. Don't have any expectations and don't think you are doing anything wrong... just relax, draw, potter if you like etc.
8. It's ok if you fall asleep but you then won't feel what comes through but sometimes it's what's needed so no stress.
9. You can get up whenever you like. Most people feel when the session has ended, almost to the dot.
10. At least wash your hands, which helps you disconnect from me energetically. Always have a glass of water which helps ground you back into your body. Eating protein helps too i.e. handful of nuts.
11. You can also take a shower (if you didn't already). Take one again.
12. Write in your journal if you so wish, just be gentle with yourself.
13. For 90mins + sessions, I will try to send you your report as soon as I can but sometimes you may get it within 24-36hours. Hence why writing your sensations down straight away is a good idea for comparison.

NB: Zoning into reiki is not actually necessary. You could just go about your day/ evening and it will come through anyhow. The reason to do what I suggest is so that you can be aware of what's happening & have a better experience at connecting with your higher self.

