

*Reiki*  
AS A PART OF  
YOUR HEALING  
JOURNEY



WA: 0763236767



# *Reiki* WHAT TO EXPECT

Reiki is a gentle, hands-on (or hands-above) energy healing technique that supports emotional release, deep relaxation, and restored balance.

It works beautifully alongside counselling, and other medical modalities, helping the nervous system settle so healing can move with greater ease.

For your Reiki session, you will be fully clothed, barefoot, and lying down or sitting up.

WA : 0 7 6 3 2 3 6 7 6 7



01.

# WHEN TO BOOK A REIKI SESSION

Sometimes your system whispers...

- “I feel drained.”
- “I’m overwhelmed.”
- “I need grounding.”
- “I’ve been carrying too much for too long.”

**Reiki is especially nurturing when you’re:**

- Navigating big emotions, transitions, or grief
- Feeling disconnected or numb
- Burned out from giving to everyone else
- Longing for clarity, peace, or reconnection
- Wanting a deeper sense of presence + intention
- Struggling with pain or discomfort

Healing begins the moment you honour the whisper.



WA : 0763236767



02.

# PREPARING FOR YOUR REIKI SESSION

Before you arrive:

- Drink a bit of water
- Wear soft, comfortable clothing
- Disconnect from the world & your phone
- Avoid heavy meals
- Choose a gentle intention

Optional supports:

- 3 slow breaths
- A short stretch
- A quiet moment to settle
- Letting yourself arrive as you are

Intentional living begins here – choosing to pause, choosing to enter with presence instead of rushing through.

WA : 0 7 6 3 2 3 6 7 6 7



03.

# AFTERGLOW CARE & INTEGRATION

After your session, the energy continues to settle. Support yourself by:

- Drinking enough water
- Resting if possible
- Letting emotions move gently
- Journaling thoughts or sensations
- Keeping the day slow
- Spending a moment outside & barefoot

## You may notice:

- Lightness
- Release
- Clarity
- Tiredness
- Emotional shifts
- Quiet peace

Reiki doesn't stop at the table – it continues unfolding in your daily life.

WA : 0 7 6 3 2 3 6 7 6 7



*now...*

# WEAVING REIKI INTO YOUR SELF-CARE

Reiki becomes the soft thread that ties intentional living together.

Simple ways to invite Reiki into your rhythm:

- Placing your hands over your heart or belly
- Creating weekly grounding rituals
- Choosing presence over autopilot
- Breathing into where your energy feels open or heavy
- Returning for sessions habitually
- Using Reiki as a healing pause, not a luxury

This is the heart of intentional living:  
making choices that care for your inner  
world.

WA : 0 7 6 3 2 3 6 7 6 7



# *a soft return*

May you remember that you are not meant to walk through your healing alone.

May your breath be steady,  
your heart be open,  
and your energy held with kindness.

May Reiki continue to flow through your days –

in small pauses,

in gentle choices,

in the moments where you remember who you are beneath the noise.

You are worthy of care, rest, and intentional living.

Always.

***Mental health is more than just therapy –***  
it's the way you choose to tend the garden of your inner world.



WhatsApp Ilana @ 0763236767  
Certified Reiki Practitioner | Trauma Counsellor | Yoga Teacher

