

## **Process for Starting & Ending a Reiki Session**

### **Prior to Seeing the Client**

- Set up your surroundings so they are quiet, cluttered free and comfortable.
- Gather anything you would like that helps to set the mood; candles, music, crystals.
- Clear the room with Reiki by placing the symbols on all the walls, floor and ceiling.
- Take some time to meditate/pray and, using the distance symbol (others if so guided), send Reiki to the client. This will help you get centered and the client will be more at ease when you see them.

### **When Client Arrives**

- You want to make the client as comfortable as possible, explaining each step of the process.
- Before you use any essential oils, ask the client if they are sensitive to scents.
- Have them fill out the client form if they haven't done so already.
- Do a short invocation/prayer with the client prior to having a conversation about why they are seeking a session.
- At this point, ask, the client what their intentions are for the session.
- Move the client to the massage table for in-person sessions.
- Ask if music is ok to play.
- Determine if sound level is adequate.
- Explain the what you will be doing in the session.
- Ask the client if they are ok with you placing hands on the different areas of the body.
- Have the client relax by guiding them to take a few deep breaths.
- Say a prayer-either out loud or to yourself bringing in the clients intention for the session.
- Do the 3 pillars of Reiki-connecting the Reiki energy, setting your ego aside and asking that the session be for the greatest and highest good.
- If you work with ascended masters or guides, call them in at this point.
- Once you are ready, start the session.
- You can do Byosen scanning or start at the head/feet (wherever you feel guided).
- Once seated, draw symbols on your hands, place them on your thighs and intend reiki to flow
- Start session.

### **Ending the session**

- Sweep the client 3 times.
- Beam Reiki (if you feel guided).
- Prayer of gratitude for healing and that Reiki continues to heal what needs healing.
- Draw the Power symbol over the stomach.
- Motion right hand up down Both hands off to the side.
- Say the mantra 3 times, "I heal this session with love and light."
- Do Kenyoku (Dry Bathing) to clear your energy.
- Touch the clients shoulder, say their name softly and guide them to bring attention to the room and open their eyes.
- Give the client a glass of water and process the session.

### **Short Invocation w/Client**

(Written by Colleen & Robyn Benelli)

*Close your eyes and take some deep breaths. Place your hands comfortably on your body.*

*As you breathe in, you breathe in the light of Reiki,*

*The power of divine love, the power of the divine mind, the power of the divine heart. Breathe in the light of the divine earth and the light of God.*

*As you breathe in, the light within you wakes up and is revealed to you.*

*There are Archangels standing at the corners of the land and on every side standing all around you. The Enlightened ones and sacred ones are present. (I welcome \_\_\_\_\_add them by name if you like) Thank you, we welcome and invite your divine assistance, guidance, healing and empowerment For \_\_\_\_\_.* We ask that only the highest and best outcome for (Clients name)

*Closing such as: Namaste, Amen*