

What to Expect in a Reiki Session



The Reiki Prayer

Just for today, I will not worry.
Just for today, I will not be angry.
Just for today, I will be thankful for all my many blessings.
Just for today, I will be kind to all living things.
Just for today, I will do my work with honesty and integrity.

"I was on an international trip in 2023 and my diverticulitis began to act up, causing me a lot of pain. We were in the airport and felt I was out of luck for any relief. I mentioned this to my step-daughter and she offered to do a Reiki relaxing session on me right there and I agreed. She helped me get into a state of breathing and began. I immediately felt a warm energy flowing into my body and the pain subsided almost immediately. For the rest of the day, I felt relaxed and had no more pain. I noticed weeks later that it never came back!"

- Harry "Chu Chu" Cheramie

Sessions are conducted through Distance Healing or in Person

Both of these provide the same clear connection and healing outcomes; however, experiencing the feeling of Reiki in-person is a beautiful experience.

Sessions Length

In-Person Sessions are 1/2 Hour or 1 Hour and are either \$45 or \$75.

Distance Sessions are 1/2 Hour or longer and are \$45. Distance sessions are conducted by me in a meditative state by calling in your Higher Self and any other Guides to receive information needed to heal you at that time.

Messages During Sessions

At times, messages for healing and/or from loved ones or guides can come through. I will pass these on to those clients that wish to receive them.

Sensations Felt During Sessions

Energy is flowing during Reiki sessions and clients can experience a multitude of sensations including: pressure, heat, cold, energy, tingling, vibration, floating, feeling light, emotions, shaking, waves or vortexes of energy, jerks, movements, and more. They are nothing to be afraid of in any way.

