

## *Distant Reiki and Crystal Energy Healing Session - Info for the Client*

### WHAT TO EXPECT DURING A DISTANT ENERGY HEALING (REIKI & CRYSTAL)

Most clients feel a sense of relaxation and peace. The mind may feel calm and the physical body, relaxed. Some clients may feel warmth or even chills over certain energy centres. Many clients sense light or brightness under their closed eyes. Some may experience emotions that seem to come out of no where. Bringing tears, giggles or full on laughter. Let whatever sensations you feel come up, don't fight them, let them surface, then pass and try to relax yourself again. Keep in mind, many clients feel nothing at all and that is perfectly fine. Not feeling or feeling~~doesn't matter~~the benefits will still be felt and noticed.

All forms of energy healing are very relaxing with in person or in distant treatments. Sometimes clients may fall asleep during the session. Don't worry though, you will still receive all the benefits of the session, sleeping or awake.

### REQUIRED CLIENT PREP FOR DISTANT TREATMENT:

10 mins prior to your scheduled appointment be laying down and stretch your body as long as you can, spreading your toes and fingers for a full body stretch and then release and lie naturally and as comfortable as you can make yourself. One of the best things about a distant treatment is that you are in the comfort of your own home, and without anyone else's presence. Therefore, you can wear what you want if it brings comfort. Please note: if you are more comfortable naked, please feel free to do that. Having bare skin helps with grounding more so. What you wear or do not wear is fully your decision.

### OPTIONAL CLIENT PREP PRIOR TO DISTANT TREATMENT:

- Light white sage and clear your room
- Light white sage and circle it around yourself
- Light candles or dim lighting
- Have crystals on a table next to you or hold one in each hand
- Have enough blankets and pillows to be as comfortable as you possibly can
- Play gentle music, I will personally be playing this during your treatment <https://youtu.be/PThQT1eMEog>

- Have a glass of water near by
- Have a box of Kleenex near by

### AFTER TREATMENT SESSION:

Please allow yourself to rest  
Please drink plenty of water over the next 2 days  
Please contact me with any questions or anything thoughts or feelings that you would like to discuss afterwards. I do not like to contact clients immediately after in case they have drifted off. I will touch base the following day for sure, but please reach out to me at anytime before then.  
Have a warm salt bath after your treatment and submerge your face and head from time to time as well.

### A QUESTION I RECEIVE OFTEN:

Are more treatments needed?  
Reiki or any form of energy healing for that matter, can not be "over done". This is a personal decision for every client. I do personally recommend monthly treatments; however, some clients do prefer or feel they require 2 treatment per month...whereas some prefer or feel they only need 4 treatments a year. This truly is a personal choice and one client's needs are so different from the next. Just trust your instincts and know I am here for you whenever you feel a repeat treatment is wanted or needed.

*Light and love to you always~~Erin*

*\*\*\*At least one day before your apt time is scheduled, please forward me a somewhat recent picture of yourself, your face mainly...as well as your full name (all last names you have gone by) and date of birth. The reasoning behind giving me info?? I meditate on your energy for 20-30 mins prior to your treatment repeating your name and birthdate, it helps your angelic team be welcomed and openly connect with mine, this connection better serves the client...during your distant treatment I keep your photo close by and focus on sending the healing light directly to you\*\*\**