



SEPTIMA LUX  
Healing and Enlightenment

### **Before And After Reiki Session**

Before your Reiki session:

- Relax and reflect: Give yourself at least 30 minutes prior to the session to sit and reflect. Check in with how your body is feeling and take note of any emotions, thoughts, or physical sensations you are experiencing. Take some time to breathe and tend to whatever your body's needs might be on that given day. You may also want to reflect on any intentions you want to set for your session, and anything you want to share with your practitioner before you begin.
- Eat and hydrate: You'll want to be sure you've eaten and hydrated a few hours before the session—mostly so you will be comfortable and not distracted by hunger or thirst. Avoid eating a heavy meal beforehand, as you don't want all of your body's energy to be directed toward digesting while you're receiving your treatment. Also avoid the following items 12 hours before Reiki session: Alcohol, Caffeine, Heavily processed sugars items, All recreational drugs and Nicotine.
- Get comfortable: Be sure you are wearing loose and breathable clothes. Bring socks since shoes are removed during the session and the feet can get cold. You'll also want to use the restroom before the session. If the position you are in for your session is uncomfortable in any way, communicate this to your practitioner, as they will also want to be sure you are as relaxed as possible.

After your Reiki session:

- Hydrate & Eat: The Reiki Energy will continue to work in your body for up to 48 hours. This means that your body could continue healing and detoxing on its own for up to two days after a Reiki treatment. I would suggest avoiding the following items: Alcohol, Caffeine, Heavily processed sugars items, All recreational drugs and Nicotine for those 48 hours.
- Reflect: It's often helpful to spend some time after the session reflecting, so I often recommend that clients journal, draw or somehow capture any insights they had during and immediately after the session. You may also decide to meditate afterward or listen to calming and/or inspirational music. Whatever you choose to do, find an activity that helps you connect to what you've experienced so you can draw on it in future.
- Rest: Recharge and let the energy continue to work through your body.