



SACRED LOOM

60-MINUTE REIKI SESSIONS: WHAT TO EXPECT

Warmest greetings! I'm looking forward to spending healing time together!

Two quick things before sharing what to expect for your session:

1. **Please find my consent form [HERE](#) and send this over, signed, before your scheduled appointment time.** Feel free to fill it out and snap a picture of it and email or text the picture, or scan it and send it by email if that works best for you. **This is only needed if you are a first-time client.**

The phone number line on this form is very important, since this is how I will reach you at your scheduled appointment time.

2. **Your Reiki session costs \$75. Payments are appreciated anytime before your session begins.** Pay by Venmo (@Kristin-Fast - last 4 phone digits are 2352) or PayPal, using this email address: kristintnoelle@gmail.com (don't forget the "t" in between kristin and noelle).

And here are details for you to know a little more what to expect:

- As you anticipate your session, consider what your body/mind/spirit might wish to focus on in your session. Are there feelings or fears you would like help moving through? Are there places in your body where you can tell you're holding stress? Are there stories or mental patterns/habits you would like help shifting? Maybe you feel guided to simply come with an open heart and let Spirit lead.
- At your scheduled appointment time, I will call you, and we will spend a few minutes discussing whatever your intentions for the session might be. This will be brief, in order to leave time for treatment. I will then lead you in a short guided meditation to help your nervous system relax, and then we'll get off the phone while I administer Reiki for about 20 minutes.

- If it's possible for you to get comfy in your bed or on a couch before I call, this will allow the transition between our time on the phone and you being in a relaxed, receptive state for Reiki to be that much smoother.
- Arranging ahead of time for other members of your household to be in a different room and to know not to interrupt you will also allow you to sink into a deeper state of rest and receptiveness.
- Turning your phone to airplane or silent mode once we get off the phone will also help minimize distractions through your session if you tend to receive texts or calls often. You could set a timer for 20 minutes before we start the guided meditation to remind yourself to turn your ringer back on for me to call you at the end of the session.
- Your experience of the session may feel simply like resting in your bed (you may even fall asleep!), but it might include some of the following: waves of chills; heat or cold sensations; emotional release; slight pressure in different areas of your body; images, memories, or colors coming to your mind; worded messages or ideas coming into your awareness. Our energetic system (the system that Reiki works with) is interconnected with our physical bodies, so as energy moves, many people experience physical sensations. Some people feel/register very little during Reiki sessions, though, so please don't use physical drama as your benchmark of whether things are moving. It will be in the hours and days to come that you will be able to assess what feels different in your mind/body/spirit.
- Once I'm done working, I will call you again to debrief the session. If you are interested, I am happy to share the impressions that I had as I worked. I am often given images or words or ideas, or suggestions for how you might support the healing we began together on your own, after the session.
- After your session: Some people immediately feel light, energized, rested, and/or joyful following their Reiki sessions. Other people - and especially those who do significant clearing during their sessions - experience a period of integration following their sessions, that can include increased fatigue, dizziness, or weakness while your physical body adjusts to the energetic changes. Please be patient with your body, give it extra water and rest, and know that physical bodies can take time to "catch up" with the healing that you initiate at other levels of your being.

Please be in touch if you have any questions and with the housekeeping items from the top of this letter. I'm looking forward to our session! :)

Love,
Kristin