

# **DIAMOKU-What To Do Before & After Your Reiki Session For Optimal Energetic Healing**

## **Before your session:**

### **1. Relax + reflect**

Give yourself at least 30 minutes prior to the session to sit and reflect, particularly checking in with how your body is feeling and anything you are noticing with regards to emotions, thoughts or physical sensations. Take some time to breathe and also 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.

### **2. Eat + hydrate**

You'll want to be sure you've eaten and hydrated a few hours before the session, mostly so you will be as comfortable as possible and not distracted by hunger or thirst. Avoid eating a heavy meal beforehand, however, as you don't want all of your body's energy to be directed toward digesting while you're receiving your treatment.

### **3. Get comfy**

Be sure you are wearing comfortable clothes. I usually recommend my clients either wear or 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, and if the position you are in for your session is uncomfortable in any way, communicate this to your practitioner, as s/he will also want to be sure you are as comfortable as possible.

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## **After your session:**

### **1. Integrate**

Many of the treatment benefits can occur as soon as after the session is over and as such, it's important to find somewhere quiet and relaxing to integrate what may arise. I recommend that my clients take at least 15-20 minutes after the session to meditate or lie down. Try not to book or schedule anything immediately after your session.

### **2. Hydrate**

After doing any type of energy work it's important to hydrate, so be sure to drink 1-2 glasses of water after your session. I find adding electrolytes to your water can also be helpful, as it helps to replenish the body.

### **3. Eat**

Energy work is often hungry work, and you may find yourself hungry immediately after your session. Be sure you listen to your body and choose a healthy snack or meal afterward if needed. Eating can also help ground the body and as a bonus, you may find that a piece of dark chocolate be quite restorative.

### **4. 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.

### **5. Contact your practitioner**

Please get in touch with your practitioner immediately if you experience any overly challenging emotions, physical sensations or issues after your treatment.