

Reiki Protocol

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Session Outline

1. Welcome and deep breathing - 5 minutes
2. Treatment - 50 minutes
3. Chat and homework assignment - 5 minutes

Important Information about Reiki

Have you had Reiki before? I want you to know that there are no right or wrong standards for Reiki treatment. Every Reiki Practitioner has his or her own approach, so the way I approach Reiki treatment may be slightly different from your previous Reiki experiences. That's ok because your inner Reiki experience will be very similar as before. The outward details of Reiki treatment does not change the outcome of Reiki.

My approach to Reiki incorporates both hands on and hands off methods as noted in the following explanation of how the treatment will flow. I also do not require my patients to turn over. The entire treatment will be performed while lying face up. This is my own personal approach as I feel it is disruptive to myself and the client. My experience is that the recipient of Reiki is allowed to become more fully relaxed with this approach.

Please Note: With Reiki, people feel improvement from the very first session, but the best possible improvement comes with repeat treatments. After your first session, I will suggest an ongoing treatment plan that will serve your highest good. This may include weekly or bi weekly treatments. Furthermore, it is strongly suggested that you continue receiving Reiki treatments on a 4 - 8 week basis to maintain the benefits of inner peace,

relaxation, mental clarity, balanced emotions and all of the personal benefits that are unique to you.

Explanation of How the Treatment Will Flow

Our Reiki sessions will begin with a brief conversation about your overall health and well being. When it is time for our session to begin, I will ask you to get as comfortable as possible. You may want to use the blanket to cover yourself. I will begin some light music and may diffuse some essential oils into the air to aid in relaxation. If you would rather not have essential oils, please let me know. Then we will begin the treatment as follows:

Beginning of Treatment - Deep Breathing

- ★ I will then ask you to take a series of deep breaths.
- ★ Afterward, please continue to focus on your breathing during the treatment.
- ★ Notice how it feels to bring your breath up from your lungs and out your nose.
- ★ Notice any sensations you may feel inwardly and outwardly as we continue the treatment.
- ★ If your mind wanders, that's ok. Just try to bring it back to your breath and your breathing.

Hands on Placements

While your eyes are closed and you are focusing on your breath, you will feel me place my hands over:

- ★ The top and back of your head
- ★ Both eyes and forehead
- ★ Each side of your head
- ★ Neck and collarbone area

Hands off Placements

After you feel me touch your neck, you will no longer feel my hands. They will be about 2 inches above your body. I will be focusing on four additional healing centers within the core of your body.

Hands on Placements (again)

While your eyes are still closed and you continue to focus on your breath, you will feel me touch

- ★ Your right shoulder, elbow and wrist
- ★ Your right knee, ankle and foot
- ★ Your left shoulder, elbow and wrist
- ★ Your left knee ankle and foot.

Hands off Placements (again)

For the remainder of your Reiki treatment, I will be practicing additional hands off placements. You will become more relaxed during this part of the treatment session as I finish up what needs to be done.

End of Treatment

I will ask you to slowly wiggle your toes, then slowly wiggle your fingers, then slowly open your eyes. After a minute or so, I will ask you to slowly swing your legs to the side of the table and sit up.

Chat and Homework Assignments

After your session, we will talk about your experience and about the homework that I will assign for you to do at home.

What to do after your Reiki session?

- ★ Be aware of any sensations, feelings and subtle changes in your mood, general outlook on life and health and wellness.**
- ★ Drink more water. Keep yourself hydrated.**
- ★ Remember to do your homework assignment**
 - ★ Practice taking at least three deep breaths every day.**
- ★ During times of stress, remember how relaxed and at peace you felt during this Reiki treatment. Try to replicate this feeling. Take a deep breath. Practice self healing.**