



## :: Reiki Session Key Points ::

1. Reiki is completely safe: The Reiki Practitioner cannot do any harm to the Client.
2. Reiki knows best how to help, so the role of The Practitioner is simply to facilitate the healing, which is left to Reiki.
3. The Practitioner is not using their own energy in the session, rather, they simply facilitate the flow of Reiki.
4. Healing happens within the Client. The Practitioner provides a safe space in which healing can be stimulated & take place safely.
5. Reiki goes where it's needed. Moreover, there is no need for the Practitioner to ever touch the Client in inappropriate areas of the body nor for the Client to remove their clothing apart from their shoes. Reiki can also be practiced completely hands-off or even at a distance (Distance Reiki).
6. Reiki works on all levels of a person holistically. It can affect our body, emotions, thoughts, & even our spirituality.
7. There are no known contraindications to Reiki when used on its own. Moreover, it can be used on anyone & anything, no matter the age, gender, condition, medications, & so on. The only caveat is: The Client has to be willing to receive the Reiki session.
8. Reiki can be used in combination with standard Western medicine, & shouldn't be used as a replacement for it.
9. Reiki promotes relaxation & starts a detoxification process in the body. Both foster the optimal conditions for healing to take place.
10. Reiki puts things in motion & introduces change in our lives in ways that sometimes are hard to predict or identify. However, we know it always brings a positive change, no matter which situation the Client is going through.
11. The outcome of a session can manifest at any time: during the session, or shortly after the session, or in the long-term.
12. Having the freedom of working on all aspects of a person, Reiki is very effective in working on the causes of our issues, rather than on the effects.
13. The Reiki Practitioner is not necessarily a medical doctor or a licensed healthcare professional, so they cannot diagnose, prescribe any medication, or give any guarantees that Reiki will fix a particular issue in the Client.
14. There is no overdoing Reiki. The more we do it, the better the outcomes.