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How to Prepare for Your Distant Reiki & Seichem Session

Whether you choose the 30-minute or 60-minute session, this time is for **You** to relax and enjoy.

When our scheduled time is about to begin, choose a quiet place. If you can, take the time to lie down and enjoy. Listen to soft music if you wish.

Don't worry if you fall asleep during our session, it is perfectly normal. Reiki & Seichem will do its work for your Highest Good no matter what state you are in.

Wear loose, non-restrictive clothing, turn off any phones, close the computer. This time is for **You**.

If you are new to Reiki & Seichem, begin your distant session with an open mind. If you lay there thinking, "When it is going to start?"; "I don't feel anything?" or, "Is this real?" Then you are not allowing or in the best frame of mind to relax and enjoy the healing.

Reiki & Seichem energy is Universal Life Force Energy. It is only positive and can never harm. The energy you will receive does not come from me, the Reiki & Seichem Master, but rather through me, emanating from Source.

It is ok to wonder what it might be like if you've never experienced it before, but it's impossible to tell you beforehand what and how you will experience your during Reiki & Seichem session. As everyone is individual, experiences are also very individual.

You may feel a warmth spread through you, a tingling, or goose-bumps or being enveloped in a warm blanket. You may feel extremely relaxed. You may feel a release and shed a few tears, or just feel like laughing!

Everybody is different! And what you feel in one session, you may not feel in the next.

Many people find a session to be a very profound and private experience. To others, it's more subtle. Some receive insights they never imagined before. Some experience some sort of phenomena during it, like meeting their Spirit Guide or Angels, spontaneously experiencing a past life, or positive vision. Others simply come away feeling fantastic, relaxed, with a sense of peace and wellbeing.

Please don't sabotage your session by questioning its validity.

Reiki & Seichem has its own intelligence and always works for the recipient's Highest Good, no matter what they physically feel during the session. Best not to judge an experience before you've experienced it!



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Whatever happens, happens and it is right and perfect for you at that moment in time.

Distance Reiki & Seichem is a wonderful way to experience that feel good, pick me up, all is 'right with the world' harmony you feel when your energies are balanced, mind, body and spirit.

Reiki & Seichem is never to be used instead of medical treatments, but it is a wonderful aide to it and is used in hospitals, hospices and institutions the world over.

One wonderful aspect of distant Reiki & Seichem is you can be anywhere to receive it and you never have to leave your home.

After your session, it's always good to drink a glass of water when there has been energy movement.

I love to receive feedback from your session, so please do contact me afterwards if you wish.

Blessings.

Julie