



HOW TO PREPARE FOR YOUR DISTANCE REIKI SESSION



Your guide to getting the most out
of your energy healing — from
anywhere in the world.

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*Welcome
to your*

DISTANCE REIKI GUIDE

Whether you're feeling curious, excited, or maybe a little unsure... this guide is here to help you get ready.

The best part? You don't have to go anywhere. All the healing will happen in the comfort of your own space — no driving, no waiting room, just you, your energy, and intention.

Let's walk through what you can do to feel supported, safe, and open for the experience.



- **Stay Hydrated on the day of and after**

Drink a glass of water beforehand. Reiki works better when your body is relaxed and hydrated.

- **Dress comfortably**

Wear soft, loose clothes — think cozy, not corporate.

- **Set your intention**


What are you calling in? Peace? Clarity? Emotional release? Write it down or say it aloud. Reiki always works for your highest good.

- **Create a sacred space**

Pick a cozy spot where you won't be disturbed. This could be your bed, a comfy chair, or even a yoga mat. Add things that make you feel grounded — candles, crystals, essential oils, a favorite blanket.

- **Silence your devices.**

During THE SESSION



- **Just relax**

There's no right way to receive Reiki. You might feel warmth, tingling, emotions rising, or just deep stillness. Some people even fall asleep — it's all valid.

- **Optional: Add soft music**

If it helps you relax, play instrumental or nature sounds. No lyrics — just vibes.

- **Let go of expectations**

Don't force anything to happen. Just breathe, receive, and trust that the energy is working exactly as it should.

After YOUR SESSION



- **Journal**

Write down anything you noticed — feelings, visuals, thoughts, or just how your body feels. Sometimes insights come days later, so keep the journal nearby.

- **Rest if you need**

Reiki can move a lot of energy. Don't be surprised if you feel extra sleepy, hungry, emotional, or energized after. Your body is recalibrating — let it.

- **Drink more water**

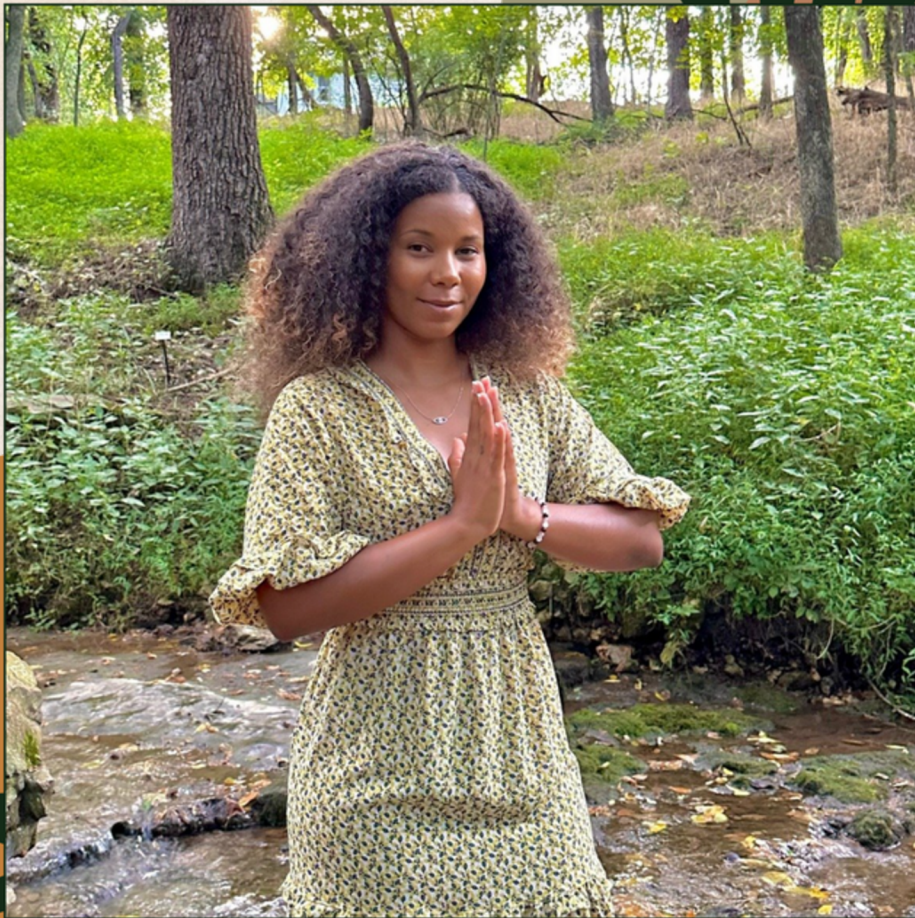
Think of Reiki like an energetic massage — hydration helps flush out what no longer serves you.

- **Take it easy**

Avoid rushing into a stressful situation right after. Give yourself space to integrate.



Thank You!



LET HEALING MEET YOU
WHEREVER YOU ARE.

Agatha

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