



This information is to help you know what to expect and how to prepare for your healing session.

Please don't book in anything really energetic for straight after your session as you may want more time to relax! I would give yourself at least 1 hour to yourself without worry of interruption.

Please relax for at least 10-15 minutes in whichever way prior to the healing time we have agreed and connect to your Higher Self. Please feel free to call in who you like to work with as well. Sit or lie down and cover yourself with a blanket. Get comfortable & keep warm! But please try to keep a **straight spine (without cushion when lying down) and don't cross your arms or legs. Let your body relax!**

Relax and just be – that is the best way to receive your healing and to enjoy it, (try not to fall asleep), try to feel your body, not to be in your thoughts. Please do not worry if you do fall asleep as you will still receive the benefits from the healing! Sometimes our bodies need to go into a really deep state of relaxation to receive, so just enjoy the rest!

The healing session will run for about 30 minutes, but you may feel it lasts a lot longer as the body receives the energy at a pace to suit you and will also need time to integrate the energy. I do recommend that you continue to relax for at least another 15 minutes once you feel the energy stopping to allow the energies to settle and for you to wake up gently. Please trust your own intuition as to how long you should rest after the session is complete as you may feel like you want to take a nap or rest for longer! Alternatively, you may have lots of energy and feel really hungry!! Listen to what your body needs as it will guide you on what to do!

Experiences that maybe felt during the Healing

Hot, cold, tingling, throbbing, vibration, sensations in your hands, feet or anywhere on the body. Muscle aches, sharp rod like pain, which are just blockages being pushed out. Heaviness - like energy has been taken away. A deep state of relaxation. Coughing, which is normally a release and yawning, which is energy being processed. Colours, visions, voices, electricity. Reiki Guides, Past Lives, Words, Symbols. Giggling, laughter or sadness, tears which are just emotions being released.

This is just a guide, so you know if any of these come up for you that it is okay. You may feel some of these or just feel relaxed, it entirely depends on what your body needs and how energy affects you.

If you feel lightheaded or a bit dizzy after the healing has ended, it is possible that you have been low in energy for a long time and are now being filled with positive energy. My advice for this is to go outside and if possible put bare feet on the grass or Earth to ground yourself.

Water helps the energy to integrate, so please have a large glass of water once the healing has ended.

Please feel free to contact me afterwards at happy@blissfullyfree.co.uk if you are unsure of anything.

Enjoy this time out for you!

Love & Blessings

Sarah ♥