

REIKI DETOX

Reiki is a powerful Energy Healing Modality that may have unique emotional, physical and spiritual experiences following treatment. Reiki allows your own body to begin the healing process, which involves moving and releasing unhelpful/stagnant energies, pent up emotions and opening up the Chakras. It is normal to have a reaction to Reiki following treatments. During a session, your energy is cleansed and therefore, the recipient of a Reiki Session must be prepared to go through DETOX.

Compare it to a dietary detox where as you are moving toward giving up unhealthy food and replacing with healthy options, your body may not feel as good as it did, until the body realizes that the healthy food is in fact better options for the overall health of your body.

Just like the dietary detox though, remember-it has happened for your greater good.

Common experiences following a Reiki Treatment that could last a few hours to a few days:

- Increased energy
- Overwhelming sense of Calm and Balance and Happiness
- Relief and Release
- Connection with the Divine Source
- Overwhelming Tiredness, Flu-like symptoms, stuffiness, etc.
- Agitation, disconnectedness, anger, confusion, sadness, crying
- Disturbing dreams

What to do if you are experiencing symptoms that are unpleasant or concerning:

- Short meditation: sit for a few moments and remind yourself that you are moving the unhelpful/stagnant energies through your body and it is for your higher good. Use as your mantra: "I am Healthy, I am Whole, I am Holy"
- Drink lots of water and herbal teas; avoid caffeine and alcohol during the Detox period
- Eat fresh fruits and vegetables; although sometimes comfort foods are also a good choice
- Take a walk, especially in nature, lean up against a tree if you need to feel grounded.
- Listen to calming music or dance it out to rock music if you have too much energy
- Reach out to your Reiki Practitioner to support you.

As your Reiki Practitioner, I am available for telephone and text consults as you make this journey. For most, the Reiki Detox is brief and you may not notice anything different at all. For others, it will be challenging, as your body rids itself of unhelpful/stagnant energies and prepares the soil for transformation and growth! Namaste!

Erin Hostetler
Level 2 Reiki Healer
erinmhos@gmail.com
704-877-6230