

Steps of a Reiki Session

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1.) Prepare Your Space

Draw CKR on all 4 walls, ceiling, floor, and center of room

Draw CKR on the massage table, couch, bed, or etc where you will be working on your client

Optional: Burn sage, say prayers/blessings in the room.

2.) Prepare Yourself

Draw CKR in front of your body and pull it into you.

Draw CKR, SHK, and HSZSN on the palms of your hands, thinking or saying the name of each symbol three times as you draw them.

Important note: Do not ever draw the symbols where your client can see them, and do not speak the names of the symbols aloud when a client is present.

3.) The 3 Pillars of Reiki

- a. Gassho Meditation—Place your hands together in prayer position and take a few minutes to get centered, focused, and grounded.
- b. Reiji-ho—Move your Gassho hands up so your thumbs touch your brow chakra. Take a few moments to ask that your intuition be opened. Then, with either your non-dominant (receiving) hand, or both hands, slowly scan the client, starting above the crown of the head and slowly moving down the body, ending below the feet. Your hands should be 3-12 inches above the client, so you are not physically touching them. Once you have completed the body scan, you are ready for the next step.
- c. Chiryō—Chiryō means “treatment.” This is the portion of the session where you are either going through the standard hand placements, or following your intuition for hand placements based on what you perceived during the body scan. Spend as little or as much time as you like on this section. A short session can be just 10 minutes, focusing on a problem area. A full session can be 60-90 minutes.

4.) Aura sweep

This is a very simple technique to help clear any residual energies for the client, and also help ground them. Place your hands 3-12 inches above their crown chakra and make a large sweeping motion from the crown all the way to below their feet. Repeat this sweep a total of three times.

5.) Kenyoku (dry bathing)

This is a simple method to disconnect from your client's energy.

Place your right hand on your left shoulder and in one full sweeping motion, sweep your hand from your left shoulder to your right hip. Repeat with your left hand on your right shoulder, sweeping down to your left hip. Then repeat again with your right hand sweeping from your left shoulder to your right hip. So, you will complete this a total of three times, once with the right hand, then the left, then the right hand again.

Now, you will do a similar process sweeping down each arm. Place your right hand on your left shoulder and sweep down your left arm, making sure to also sweep the energy off your left palm all the way down your fingertips.

Repeat, by placing your left hand on your right shoulder, sweeping down your right arm. Then repeat one more time sweeping your right hand down your left arm, for a total of 3 sweeps.

6.) Optional—Repeat Room clearing

You can also repeat the process of room clearing by once again drawing CKR on the walls, ceiling, floor, center of the room, and the area where treatment was completed (massage table, couch, or etc).