

Preparing for a Reiki Session

By Bill Gluth, Conscious Living Trainer, Reiki AZ.com

A Reiki session should be viewed as a special and spiritual event. You will experience deep relaxation that will assist you in tapping into your deep "soul self". You can expect wonderful revelations and the unfolding of "gifts" you may currently not be part of your awareness.

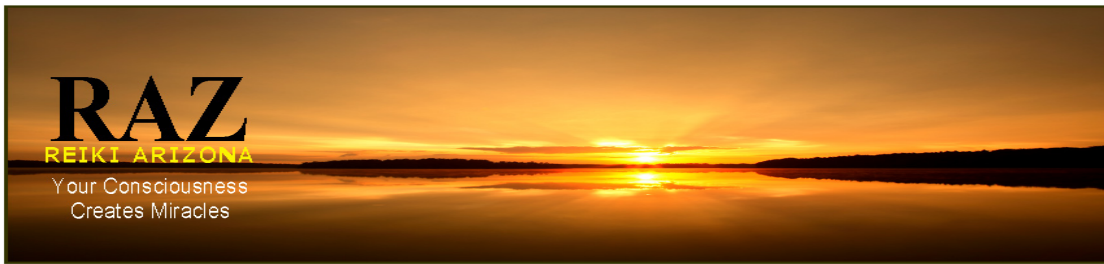
In quiet time, 3 days before your session, in short intervals of 5 to 20 minutes, 1 to 3 times per day consider:

- What do you want to accomplish in your life?
- What are the blocks that keep you from realizing your dreams?
- Is there dis-ease in your physical state?
- Are there emotional wounds you are ready to release and heal?
- Are there spiritual understandings in the background of your being that you are ready to bring forward into life now?

Also consider "What else do I need to know that I have not asked yet?" This is a powerful question. Once you put that question into the Universal flow remain quiet, listen and immediately write down the inspirations and feelings you experience.

Whenever you are in a contemplative state, begin to write down the thoughts, feelings and inspirations you experience. You can use a journal, notepad or any other "creative tool" that will keep your thoughts together and organized.

I personally enjoy dating each entry. When I look back on my writings I can see the insights I had at a specific time and how I now view that same situation. It's very enlightening and a great way to gain personal introspections. You'll be amazed at the extraordinary insights you possess in the depths of your being. Trust this information for it is the voice of God talking to you through your heart.

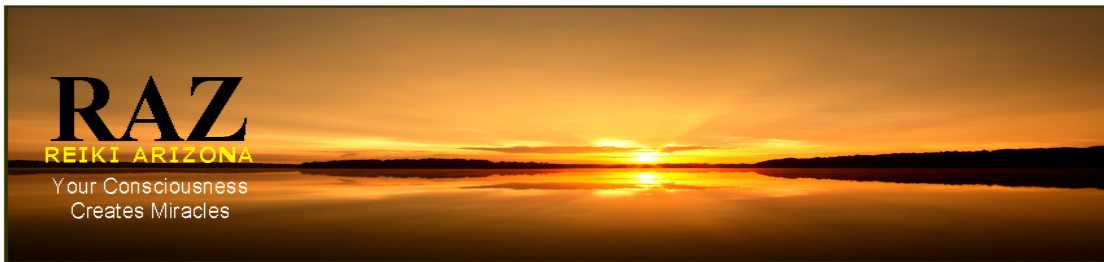


Take these steps the day and evening before your session:

- Nurture yourself.
- Eat foods that you consider healthy.
- Drink plenty of water with lemon in it. Lemon energizes and cleanses the water and your system.
- Be sure to practice your contemplations and journal your soul inspiration. Give yourself plenty of quiet time.
- Do not listen to news programs or read traditional newspapers the night before your session.
- Just center and “Be” without too much outside stimulation.

Before going to bed the night before or upon awakening the day of your session, follow this recipe for the “Bath Of Light”

- A full tub of hot water. Be sure the water is as hot as you can tolerate.
- Add 1 cup baking soda and 1 cup Non Iodized or Sea salt.
- Add 18 to 25 drops of lavender essential oil. Be sure and use therapeutic grade E.O.’s.
- Turn out the lights and light candles.
- Soak for 20 to 30 minutes, keeping the water as hot as possible and using this time for quiet contemplative reflection. Breathe deeply, taking in the scent of the Lavender Essential Oil.
- When you finish, wrap your entire body in towels, including your head and feet and lie down on your back for another 20 to 30 minutes. Just relax and allow the energy of the Bath of Light to flow through and around you.
- Write down any inspiration or thoughts you become aware of in your journal.



On The Day of Your Reiki Session

When you get up, read your journal entries and consider "What is the # 1 thing I want to bring into my life now." This will be your goal for the Reiki Session.

Take the Bath of Light if you didn't the night before.

Be sure to get up early and in plenty of time to casually, consider your journal entries, get ready and arrive at your session on time. You do not want to create stress or strain on the day of your session. Leave plenty of time to do everything.

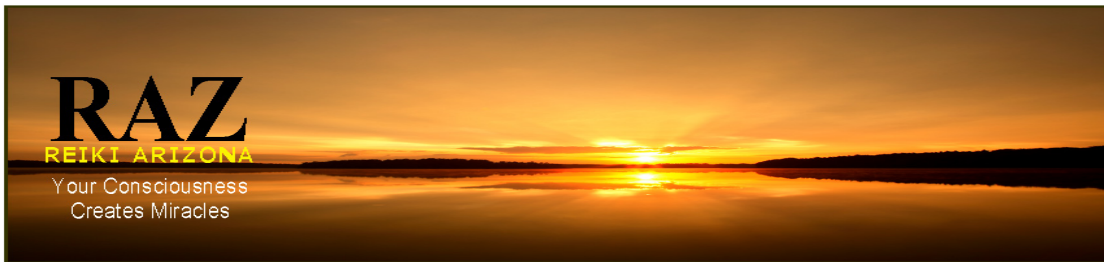
Bring your journal and discuss your # 1 goal for the session, with your Reiki Practitioner, based on the notes you have taken over the past 3 or more days.

Have a focused goal to accomplish during your Reiki Session. Don't try to accomplish too much too quickly.

Discuss your goals, thoughts, feelings and ideas openly with your Reiki Practitioner. Allow the practitioner to work with you and remain in open receivership of the wonderful gift of your Reiki Session.

Reiki is a wonderful, enlightening, relaxing experience that has helped hundreds of thousands of people all over the world realize their life in a complete and spiritual way. Allow the healing energies to enter your system and feel the wave of energy that will blanket your entire state of being.

Follow these steps as well as any other ideas your Reiki Practitioner provides and enjoy your Reiki Session.



About Bill Gluth

Bill Gluth is an Conscious Living Trainer, Author, Coach and Spirit in a State of Constant Evolution. He teaches people to use their consciousness to manipulate and control human subtle energy and create positive outcomes in their life.

"We are all empowered with divine wisdom. I use mine to remind you of how wonderful you truly are."

- Bill Gluth

Learn more about Bill Gluth's work with Human Consciousness at www.reikiaz.com and www.energyhealingtraining.com

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