



# Receiving Reiki

## A Sacred Companion Guide to Integration & Healing

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### Welcome, Divine Soul

Thank you for saying yes to yourself.

This Reiki experience was created as a sacred invitation to pause, receive, and reconnect with the wisdom already within you.

Whether you felt the energy deeply, drifted into a peaceful sleep, experienced emotions, or simply enjoyed a moment of stillness, trust that the healing energy has been received exactly as intended for your highest good.

There is nothing you need to force, analyze, or understand.

Simply allow.

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### What Is Reiki?

Reiki is a gentle yet powerful form of energy healing that works with universal life force energy to support balance within the body, mind, emotions, and spirit.

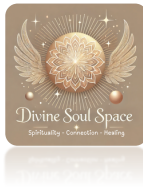
Reiki helps create the conditions for your own natural healing intelligence to emerge.

As energy flows where it is most needed, many people experience a greater sense of peace, clarity, relaxation, and connection.

Each Reiki session is unique because each person is unique.

Trust your own experience.

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## What You May Experience

There is no right or wrong way to receive Reiki.

Some experiences are immediate, while others unfold gradually over the days that follow.

You may notice:

- ✦ Deep relaxation
- ✦ Warmth, tingling, or gentle waves of energy
- ✦ Emotional release
- ✦ Feelings of peace, calm, or lightness
- ✦ Increased intuition or clarity
- ✦ Colors, symbols, or visual impressions
- ✦ Physical sensations within the body
- ✦ A desire to rest or sleep
- ✦ Insights, memories, or inspiration

You may also feel very little during the session itself.

This is completely normal.

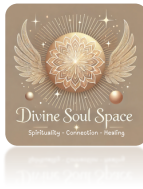
Reiki continues working beyond the time spent receiving and often integrates in subtle ways over the coming days.

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## Integration & Aftercare

Just as a seed needs time beneath the soil before it blossoms, healing often continues long after the session has ended.

Allow yourself space to integrate.



You may wish to:

- Rest if your body asks for it
- Spend quiet time in reflection
- Journal any emotions, insights, or experiences
- Take a warm bath or shower
- Spend time in nature
- Practice self-compassion and gentleness
- Listen to your body's needs

Remember that healing does not always arrive as a dramatic transformation.

Sometimes it appears as a subtle shift in perspective, a moment of peace, or a renewed connection with yourself.

## **Hydration & Energy Flow**

Water is one of the simplest and most supportive tools for energetic integration.

Following your Reiki session, consider drinking extra water throughout the day.

Hydration may support:

- Energy movement throughout the body
- Emotional processing
- Mental clarity
- Physical well-being

As you drink, take a moment to offer gratitude to your body for all that it does for you each day.

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## Grounding Practices

Grounding helps anchor the healing energy and supports a feeling of stability and presence.

Choose one or more practices that resonate with you.

### **Heart-Centered Breathing**

Place one hand over your heart.

Take several slow, intentional breaths.

Allow yourself to arrive fully in the present moment.

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### **Connect with Nature**

Walk barefoot on the earth.

Sit beneath a tree.

Feel the support of the natural world around you.

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### **Root Into the Earth**

Bring awareness to your feet.

Imagine roots extending from the soles of your feet deep into the earth below.

Feel yourself supported, anchored, and safe.

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## **Sacred Journaling**

Record any sensations, dreams, symbols, emotions, or insights that arose during your Reiki experience.

Your journal can become a beautiful record of your healing journey.

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## **Gratitude Practice**

Take a moment to acknowledge yourself.

You chose to slow down.

You chose to receive.

You chose to honor your healing.

That alone is a sacred act.

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## **A Blessing for Your Journey**

May you remember the wisdom that lives within you.

May you trust the unfolding of your path.

May you move forward with greater peace, clarity, and compassion.

May you continue to return home to yourself, again and again.

Thank you for allowing me to walk beside you on this journey.

With gratitude and love,

**Alexandra Santos**

**Divine Soul Space**

*Channel of Sacred Energy*