

Preparing a Sacred Space

PHYSICAL, MENTAL & SPIRITUAL



Preparation is key for any Reiki session, whether it be self healing or you're treating a family member or client.

Bare in mind that 'space' is multidimensional. Reiki is a body, mind, spirit modality, so take care to prepare all three. None of it needs to take very long, but the few minutes you spend preparing can help you maximize the Reiki experience.

Things to consider include...

Physical Space

DECLUTTER AND BEAUTIFY

When it comes to the tangible aspect of your sacred space, it's important to make sure that it's clean and visually pleasing. You may like to bring things into the space that relax you, make you smile, or represent the energy you want to create- plants, candles, crystals, artwork, etc. Bringing your sense of smell into the mix by burning oils or incense is also a good idea. Don't forget that your physical space doesn't just mean the room, it also refers to your actual body.

Mental Space

LIMIT DISTRACTIONS

Your mental space is just as important to prepare before your Reiki session. Ensure you schedule your sessions when you can be free of outside distractions. Ensure you turn off phones and other electronic appliances. Taking some time for quiet meditation before delivering a Reiki healing session will really make all the difference in opening your spiritual channels and allowing the healing Universal energy to flow effortlessly.

Spiritual Space

CLEANSE AND INVOKE

Reiki is Universal 'spiritual' energy, so attending to this aspect of your space is a must. Start by blessing and cleansing your space with a brief ritual using your reiki symbol(s) in the centre of the room, corners of the room and at any doorways or windows. You may also like to include a prayer and you may wish to smudge yourself, your client and your space with white sage. Alternative ways of cleaning would be to use essential oils, sound or crystals. I encourage you to find a cleansing ritual that feels right for you. You may also wish to invoke spiritual assistance.

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OTHER THINGS TO CONSIDER

COMFORT

It is important that your client is comfortable and relaxed through the session. They may wish to remove tight clothing such as belts, ties and shoes. There is no need to remove any other forms of clothing.

To further enhance the experience consider having your client lay down so that they can fully let go and be open to receive. If for any reason this is not suitable, having your client seated on a comfortable chair is also a good option. It may be helpful to use pillows to further support the head, feet and knees.

TEMPERATURE

It is important to ensure the room is a comfortable temperature for both you and your client. Body temperature can often drop significantly during states of deep relaxation. You may wish to have extra blankets at hand.

JEWELRY

To enable you to work with Reiki free from all subtle energy disturbances, it is advisable to remove all jewelry prior to a reiki treatment.

MUSIC

Some people like to work in total silence while others prefer gentle soothing music. Here are links to two free Reiki music videos on YouTube:

https://www.youtube.com/watch?v=8fJy_j0h8oU

<https://www.youtube.com/watch?v=Leob7Fv1ibM>

HYGIENE

It goes without saying that personal hygiene is essential when providing treatments to others. Avoid wearing strong perfumes or after shaves. If you smoke make sure you brush your teeth or use a mouth freshener. Refrain from eating garlic, onions or any other food that may leave a smell on your breath. Always wash your hands before and after a Reiki session using a lightly scented or neutral soap. It is good practice to also apply a hand sanitiser before commencing the treatment.

ALCOHOL

Alcohol dissipates energy. Always refrain from consuming alcohol if you know you are going to be working with Reiki for at least twenty-four hours before a session. Never treat someone who is under the influence of alcohol or recreational drugs.

