

DISTANCE REIKI SESSIONS



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THE POWER OF ONENESS

What is Reiki? Reiki can be experienced in different ways and as such can be interpreted in different ways. In order to keep it simple, the word Reiki, a Japanese term, meaning “Universal life force”, is an infinite and perfect source of energy. When we are experiencing difficulties of any kind, we are most likely in deficiency of this vital force which can be blocked from flowing freely within us for various reasons. Receiving Reiki helps in restoring our life force and in removing the blockages inhibiting its natural flow. It is very soothing, relaxing and it helps in harmonizing every aspect of our being as well as restoring our wellbeing.

Since energy is all space and matter, I can therefore offer you Reiki sessions at a distance. Many benefits can be experienced by receiving distance sessions. Whether you are new to Reiki or have received Reiki before, whether in person or at a distance, all are welcome. It will help put you in a state of releasing and receiving, releasing the old and welcoming the new, which is an important part in restoring harmony. It helps releasing any worries, anxieties or energy blockages that you may be experiencing now or from a previous date. This will help put you in a receptive state so you can receive just what is needed for you at this precise moment for your highest good. For those reasons it is good to notice any thoughts, emotions, feelings or dreams that you may have during or following the session. This process can be ambiguous, therefore, if needed please do not hesitate to ask questions so I may assist you further.

Receiving Reiki at a distance for a first time can be subtle and different from receiving it in person. The challenges for some people are one which the person is alone at home without the comforting presence of their practitioner and that of the physical sensations. Therefore, often the person does not know what to expect. The person may have to focus a little harder on staying relaxed and receptive to the energy they are receiving. For that reason, please take note of the following advice in order to maximise your

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Reiki session. It is important not to have any preconceived ideas and to simply be willing to receive the energy that is being sent you. The energy will work during the session and for the following few days. You may experience different sensations such as being surrounded by a warm, comforting, relaxing and soothing energy; you may also experience a mental or emotional liberation, have a feeling of lightness or have other experiences and sensations. The experiences unfold according to the individual's receptivity, needs and openness.

Outline in order to maximise your Reiki session:

- For the session the participant's full name and picture is required, this is to establish a connection and to focus further on the participant. The name and photo is kept confidential.
- For further information on Reiki please visit the web site prior to our appointment www.hfreiki2.wix.com/dominic-reiki-usui
- A brief moment will be utilised before the session for introductions and to answer any questions you have about Reiki. (Telephone, Email, text or Face Book - messenger.)
- If you have any specific issues you would like to work on, please let me know at the beginning of our meeting, or simply affirm it to yourself before the session begins.
- To prepare for the session make sure that you are in a quiet place where you will not be disturbed for a 30 - 50 minute period. You may also want to close your phone.
- If you like you can play a gentle relaxing music of your choice, preferably one with no lyrics.
- For the session, please adopt a comfortable position, either seated or lying down. Cover yourself or have a blanket nearby if needed, to keep you warm, comfortable and receptive.
- Simply close your eyes and relax. You may affirm that you accept the Reiki energy now.
- If you have difficulty relaxing, gently bring your attention inward and on your breath. Breathe deeply and slowly into your abdomen first and then later you may follow your breath from your nose down into your lungs and back out again.

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- If thoughts arise simply notice them and let them pass by like a bird in the sky. Be aware of any sensations in or around your body. Do not worry if you fall asleep, you will still benefit from the session. In the opposite case, if you are still unable to relax or to detach from your thoughts, simply do your best to remain tranquil in the moment and do not worry, you will receive the energy later on at a moment when you are more disposed.
- A brief period is kept at the end to discuss the session in general. If questions or comments come to you after the session is closed please forward them to me by text, email, etc., or keep them for the start of our next session.
- Do your best to remain in a calm and peaceful mindset for as long as you can after the session and simply observe any thoughts or feeling that you may have in the present and during the following days.
- Drink plenty of water. Proper hydration before the session helps to improve receptivity and after the session helps to eliminate toxins. (Approximately 30 - 40 millilitres of water per kilogram of your weight, unless otherwise specified by a health professional. www.issaoline.com)

Love & Light,

Dominic Audet – Reiki Master

(Note: Reiki is not a philosophy. The only philosophy in Reiki is that everything is energy. Reiki is an energy which we get attuned to. Then, we learn simple methods for working with this energy to receive its benefits.

The benefits are numerous and can lead us to journey a long ways on a personal level.

Afterwards, amongst the numerous benefits for one's self we learn methods of sharing them with others, hence the Reiki sessions.

There are several approaches to conduct Reiki sessions, and also particular methods for particular needs. See website for more information.)

Payment process:

Payment must be made prior to the session, either Interac direct in your online banking or PayPal if you are outside of Canada. Please note that there may be additional transaction fees for PayPal up to 5%.

https://paypal.me/DomReiki?locale.x=en_US

See rates <https://hfreiki2.wixsite.com/dominic-reiki-usui/rates--content>