



What is Reiki?

Reiki is a gentle, hands-on (or hands-off) energy practice that supports the body's natural ability to heal and restore balance that works on physical, emotional, mental, and spiritual levels. The word Reiki comes from the Japanese words rei (universal) and ki (life force). During a Reiki session, the practitioner channels universal life energy through the hands. People often describe Reiki as deeply relaxing, grounding, and restorative — like being wrapped in calm, healing, peaceful light.

Reiki with Sarah

I have designed my Reiki sessions to be as passive (quiet rest), or active (gently guided) as you feel comfortable with and most supported by.

A Passive Quiet Restful Experience

If you prefer to simply receive, I will invite you to breathe deeply and rest while I work with your energy field. Many clients choose quiet receptivity, allowing the energy to move and settle while they soften into stillness.

An Active Gently Guided Experience

If you enjoy a more engaged experience, I offer occasional soft prompts to help you:

- tune into your body
- notice places where energy is held
- gently witness emotions, memories, or sensations
- give those inner spaces what they need (attention, compassion, or release)

This is not talk therapy — guidance is rhetorical, light, and supportive, helping you stay connected to your inner landscape without analysis or conversation.

Sound Healing in Your Session

I incorporate sound as a tool for energetic movement and clearing. This may include chimes, bells, bowls, or other gentle vibrations.

Sound can be used to:

- Release or move out stagnant, heavy, or unwanted energy
- Draw in light, clarity, abundance, grounding, or supportive energies

The vibrations help the body shift, soften, and recalibrate on a deep level.





Reiki with Guides, Angels & Deities



If you have a deity, spiritual figure, ancestor, or angelic presence you feel connected to, you are welcome to invite them into your session. If you would like to share details for that connection with me, I can also call them in with intention to support, protect, and guide the work.

This is completely optional.



What to Expect

Every Reiki session includes:

- gentle grounding and breathwork
- optional movement or somatic awareness
- intuitive energy work with hands on or just above the body
- optional guided prompts for deeper attunement
- sound healing
- an energetic closing to seal, balance, and ground your field

You need only to show up as you are.



What to Bring

- Water - Staying hydrated helps your body process and integrate.
- A journal or notebook - You may want to write down insights, sensations, or messages that come up after your session.
- Comfortable, warm clothing & socks - Your body temperature can drop slightly as you relax. Soft, non-restrictive layers are best. You will remain fully clothed during the session.
- (Optional) Any personal item that brings peace - A small crystal, charm, or meaningful item can rest on the altar or nearby if you like.



Before You Arrive

Try to avoid large or heavy meals right before your session. When the body is in deep digestion mode, it's harder to fully relax into the energy work. A light snack is perfectly fine if you need it, and a glass or two of water beforehand helps your energy move more freely. For the clearest and calmest experience, it can be helpful to limit caffeine and avoid alcohol for about 12 hours before your session. Both can affect the nervous system and make it harder to settle into the deeper layers of relaxation.

