

# CRYSTAL REIKI

## What to Expect During a Distance Crystal Reiki Session

---



Crystals have been used for centuries as tools for healing and increasing levels of awareness with each stone being specially selected for specific frequencies and healing properties.

The crystals are used and placed in a specific layout around and on the recipient or on a Reiki grid and Reiki energy is allowed to flow through the practitioner, into the crystals and into the recipient.

The Reiki energy passing through the crystals will create a specific energetic resonance within the recipient that their body will then use to address specific imbalances in specific areas of the body, conditions or levels of awareness that are ready to heal.

You will complete a confidential client history Google form that outlines the areas in your body and life that you would like the session to focus on. This will also help us monitor your progress from session to session. The session will last an hour: 10 min pre-session conversation (phone or Zoom), 40 min where I'll create a custom crystal Reiki grid for you and charge it with healing Reiki energy and 10 min follow-up conversation to discuss any questions you may have and share about the experience. I'll also email or text you a picture of the crystal Reiki grid for you to draw energy from as you heal and grow. The 30 min session is organized similarly as 5 + 20 + 5 min.