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INFO SHEET - Get the most out of your Distant Reiki Healing Session

On this information sheet is the step by step process to take in preparation for your distant healing, plus the affirmation and intention to say before the healing session begins.

1. What you will need

You will need the video [Guided Grounding and Protection before Receiving Distant Healing](#) ([click link](#))

This video includes:

- Grounding and Protection
- Relaxation Exercise
- Relaxing music

2. Affirmation and Intention

Protection Affirmation - Do this after grounding and protection.

"I am in receiving mode to receive only Reiki healing energy* that is for my highest good and the highest good for all. I reject and protect myself from any other energy."

**If you want to include angelic healing energy or healing from your guides or other sources - include that in this protection affirmation where you see the star **

[Intention is optional if you just want Reiki to go where it is needed most then you do not need to include the intention.]

Intention - for receiving the reiki energy (Where you want the Reiki Energy sending).

"I send the Reiki energy I receive today is to heal XXXXXXXXX"

3. Step by Step

Here is the simple step by step preparation process.

- 1 - Listen to the grounding & protection exercise
- 2 - After this exercise **"pause" video**
- 3 - Say the **protection affirmation**
- 4 - If you want to put an **intention** on receiving the healing **do this now**.
- 5 - **"Unpause" video** and listen to the **relaxation video**
- 6 - **Enjoy the Distant Healing Session.**