

How distance Reiki sessions work.

Distance Reiki can be sent to anyone, anywhere and at any time—though permission should be invoked or received in some way.

During a distant Reiki session, I'm connecting to your energy in the same way as I would if you were here and channelling the energy into your energy field. The energy works the same way as in person.

There is no separation between you and I in the healing space. For most people who have distance Reiki, they feel everything as if they would in person and this is always a surprise for them!

When I'm performing reiki on someone who is not present, I'll typically work with the recipient's name and a healing crystal.

I will then ask for my spiritual team to come forth and help me with your healing. When I get started I will draw some symbols to get the healing started and other symbols to help with the healing session as I go along.