



CORK COUNSELLING CLINIC  
PSYCHOTHERAPY · MEDIATION · COACHING



# REIKI FIRST SESSION



## Introduction to Reiki Sessions at the Counselling Clinic

Embarking on a journey with Reiki at our Counselling Clinic offers a unique path to self care and personal discovery. This brochure is designed to alleviate any uncertainties or anxieties you might have about beginning Reiki sessions, and to illustrate how this ancient healing technique can enhance your overall well-being. We invite you to approach these sessions with openness, as many find Reiki to be a deeply rewarding and transformative experience.

### Understanding Reiki

Reiki is a form of energy healing that originated in Japan in the early 20th century. It is based on the idea that a “life force energy” flows through us and is what causes us to be alive. If one’s life force energy is low, then as you might expect, we are more likely to feel stress or get sick, and if it is high, we are more open to being happy and healthy. A Reiki session involves a practitioner placing their hands lightly on or just above a person’s body, facilitating the flow of energy to improve balance and promote greater wellbeing.

### The First Session Explained

**Arrival:**

When you arrive at our clinic for your first Reiki session, you can take a seat in our waiting room. Our waiting area is a quiet space where you can relax and start to shift your focus in preparation for your session.

**Meeting Your Reiki Practitioner:**

Your Reiki practitioner will greet you warmly and escort you to a comfortable, private therapy room. This room is set up to enhance the relaxing effects of Reiki, often with soft lighting, gentle music, and a comfortable table or reclining chair where you will lie down fully clothed.

**Discussion of Confidentiality and Process:**

Before beginning the session, the practitioner will discuss confidentiality and explain the Reiki process, ensuring you understand and are comfortable with what will happen. This is also a great time to ask any questions you may have. The practitioner will explain how they will move their hands across your body without direct contact or only with light touches, respecting your personal space and comfort.



### **Addressing Anxieties and Expectations:**

It's normal to feel uncertain or anxious about trying something new like Reiki. Your practitioner will likely discuss these feelings with you, offering reassurance about the gentle and non-invasive nature of the sessions. You are encouraged to express any concerns and the practitioner will tailor the session to your comfort level.

## During the Session

Once you are comfortable, the session begins. You simply lie on the treatment table while the practitioner begins the session. They will move their hands across various parts of your body, starting at the head and moving towards the feet. Each hand position is held for a few minutes. During this time, you may experience sensations such as warmth, tingling, or deep relaxation. Some clients report feeling emotional releases or a strong sense of peace.

## Common Questions and Concerns

### **Effectiveness: "Will I notice an immediate change?"**

Many clients feel a sense of relaxation and peace during their first session, while others may notice more gradual changes in their well-being over several sessions. Reiki aims to balance energy, so the effects can vary from subtle to significant, depending on your individual needs and life conditions that you find particular in your own life.

### **Physical Contact: "Is there a lot of physical contact?"**

Reiki can be performed with no direct contact; the practitioner's hands hover just above your body. If any contact is made, it is always gentle and non-intrusive, focusing on energy rather than physical pressure.

### **Religious Beliefs: "Does Reiki require specific spiritual or religious beliefs?"**

Reiki is not associated with any particular religion. It is a spiritual practice in terms of connecting with life energy, but it does not require or impose any beliefs. People of many different faiths and beliefs practice and benefit from Reiki.

### **Health Concerns: "Can Reiki help with physical health issues?"**

While Reiki is not a substitute for medical treatment, it is often used as a complementary therapy. It can help manage symptoms, reduce stress, and improve emotional well-being, which may positively affect physical health. You may be coming to Reiki on the recommendation of your psychotherapist or on your own decision. Both are equally valid.



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## The Role of a Reiki Practitioner

Practitioners at our clinic are skilled in Reiki and are also adept to be mindful to refer clients to psychotherapy should the need arise. This is one of the safeguards in having your Reiki sessions at the Counselling Clinic. They operate with a deep respect for all clients, providing a supportive and nurturing environment to help you harness your own energy to facilitate better wellbeing.

## After the Session

At the end of the session, you'll take a few moments to be fully aware of your usual state of awareness. You may discuss your experience with the practitioner, who can discuss your insights into the session's effects and explore how to incorporate any insights gained into your daily life.

## Subsequent Sessions

If you find the Reiki session beneficial, you can discuss scheduling subsequent sessions. Many people choose to have Reiki regularly as part of their overall wellness routine. Each session builds on the last, often deepening the sense of relaxation and well-being.

Reiki offers a gentle yet powerful path to self-awareness and greater wellbeing. Each person's experience with Reiki is unique, and the benefits can be as varied as the individuals receiving it. We encourage you to approach your Reiki journey with an open heart and mind. If you have any further questions or need assistance before your session, feel free to contact our clinic. We are committed to providing a safe, respectful, and healing environment and look forward to assisting you in your wellness journey.

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**You can contact us by phone 089 600 9460 / 021 439 7552 or  
through our website [www.corkcounsellingclinic.ie](http://www.corkcounsellingclinic.ie)**

We will be happy to take your call and look forward to working  
with you in creating a harmonious and strong relationship.

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