



A Gentle Introduction to Reiki

What it is, what to expect, and a simple practice to try at home

WHAT IS REIKI?

Reiki is a gentle, hands-on (or hands-just-above-the-body) relaxation practice with Japanese origins. A practitioner uses light touch to help the body settle into a calm, restful state similar in spirit to how a quiet walk or a good night's sleep helps you reset.

**Reiki is a complementary wellness practice, not a medical treatment. Many people use it alongside their regular healthcare to support relaxation and a sense of balance, not in place of it.*

WHY PEOPLE TRY IT

- To unwind and reduce everyday stress
- To support a sense of emotional balance during a hard season
- To support healing
- To build a regular practice of slowing down and checking in with themselves
- Simple curiosity about a new form of relaxation

WHAT TO EXPECT IN A SESSION

- You stay fully clothed and relaxed, usually lying down or seated comfortably
- Sessions are quiet, calm, and typically last 30–60 minutes
- Touch is light and optional. We'll always check what feels comfortable for you
- Most people describe the experience as deeply relaxing; some feel warmth, calm, or simply drift into rest

FREQUENTLY ASKED QUESTIONS

Is Reiki a religion?

No, Reiki isn't tied to any particular religion and doesn't require any specific belief system to receive it.

Does it hurt?

Not at all. Touch, when used, is very light and you're always welcome to request a hands-off session instead.

What should I wear?

Whatever feels comfortable. You'll remain fully clothed for the entire session.

How many sessions do I need?

That depends entirely on you. Some people come for a single reset while others build it into a regular monthly rhythm.

**Reiki is a complementary wellness practice and is not a substitute for medical or mental health care. If you're managing a health condition, please continue working with your care team.*



A 3-Minute Grounding Ritual

A simple, Reiki-inspired practice you can try anywhere

1. Find a quiet moment

Sit or lie down somewhere comfortable. Let your shoulders drop and your jaw soften.

2. Place a hand on your heart

Rest one or both hands gently over your chest. Just notice the warmth of your own hands.

3. Breathe slowly, four counts in and out

Inhale for a slow count of four, then exhale for a slow count of four. Repeat for about a minute.

4. Set a simple intention

Silently offer yourself one phrase, like "I am allowed to rest" or "I am safe right now."

5. Close gently

Take one more slow breath, then let your hands rest back down whenever you're ready.

WANT TO EXPLORE THIS FURTHER?

Contact us to learn more or to book your first Reiki session

www.twelvetwelvewellness.com