Client Information After Care Sheet

Each person is a unique individual, therefore after a Reiki therapy, reactions to the therapy may vary from person to person. Below are a few reactions that may occur following treatments:-

- The physical condition if any may worsen at any time up to approximately 24 hours.
- The client may feel tired or lethargic following the therapy.
- The client may feel full of energy or elated following the therapy.
- Dizziness, Light-headed.
- Constipation or diarrhoea.
- Increased urination or bowel movements.
- Crying for no reason.
- Laughing for no reason.

These are a few reactions which may occur, they are part and parcel of the body's healing process, and this may occur as the body releases toxins and re-balances the energy pathways.

Any side effects will usually diminish after 48 hours. However, to ease any side effects the following may help.

- Drink at least six to eight glasses of water per day to help flush toxins from your body.
- Increase rest time.
- Avoid consumption of stimulants such as coffee / tea / alcohols.

Mr M. R. Thirlwell MFHT

For and on behalf Reiki Tradition

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