

How Reiki Sessions work, offered every Friday by [Catherine LABBE](#)



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Warning to read

Reiki treatments cannot in any way replace a medical diagnosis, nor an in-depth study of your situation by a professional, and especially not replace medical treatment.



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Preamble

For starters, I'm thrilled to see you among the people who enjoy Free Reiki treatments every Friday.

Keep in mind that several thousand people benefit from these sessions each week and have done so for over 13 years. ♥

For many people, this care pays off or, rather, gives them energy ;-).

Here I will explain the procedure to follow to get the most out of these Reiki treatments.

Procedure

How to Receive Energy from the Reiki Session

On the days when the session is scheduled, you should put yourself in the reception of its energy.

These free Reiki sessions are held systematically on Fridays at 1 p.m. (Paris time) for 20 minutes.

If you're available when I give the session, take the opportunity to reap the benefits at the same time.

If you're not available at the time, it doesn't matter. This will not prevent you from benefiting from the reiki energy that I transmit to you; unless you don't take the time to welcome him. To get the treatment later, take a little time later.

If you're very busy, this may be right before you fall asleep when you're lying down.

If you're already asleep during the session, take a moment when you wake up before you get up, for example.

Step 1: Prepare to receive Reiki energy

IMPORTANT : **You don't need to be connected to the Internet**, nor do you need to go to websites.

Sit or lie down comfortably in a quiet place: living room, bedroom, office, terrace, garden...

Take the time to disconnect by relaxing and breathing for a few minutes to break away from the hustle and bustle of everyday life and the external environment, which you are about to leave for a few minutes.

Once again calm and relaxed, accept the Reiki energy transmitted during the session that I give you, or that I give you if you do it later after the session time.

Step 2: Accept and Welcome Reiki Energy

To accept this Reiki energy, say this phrase:

"I accept and welcome the reiki energy of the session that Catherine has given me today, for my own sake and for the sake of as many people as possible. Thank you. Thank you. Thank you."

Then let yourself go for 10-15 minutes to embrace the reiki energy of the treatment and feel it within you.

Just relax.

Step 3: Come back to yourself here and now.

- At the end of these 10-15 minutes
- Gently open your eyes if you had them closed.
- Move your feet, hands, legs, and arms.
- Take a deep breath.
- Then thank you again for this session: "Thank you. Thank you. Thank you."

You can then resume your activity or fall asleep, depending on when you took in the energy from the day's reiki session.

Questions & Answers

I am not available at the time of the session

As I explained to you, you can come in at the front desk later. The important thing is to take 5-15 minutes to accept and welcome the energy of the session.

I don't feel anything during the session

There are several factors that make you feel nothing. This may come from the fact that your mind is in control and that you're not letting go enough.

If you want to feel absolutely, you focus on this desire and not on letting it go. We're in the mind.

Also, since we don't necessarily know what we should feel, then the mind will feed all of this.

Letting go is the best solution.

Then it depends on each person's path and each person's sensitivity. Some people feel more than others.

We also have a lot of people who don't feel anything and all of a sudden they feel.

Confidence. Take the Reiki energy. And let it be.

If I don't feel anything, it's okay?

Even if you don't feel anything at the time of the session, the reiki energy will act on you. On one condition, however, that you accept and welcome him.

What happens if no changes occur?

This can be due to a number of factors.

One is the factor of self-sabotage.

Reiki gives you a strong energy to work and act on yourself. But if you don't accompany the work in a positive way, you are helping to prevent the work of reiki.

It can also come from larger blockages that need to be identified in order to be treated.

In any case, don't stay believing that Reiki doesn't work, that Reiki isn't for you.

Reiki works.

I invite you to contact me to comment:

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I am always available to people who have this strong desire to move towards their well-being.