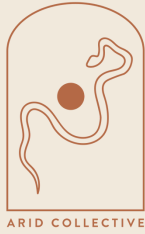


# REIKI HEALING



## virtual sessions | what to know

### sessions may include

| crystal healing | guided meditation | biogeometry signatures |  
| biofield tuning forks & sound | insights & integration |

### usui heart centered reiki

usui reiki is a traditional japanese healing practice that is understood to primarily work with the central nervous system as well as the thousands of nerve ganglia emanating from the spine, connecting us to the subtle body: the chakras, meridians, and nodules. a certified master healer in 2019, saige has gone deeper to integrate the realms of the subtle body, ibrahim karim's biogeometry signatures to bring healing & harmony to the physical and energy body, crystals to attune the energy body to necessary crystalline frequencies, and biofield tuning forks to work with the lymphatic system and help to bring the emotional body into balance.

### common symptoms during and after session

- sweats or chills
- relaxations
- flinching + cracking
- sleeping
- visualizations
- realization
- insights or guidance
- emotional release
- bliss or gratitude
- tingling
- mood swings
- changes in energy level

### preparation

- drink water
- deep breathing
- stretch/move the body
- intention

### session structure

the session will be conducted via zoom, whatsapp video, or facetime depending on preference. for 15 minutes, we open the space. here, we will discuss your intentions, current aspects, and health. the session will last for 30 or 60 minutes, depending upon what you booked. the most important thing is that your body is comfortable, relaxed, and open to receive reiki healing energy. most prefer to lie down with the video off and a face mask on, though you can choose what is best for you. during the closing 15 minutes, you will be welcomed back to the space to share and provide insight to anything that came up during the session.

please email me with any other questions you may have!

[aridcollective@gmail.com](mailto:aridcollective@gmail.com) | [aridcollective.com](http://aridcollective.com)