

Week One ~ Cleanse



In your first Reiki session, we will use energy healing to deep clean your electromagnetic field of outside “pollution,” such as anything implanted from childhood (parents, other family members, school, friends, etc.), core beliefs from religious and societal conditioning, and the physical and emotional suffering of others.

Why Cleanse? – Cleansing your energy helps you feel grounded in your body, and centered in your own emotions. Cleansing really helps with stress and anxiety as well as depression, as many of the emotions felt by empaths are not their own. Cleansing also reduces the feeling of overstimulation or overwhelm that many sensitives experience.

Week Two ~ Charge



In your second Reiki session, we will raise the vibration of your body and your electromagnetic field to make sure it is as high as you can safely hold.

Why Charge? – A high vibration is a first line of defense for energy sensitives and empaths. When your vibration is high, you find that you are much more immune to the emotional and physical suffering of those around you, as well as from energetic interference in your environment. You are able to hold space for the suffering of others with love and compassion, without subconsciously taking on their suffering as your own, which doesn’t do anyone any good.

Week Three ~ Protect



In your third Reiki session, our emphasis will be on protecting your electromagnetic field. As you raise your vibration, it becomes necessary to be skilled at setting clear vibrational and physical boundaries, and making sure the integrity of your field is intact at all times, as much as possible.

Why Protect? – Empaths are also highly susceptible to the emotions of others around them. Unfortunately they also attract energy-draining people who may take advantage of their kindness and willingness to help. By protecting your field every day and learning to use your discernment and intuition, you can make sure that your energy stays intact, so you enjoy increased vitality, joy, and confidence and feel much less immune to the emotional tone around you.

Cost is \$360 and includes three 60-Minute Reiki Sessions and Electronic Self-Care Resources.