

4 REIKI X Aftercare 4 Guide

IMMEDIATE AFTERCARE (First 24 Hours)

Stay Hydrated

Drink plenty of water to continue to flush out released energy.

Reflect

Journal about the intuitive messages you received during your session or try free-writing whatever thoughts come into your mind.

Expect movement

Your energy will continue to move and flush - expect after effects like more frequent urination to occur.

Continue the calm

If it's available to you, rest. Consider avoiding screen time and other electronics.

EXTENDED AFTERCARE (Rest of the Week and Beyond)

Tune in

Notice where emotions show up in your body. Explore whether it's more helpful to name them or to just feel them and allow them to release.

Self-care

Prioritize activities that nourish your body, mind, and spirit. Self-care looks different for everyone, so do what resonates most with you.

Journal

Start making short journal entries regularly. Record any insights, emotional or mental shifts that you notice.

Ground yourself

Root and promote balance by spending time in nature, practicing breath work, or building a gratitude practice.