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## **Remote Reiki Session**

### **What to expect before the reiki session?**

- The night before your session you will receive a reminder email from me confirming the time of your session.
- Be sure to provide me with the email address you wish the communication to go to, as well as your phone number.
- I will send you an email the day of the session with your reiki message from your guides as well as the name of the guide(s) who will be working with us. Also included will be suggestions of crystals to use. These are optional. If you don't have crystals, it's certainly fine to skip them on your end. I will also send you a link to a playlist on Amazon prime that would be helpful to listen to during the session.
- I will text you 5 minutes before I begin the session so we can synchronize our session.
- Before your session starts, plan to be in a location that is peaceful and quiet with minimal distractions. Lay flat on your bed or space and make yourself as comfortable as possible. Light incense and candles as desired.
- Use the bathroom before your session starts so you don't have to worry about getting up during the session.
- Payment should be made before the appointment. I accept payment on Venmo using this link:  
[www.venmo.com/thepsychiclibrarian](https://www.venmo.com/thepsychiclibrarian). Please make certain you have the correct Laura Giacobbe as there are several on Venmo who resemble me. Look for my username of the psychic librarian to be certain. To pay via Paypal use this link:  
[paypal.me/thepsychiclibrarian](https://www.paypal.me/thepsychiclibrarian). I also accept payment from Square if you prefer to pay by credit card. The link to my square is: <https://checkout.square.site/pay/5d63d630-15a0-414b-b812-8806aca13b38>. You can also ask me to email you an invoice for payment.

### **What to expect during the session:**

- Relax and try to enjoy the experience. Try to meditate or focus on your breathing. Keep your thoughts kind.
- You may feel hot or cool energy throughout certain parts of your body.
- If you fall asleep do not worry, perhaps you needed the rest.
- Take note of any images and psychic impressions that may come up in this relaxed state.
- After the session ends, I will call you about 5 minutes later to see how you are doing and answer any questions that may arise.

### **Frequently Asked Questions:**

- **Can I still get a good reiki session if it is not in person?**  
Yes. You don't need to be present to feel the reiki energy. It is a common reiki practice to send distance healing.
- **I've never had a reiki session before, what does it feel like?**  
Reiki energy moves from the source of all energy in the Universe and is channeled through my body and hands and sent to your body and aura. It moves to the place in your body that needs it the best. It can feel hot sometimes in certain areas of your body, then it may feel like a cool breeze at times. I liken it to a massage, but without any hands touching you. Reiki is a meditative practice. It is a practice that should help you journey inward and inspire calmness.
- **I don't meditate, can I still have a reiki session?**  
Yes. If you are not sure about meditation, try relaxing and tuning out from internal dialogue as much as possible. Thoughts will arise during the session which is natural. See if you can put those on the backburner and come back to noticing the sensations of your body breathing in and out. Let your thoughts towards yourself be kind and gentle.
- **Should I eat before?**  
I would advise eating a light meal a few hours before or a lighter snack. Use your best judgment based on your dietary requirements. I would advise you to refrain from eating meat, if possible, for 24 hours before our session. Meat

settles into the root or base chakra and lodges there for quite some time. This makes the energy harder to move up the body. This is only a recommendation to get the most out of your session and not a requirement.

➤ **Can reiki be harmful?**

No. Reiki can do no harm. It is pure white light energy that cannot ever be harmful to you. It is always administered for your best and highest good.

➤ **Can any bad or evil things come forward?**

I say a prayer for us before we begin asking us to stay protected throughout the session. This will keep us protected from any dark energy.

➤ **What can I expect after the session?**

People experience different things. Most identify with the feeling of being lighter or not as weighted down. You will likely be thirsty and need to drink extra water for hydration. Many experience vivid dreams the night after. You might want to journal what you see. Though highly unlikely, if you feel any medical issue arise reach out to your medical doctor. Also, check with your doctor as needed before starting this meditation program.

➤ **How soon should I wait for another session?**

Wait a week or so and see how you feel after the reiki session. If you work in a highly toxic environment, you may want to book another session sooner. Use your intuition and best judgement to see what is right for you. There is no specific time frame, as it is based on the individual.

➤ **Are there different types of reiki?**

Reiki energy is all the same, however some practitioners follow a certain tradition, and their techniques may vary. I am trained in the White Light Reiki tradition.

➤ **Are you certified in this?**

Yes. I am a certified reiki master teacher. This is the highest level a reiki practitioner can be trained in. To see my lineage and training credentials please visit my website [here](#).

➤ **How can we stay in touch after our session ends?**

Follow me on Instagram [@thepsychiclibrarian](#) or sign up on my website [here](#), to receive alerts when my new blogs publish.

Disclaimer: If you have a medical condition, please consult with your doctor.  
Reiki treatments are not a substitute for medical treatments.