



SHAMANIC REIKI TREATMENT FLOW CHECKLIST

Simple steps for a safe, grounded and
guided
Shamanic Reiki Treatment
from start to finish



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plantspiritreiki.com

Hi, I'm Fay Johnstone



I've been practising Reiki since 2000 and have been incorporating Shamanic techniques such as the hand held drum and intuitive plant medicine into my practice since 2009.

Reiki has led me to follow my heart which took me out of a corporate role to study Herbal Medicine, Flower Essences and Shamanism and then from the UK to Nova Scotia to run a flower and herb farm!

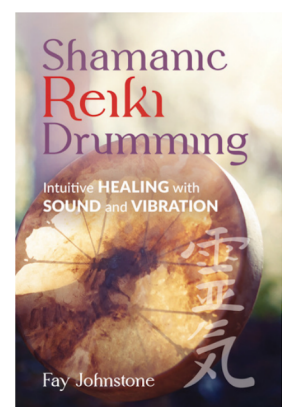


Working with shamanic practices I have been guided by plant allies and now bring plants and elements of nature into my Reiki practice to enhance the treatments.



Since that time I've put my roots down in Scotland, written three books and developed **Plant Spirit Reiki** as a certified therapy.

It's my mission to help nature conscious healers - yes that's YOU - find your unique way to embrace the guidance and support of nature and the spirit world and weave this medicine into your life and boost your client practice.



Your clients will thank you!



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This Shamanic Reiki Treatment flow check list is designed to help you:

1. Work with clients safely and professionally.
2. Meet new guides and learn new practices
3. TRUST your intuition and guidance you receive
4. Gain confidence in your shamanic abilities and connections.
5. Deepen your understanding of Shamanic practices.
6. Strengthen yourself as a channel for Reiki.
7. Feel supported and guided on your path as a healer



Shamanic Reiki

Treatment Flow checklist

Pre-session

- Once the client session is booked, subtle energies will already be at work.
- Watch for dreams, signs, omens, events and ask client to do so also.
- Ask client to open their heart to what they are really seeking?
- Practitioner may journey (diagnostic) to check in with guides to see what will be involved and check whether they are the right person to do this work.

Preparing for the Session

- Cleanse Space
- Create the Container
- Connect with Reiki and guides
- Get grounded & self-check-in (*ask yourself "am I able to hold authority and compassion for this client?"*)



Shamanic Reiki Session (Pre-Treatment)

- Settle client in
- Client fills out their information on your client consultation form.
- Pre-treatment discussion with client as to what they are seeking.
- Listen carefully with all of your special senses for what client is really saying. Consider the body language, words the client uses and their general energy levels.
- Find a clear intention for the treatment in the client's own language.
- Explain the session (explain Shamanism and Reiki, explain what to expect during the treatment, what client needs to do and the integration afterwards)
- Check again that the client is ready to let go of their current story that you will be healing.
- Answer questions



During the Treatment

- Connect with Reiki and Guides, feel the safety of the container.
- Begin by using Reiki (hands on or hands-off) to relax client and raise the vibrations of the energy field (5- 10 mins)
- Do a short guided meditation if necessary to relax client
- With the healing intention in your heart. Start your Shamanic Work (Drum, crystals, plants etc) (10 – 20 mins)
- Ask for guidance, allow spirit to move through you
- Complete the treatment with more Reiki (20 - 30 mins)
- Integration (Guidance may come here such as follow up work like ceremony, affirmation, creative project or time in nature that is required)



Post treatment and Feedback

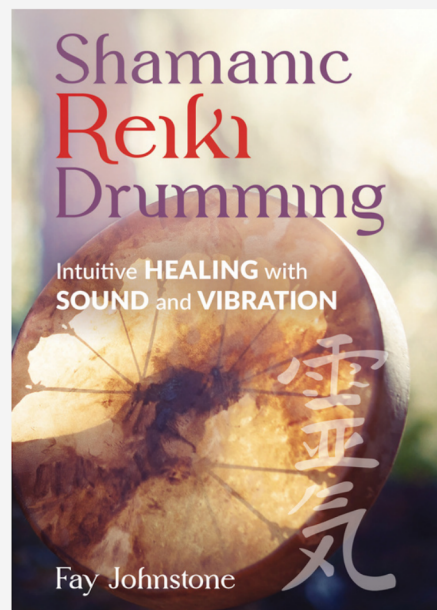
- Disconnect from client's energy once treatment is complete.
- Make sure both you and the client are grounded - you may like to help them by guiding them through a visualisation.
- Offer the client water
- Cleanse the space and your energy field.
- Provide positive feedback and share any guidance received.
- Check how client is feeling and listen to client share their experience.
- Discuss after treatment care with client and how they can integrate the treatment (if guidance was provided during the integration period).
- Arrange a follow up session if necessary
- Make notes! (cleanse energy field again and connect with nature to make sure you are fully grounded)

Your Shamanic Reiki Journey

The more time that you spend connecting with Reiki and your guides, exploring the shamanic worlds, the more you open up to the light of Reiki and the wisdom teachings that are available to you from the sacred web.

Allow yourself to be guided by Reiki and explore the tools and practices that call to you.

For more tips and guidance on working with the Drum and Shamanic techniques in Reiki practice, get my book [Shamanic Reiki Drumming: Intuitive Healing with sound and vibration.](#)



There's also articles on my blog, training on [YOUTUBE](#) and [online training courses](#) [here](#).

