



Create Your Selorya Sanctuary

Your simple guide to preparing for a peaceful virtual Reiki session



1. Begin Seated & Connected

We'll check in before you settle into relaxation.

- Place your phone, tablet, or computer on a stable surface at about eye level.
- Frame the camera so your face and upper body are visible while you are seated.
- Use headphones or earbuds when possible for clear sound and fewer distractions.
- Test your camera, sound, and internet connection before your appointment begins.



2. Relax, Receive & Restore

Your only job during the session is to get comfortable.

- Choose a bed, couch, recliner, or yoga mat where your body can fully relax.
- Keep your device close enough to hear me without needing to hold or move it.
- Support your head and knees with pillows, and keep a blanket nearby if desired.
- Silence notifications and let others know you'll need quiet, uninterrupted time.

Before We Begin: Arrive in Your Energy

Give yourself 5–10 quiet minutes before the session. No rushing in from the chaos—we're creating a sanctuary.

● Water

Keep a glass or bottle nearby.

● Comfort

Wear loose, comfortable clothing.

● Intention

Consider what you're ready to receive.

● Presence

Take three slow breaths and arrive.

Nothing has to be perfect. Your comfort, privacy, and willingness to receive are enough.

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Virtual Reiki Session Preparation Guide