

Session Prep + Integration Guide

Gentle guidance before and after your session or service at Maria's Healing Nook.

Choose your path:

- Reiki + Energy Integration
- Sacred Intuitive Support
- Quantum Wellness Scan



How to Use This Guide

Use this like a **menu** — not a checklist to "perfect." Pick the section that matches your session type.

Timing Options

- **Prep:** the day before + the hour before
- **Integration:** right after + next 72 hours

A Simple Promise

Small steps create powerful shifts.

Universal Prep (*applies to all sessions*)

24 Hours Before (*optional, supportive*)

- Hydrate gently throughout the day with good water
- Choose lighter, simpler meals if that feels good for your body
- Reduce overstimulation where you can (extra screen time, heavy noise, or social media)
- Give yourself a little extra grace (less rushing, more being)

2-3 Hours Before

- Eat something grounding (if you need it) — not too heavy
- Avoid arriving in "sprint mode" (buffer time helps)



Universal Prep (*continued*)

Bring

- A journal or notes app (if you like capturing takeaways)

30 Minutes Before

- Take 3 slow breaths (longer exhale)
- Ask: "What do I want to receive today?"
- Choose one word intention:

- 📄 **Helpful note:** If you're under medical care or taking medications/supplements, keep doing what your licensed provider has advised. This guide is supportive + educational.

Reiki + Energy Integration

What to expect (simple + clear): This is a session designed to support relaxation, energetic balance, and nervous system settling, returning to natural rhythm.

Before your Reiki + Energy Integration session

- Wear comfortable clothing (soft, easy layers, and clean socks)
- Avoid fragrance (supports a neutral space and the safety of the practitioner and clients)
- Silent session (no sound)
- Arrive with a clear preference:
 - light touch is okay
 - no touch, please
 - please avoid certain areas: _____

Reiki + Energy Integration (*continued*)

Bring (*optional*)

- Water
- A small grounding item (crystal, scarf, etc.)
- One sentence intention: "Today I'm open to _____."

If you feel nervous

That's normal. You don't need to "do" anything. Just arrive.

Sacred Intuitive Support

What to expect: This is a guided, intuitive support session for clarity, reflection, thread weaving, and aligned next steps.

Before your Sacred Intuitive Support session

- Choose 1–3 topics you want support with:
 - a.
 - b.
 - c.
- If you're feeling scattered, pick one main question: "What is most important for me to understand right now about _____?"

Supportive Boundaries (*optional but powerful*)

- What I'm open to exploring: _____
- What I'm not ready to explore today: _____
- The pace I prefer: gentle direct a blend

Bring

- Journal / notes
- An open mind + permission to take only what resonates

PREP TRACK 3

Quantum Wellness Scan

What to expect: You'll receive a scan report delivered by email (PDF), and your session focuses on learning how to navigate the report so you feel confident reading it.

Before your Quantum Wellness Scan

- Hydrate (simple + steady)
- Bring your current list of:
 - supplements (if any)

Quantum Wellness Scan (*continued*)

Bring (*continued*)

- medications (if any)
- top wellness goals / focus areas

Decide your "top 1–3 goals" for the next season:

- 1.
- 2.
- 3.

Helpful Mindset

This is informational + educational. Avoid trying to interpret everything at once — we'll simplify the approach.

Universal Integration

(applies to all sessions)

Right After

- Drink water
- Give yourself a quiet transition if possible (even 10 minutes)
- Avoid stacking intense tasks immediately after when you can
- Spend at least 10 minutes outside with your feet on the ground if possible

Within 24 Hours

- Notice what changed (even subtly): breath, sleep, mood, clarity
- Keep the day a little lighter if possible, try not to overschedule or over extend yourself
- Write 3 lines:
 - What I'm noticing: _____
 - What I'm learning: _____
 - What I'm choosing next: _____



Universal Integration (*continued*)

Within 72 Hours

- Choose one small action step
- Repeat one tool that helped (breath, grounding, journaling)

Gentle reminder: Integration often looks like: simplicity, hydration, rest, and one aligned choice.

Post-Reiki + Energy Integration

What you might notice: feeling calmer, sleepier, lighter, emotionally tender, very clear, or simply neutral. *(All normal — every body responds differently.)*

Supportive Aftercare

- Hydrate
- Eat something nourishing + grounding
- Gentle movement (walk, stretch, sway)
- Early bedtime if your body asks for it
- Less stimulation (screens/noise) if possible

A 2-Minute Home Reset

- Hand on heart + slow exhale x 6
- Whisper: "I return to center."

Journal Prompts *(pick one)*

- "What softened in me today?"
- "What am I ready to release?"
- "What does my body want more of this week?"

Post-Sacred Intuitive Support

- 📄 **Best practice:** Don't try to implement everything. Choose one insight to live into. Allow yourself to integrate, do not rush yourself.

Your Integration Steps

1

Top 3 Takeaways

- 1.
- 2.
- 3.

2

My One Next Step (*tiny + doable*)

Post-Sacred Intuitive Support (*continued*)

My Support Plan

- calendar it
- tell someone I trust
- create a reminder
- simplify the environment (one small change)

If Emotions Are Stirred

- Breathe longer exhales
- Drink water
- Write the feeling, don't analyze it.
- Name your feeling and then let it be

Journal Prompts

- "What feels most aligned now?"
- "What am I no longer available for?"
- "If I trusted myself 10% more, I would..."
- "What is mine to hold and what is not?"

Post-Quantum Wellness Scan

- 📄 **First rule: don't overwhelm yourself.** This 100 page report is deep — your power comes from prioritizing and consistency.

How to Approach Your Scan Report (*simple steps*)

1. Start with the comprehensive scan report section (at the end of the report)
2. Highlight anything that feels relevant — don't interpret yet
3. Choose your Top 3 areas of focus
4. (Optional) Write one question you want clarity on: "Can you help me understand _____ in plain language?" (Scan Spotlight)

Two Support Options (*if you want guidance*)

- **Custom Wellness Package** (personalized plan + next steps)
- **Scan Spotlight** (one concern / one question + personalized explanation + 3 next steps)

A Calm Mindset to Keep

This is educational information — not a diagnosis. If anything raises medical concerns, consult a licensed healthcare professional.

Mini Checklists (*quick reference page*)

If You Have 60 Seconds (*prep*)

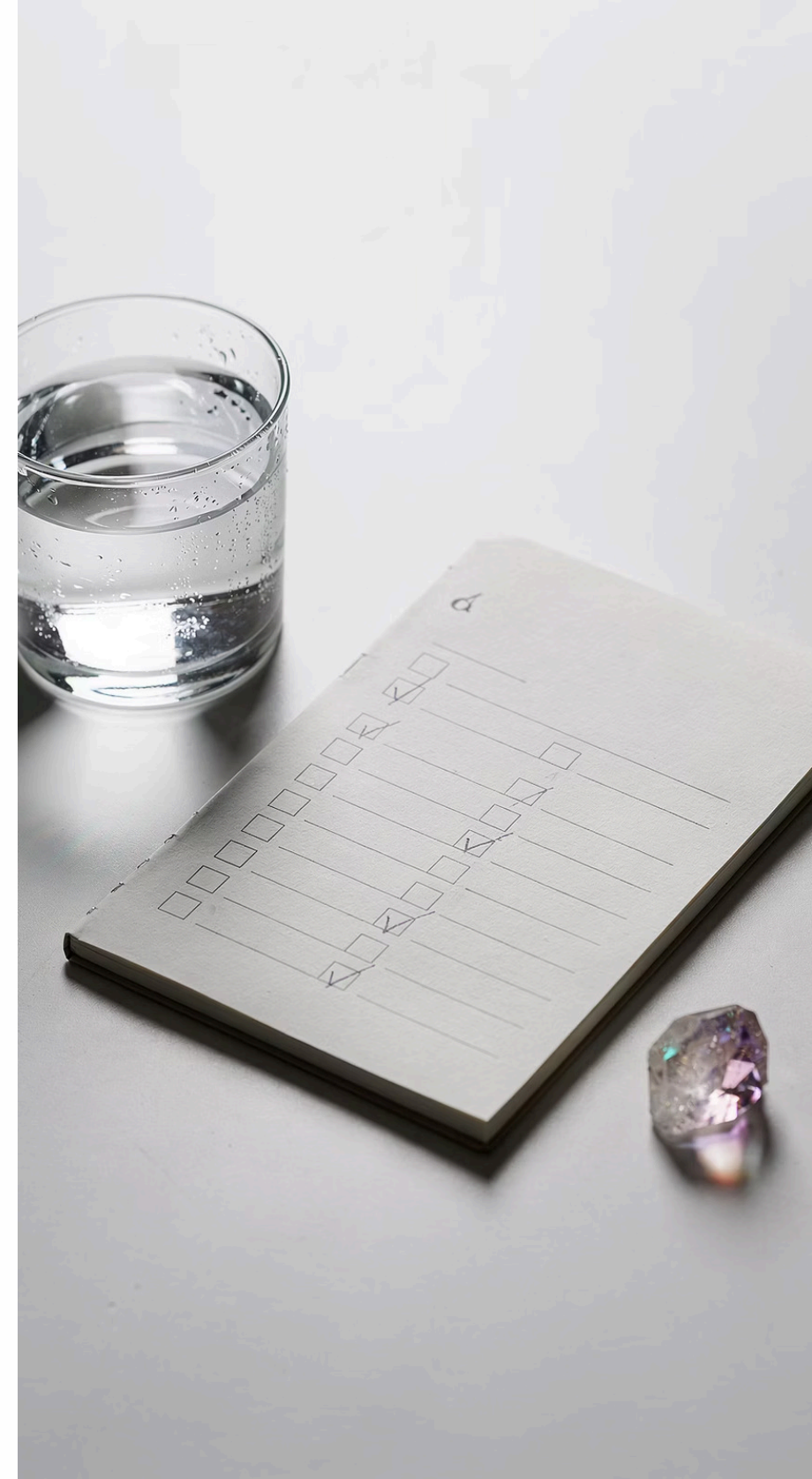
- Longer exhale breathing x 6 or try box breathing 4x4 (hold in) 4x4 (hold out)
- Feet on the floor
- One word intention

If You Have 5 Minutes (*integration*)

- Water
- Write: "What shifted?"
- Choose one tiny doable next step

If You Feel Activated

- orienting (name 5 things you see)
- butterfly tap x 60 seconds
- step outside for air/light (if available)



Closing Page

You don't have to rush your process. Your only job is to return — gently, honestly, and consistently.

My Closing Intention

"I am choosing _____."

Sign Off

Signature (optional): _____

Date: _____