

# Reiki Beacon Fasting Protocol

## I. Introduction & Initial Consultation

- **Client Assessment:**
  - Health history & fasting experience
  - Emotional & spiritual readiness
  - Personal goals (detox, weight loss, spiritual clarity, healing, etc.)
- **Fasting Program Options:**
  - **72-hour:** Short detox, cellular reset, mental clarity
  - **10-day:** Deeper healing, emotional release, metabolic reset
  - **21-day:** Full-body rejuvenation, spiritual awakening, energy purification
- **Remote & In-Person Support Options**
  - Daily check-ins via video, phone, or text
  - In-person Reiki, breathwork, and guided meditation (*for local clients*)

## II. Pre-Fasting Preparation (3-7 Days Before Fasting Begins)

- **Nutritional Preparation:** Gradual transition to lighter foods, hydration focus, reducing processed foods & caffeine
- **Emotional & Mental Readiness:** Mindset coaching, intention setting, visualization exercises
- **Reiki & Energy Alignment:** Clearing blockages for an easier fasting experience (*offered in-person or remotely*)
- **Creating a Personalized Fasting Plan:** Adjusting based on individual needs and experience level

## III. Fasting Period: 72-Hour, 10-Day, or 21-Day

### Daily Support & Guidance (Remote or In-Person)

1. **Morning Check-In:**
  - Guided meditation, breathwork, or Reiki
  - Reviewing energy levels & emotional state
  - Adjusting fasting strategies as needed
2. **Midday Support:**
  - Light movement (yoga, walking, grounding techniques)
  - Encouragement, mindfulness practices, and hunger management strategies
3. **Evening Check-In:**
  - Reflection journaling
  - Reiki for energy balance (*virtual or in-person*)
  - Visualization & gratitude exercises

### Fasting-Specific Guidance

- **72-Hour Fasting Focus:**
  - First 24 hours: Adjusting to fasting state
  - 48-hour mark: Autophagy & cellular detox kicks in
  - 72-hour completion: Celebrating success & mindful refeeding
- **10-Day Fasting Focus:**
  - Deep gut & immune system reset, heightened mental clarity
  - Navigating detox symptoms, emotional shifts, and deeper healing
- **21-Day Fasting Focus:**
  - Full spiritual and energetic transformation
  - Embracing surrender, alignment with nature's rhythms
  - Integration of fasting into a long-term lifestyle

## IV. Breaking the Fast (Refeeding Phase)

- **Guided Refeeding Protocol:**
  - Best foods to reintroduce for gut health & digestion
  - Mindful eating & conscious nourishment practices
- **Reiki & Energy Balancing:**
  - Post-fast session to support integration
- **Emotional & Physical Reflection:**
  - Journaling, lessons learned, and next steps

## V. Post-Fast Integration & Long-Term Fasting Lifestyle

- **Developing a Sustainable Fasting Routine:** How to incorporate intermittent fasting or seasonal extended fasts
- **Using Fasting for Continued Healing:** Emotional, spiritual, and energetic benefits beyond the fast
- **Ongoing Support & Community:** Reiki Beacon's follow-up coaching options

This **structured fasting coaching program** ensures clients receive **personalized support, high-vibrational energy healing, and practical tools** for lasting transformation. Would you like any refinements?